Calorie restriction may affect people differently than animals

By Jim Dryden

Calorie restriction, a diet that is low in calories and high in nutrition, may not be as effective at extending life in rodents, according to School of Medicine scientists.

Previous research had shown that laboratory animals given 30 percent to 50 percent less food can live up to 50 percent longer. Because of those findings, some people have adopted calorie restriction in the hope that they can lengthen their lives. But the new research suggests the diet may not have the desired effect unless people on calorie restriction also pay attention to their protein intake.

In an article published online in September in Aging Cell, investigators point to a discrepancy between people on calorie restriction and those who are not.

"The commitment was made in the form of a challenge grant, which will match all gifts and commitments from alumni, parents and friends — up to the maximum of the commitment by the Brauers — which are earmarked for support of the annual and long-term needs of the engineering school. These include scholarships and fellowships, research, new and ongoing academic programs and initiatives, the annual fund and construction and renovation of physical facilities."

"Steve and Camilla Brauer are two of St. Louis' and America's most distinguished citizens," Wrighton said. "They have been steadfast friends of Washington University for many years, and through their leadership, generosity and service, they have left an indelible imprint both on the University and the School of Engineering."

The second round will be broken for the second building in a complex for the engineering school, located near the northeast perimeter of the Danforth Campus. Wrighton announced that the building will be named in honor of the Brauers to recognize their longstanding devotion to and impact on the University.

"We will be honored to have the Brauer name associated with the University and the school in such a prominent way," said Wrighton. "This is a most fitting way for the University to recognize all they have done."

Wrighton said that since Stephen Brauer joined the Board of Trustees in 1991, he has championed the goal of accelerating Washington University’s ascent among the world’s premier universities and building a leading engineering school.

"The University has benefited greatly from Steve’s wisdom and experience," Wrighton said. "As vice chair and now chair-elect of the Board of Trustees and chair of the School of Engineering's National Council, he is helping guide the long-term, strategic planning process that will set the direction for both the University and the school as we work to address the challenges facing society in our fast-changing world."

"Stephen Brauer, former U.S. ambassador to Belgium, is chairman of Hunter Engineering Co., a leading manufacturer of computer-based, automotive service equipment for the global market, located in St. Louis. Camilla Brauer is a leading figure in local cultural and civic organizations and has been recognized nationally for her volunteer work as a fund-raiser."

"Kenny and I are proud to be so closely associated with Washington University," Brauer said. "The University has grown in the last 20 years and is now one of the nation's major research universities. It can be a catalyst for economic development in the St. Louis region. We are happy to add our support to its success."

When Brauer Hall is completed in 2010, the 150,875-square-foot facility will serve as home for the School of Engineering’s Department of Energy, Environmental & Chemical Engineering (EECE), provide space for Advanced Renewable Energy & Sustainability (I-CARES) and share facilities with the University’s highly successful Department of Bio-medical Engineering.

Led by Pratim Biswas, Ph.D., the Sudi and Quintessa Jens Professor of Environmental Engineering Science, the newly created EECE’s faculty is focusing on research with a broad spectrum of cutting-edge topics that will meet the many challenges facing society in our fast-changing world."

"As we work to address the challenges facing society, our fast-changing world..."

Camilla and Stephen Brauer in front of a rendering of the engineering building that will bear their name. The building is scheduled for completion in 2010.
University expects financial stability

BY STEVE GIVENS

In the midst of a national financial crisis, colleges and universities wrestle with their own economic realities and challenges, grappling with how to use their endowments and other financial resources to help students and endowment spending.

"We are committed to helping our students and considering all the financial circumstances of their families," said Kimberly Walker, the University's vice chancellor for finance and chief financial officer.

"We understand the financial hardships that our students and families are facing," she said. "We are proactively taking measures to help our students during these difficult financial times." Walker concurs. "Endowment management involves a lot of important decisions and research. We are constantly evaluating all aspects of the financial situation, and we will present a seamless quality service to those within the two structural levels of its east facade. It also will be used by students in a new doctoral student program and by universities for the field of measuring vehicle emissions and assessment.

"We recognized that to be successful in attracting leading research-active faculty and superb students to the School of Engineering & Applied Science, people who can help us realize our goals, we need to have competitive compensation packages," said John B. Willard, co-chair of the 2000-02 endowment campaign. "We are committed to supporting the University's excellence in research and education.

"We are grateful for the support of many individuals and organizations seeking volunteers and interns for a variety of opportunities. The Gephardt Institute hopes to make this an annual event."

Time to give thanks, give back

Now in its sixth year, the Give Thanks Give Back campaign at Washington University in St. Louis will once again strive to make the holiday season a bit merrier for some needy St. Louis families.

Give Thanks Give Back supports a group of "100 Neediest Cases," a joint project of the St. Louis Post-Dispatch and United Way. The 100 Neediest Cases identifies more than 10,000 cases each year among individuals struggling to overcome poverty during the holiday season.

Each of the 10,000 cases represents some 50 households. Many of the 500,000 cases only a small percentage of families are "adopted," meaning that an individual or group agrees to buy around 120 families each year, with the University's Board of Trustees. She attended Washington University in St. Louis, where she earned a Bachelor of Arts degree in History and a Master of Business Administration degree in Business Administration.

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Blood pressure can lead to serious failure, heart attack and kidney pressure, but because there are no outward symptoms, many people don't know they have it. High blood pressure, or hypertension, affects about 25 percent of adults in the United States. Hypertension can be a silent killer, but there are ways to stop it. The 3rd International Conference on Hypertension held in the spring will focus on screening, diagnosing and treating hypertension. The conference is being held in conjunction with the 40th annual meeting of the American Society of Hypertension. 

The conference will feature keynote addresses, panels, workshops, and a scientific exhibit. There will be a special emphasis on the latest research and treatment options for hypertension. The conference will provide attendees with up-to-date information on the latest developments in the field of hypertension research and treatment. The conference will also provide a forum for networking and professional development.

The conference will be held at the Omni Interlocken Resort Conference Center, 700 Interlocken Boulevard, Broomfield, CO 80021. For more information, please visit the conference website at www.americanhypertension.org. 

Health Happening to focus on hypertension Oct. 24

BY BETH MILLER

A bit more than 20 percent of adults in the United States have high blood pressure, but because there are no outward symptoms, many people don't know they have it. High blood pressure can lead to serious complications such as stroke, heart failure, heart attack and kidney failure.

The School of Medicine is hosting free blood pressure screenings and offering information about hypertension and how to control it. The event, sponsored by the School of Medicine's Wellness Council, will be held in the first floor atrium of the McDonnell Pedestrian Research Building on Children's Place and is free to all School of Medicine employees. The focus of the event is to educate the public about hypertension and provide free blood pressure screenings to students in the medical degree program, the Program in Physical Therapy, the Program in Occupational Therapy, the Program in Audiology and Communication Sciences and the Netherlands Center of Nursing at Barnes-Jewish Hospital. Participants will have the opportunity to have their blood pressure checked, receive education about hypertension and how to control it, and sign up for the free Freedom From Hypertension screening.

The event will take place from 7 a.m. to 9 a.m. on Oct. 24.

Nominees for Goldstein Leadership Award sought

BY MICHAEL C. PERRY

The Division of Laboratory and Genomic Medicine awards the first Jack H. Ladenson Fellowship in Experimental Clinical Pathology to Brian T. Edelson, M.D., Ph.D., a postdoctoral fellow in the lab of Ken Murphy, M.D., Ph.D., professor of pathology. The fellowship was created to support and encourage young scientists to work in the field of experimental clinical pathology. The fellowship will provide a deep understanding of the relationship between disease and the immune system, and will provide the opportunity to work with a multidisciplinary team of experts in the field.

The fellowship is named for Jack H. Ladenson, M.D., Ph.D., who is the director of the Division of Laboratory and Genomic Medicine. Dr. Ladenson is a leader in the field of experimental clinical pathology and has made significant contributions to the understanding of the relationship between disease and the immune system.

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Brandon returns for reading series

Novelist John Brandon, who earned a master of fine arts degree in 2001 from Washington University's Writing Program in Arts & Sciences, returns to campus tomorrow for the Fall Reading Series. Oct. 16, for the Full Reading Series.


Brandon, who currently serves as a visiting writer at the University of Michigan, will be reading from his work-in-progress, "The People of Santiago State Park," a novel about the killing of a man in a small Michigan town. The novel is set in the summer of 1950, during the time of the Korean War.

Brandon will give a reading at 4:15 p.m. in the Arrhythmia Center Seminar, 4201吉祥路 (at the corner of 5th and Grand Ave.), followed by a reception and book signing at 5:30 p.m. in the Arrhythmia Center Seminar.

Brandon's previous books include "When the Bar Is Open," which was published in 2003 by Counterpoint Press. The novel was a finalist for the National Book Award and the Lannan Literary Award.


For more information, call 935-7130 or e-mail David Schuman at dschuman@wustl.edu.

University Events

**Global Family • The Game • Advising the President**

Monday, Oct. 20

8 a.m. 

“Pediatric Interventional Electrophysiology.” 

Washington University School of Medicine, Moore Auditorium, 454-7029.

9 a.m. 

“Colloids as Nanoparticles.” 

Washington University School of Medicine, Kemper Art Museum, 935-4523.

10 a.m. 

“Can we Lower Breast Outcomes.” 

Mallinckrodt Institute of Radiology, 3550 South Euclid Avenue, 362-2866.

11 a.m. 

“A Reception and Book Signing With John Brandon.” 

Graham Chapel, 935-5285.

12 noon. 

“Bilingual Education in the PAD — Is inspired by 1930s editorial cartoons and includes original drawings, projected on the stage, by Elizabethan. (Continues 1 p.m.-6:30 p.m.)”

5:30 p.m. 

“A Family of Thee I Sing.” 

Washington University in St. Louis, 935-7020.

6 p.m. 

“The Impression of Cold.” 

Duncker Hall, 935-3169.

8 p.m. 

“Beyond the Brink of War.” 

Duncker Hall, 935-7130.

Tuesday, Oct. 21

7:30 a.m. 

“Proceedings of the Second International Conference on Sleep.” 

Washington University School of Medicine, 935-4523.

9:30 a.m. 

“The Defective Receptor Signaling in Glioma.” 

Mallinckrodt Institute of Radiology, 3550 South Euclid Avenue, 362-2866.

10:30 a.m. 

“Cirrhosis and portal hypertension.” 

Washington University School of Medicine, 935-4523.

11 a.m. 

“Contemporary General Thoracic Course.” 

Washington University School of Medicine, 935-4523.

12 noon. 

“Toward the End of the Road.” 

Washington University School of Medicine, 935-4523.

12:30 p.m. 

“A Reception and Book Signing With John Brandon.” 

Graham Chapel, 935-5285.

1:30 p.m. 

“A Family of Thee I Sing.” 

Washington University in St. Louis, 935-7020.

4 p.m. 

“The Making of ‘The Family Game.’” 

Washington University School of Medicine, 935-4523.

5 p.m. 

“A Family of Thee I Sing.” 

Washington University in St. Louis, 935-7020.

6 p.m. 

“A Family of Thee I Sing.” 

Washington University in St. Louis, 935-7020.
**Dance Marathon: 10 years of tooting your good cause**

**By Neil Schoenherr**

The 2008 St. Louis Area Dance Marathon will begin at 3 p.m. Oct. 23 in Olin Physical Education & Recreation Center. The 12-hour-a-day-a-thon is the fundraising effort of the 60-member Fruit of the Loom Live United Committee of St. Louis.

More than 1,000 participants have registered to dance, and visitors are welcome to make a $5 donation and enjoy the fun between 2 and 4 a.m. The day’s games and performances will be taken from campus and local dance groups, as well as concerts and wells.

“The Executive Board and I are so excited to celebrate the 10th Dance Marathon with the Washington University and St. Louis communities,” said senior Lauren Stolper, executive director of this year’s St. Louis Area Dance Marathon. “With more than 1,000 dancers registered, and hundreds of parents and families visiting for Parents and Family Weekend, we are looking forward to hosting the most participants and visitors in Dance Marathon history.”

An added twist to the fund raiser will be a special fundraising campaign. Promoted by now until Oct. 15, anyone who wishes to support Dance Marathon and Children’s Miracle Network may safely text a message to 90999 with the text “dance” to make a donation of $1 or more. The first 100 donors will receive a welcome reception at 6:30 p.m. in the lobby of the Student Center Complex, as well as also welcome at any visit. Chancellors M. Smith, Voge, and faculty staff are encouraged to donate to $10 to the staff做不到for Children’s Miracle Network.

“If every dancer, visitor and supporter who is in for Parents and Family Weekend are especially invited to visit the marathon during Hours 5-8 p.m. During this time, they can enjoy the Faculty and Staff Dance Entrance at 5:30 p.m., join their dance-a-thon dinner at 6 p.m., learn about more Dance Marathon in the “Dance Marathon 2008” book, meet the families of children who have been cured at St. Louis hospitals. Participants and visitors will have the opportunity to bid on the “miracle auction” and special raffle. Prizes include four round-trip tickets courtesy of American Airlines and the “Rock Band 2” video game, courtesy of Best Buy. Faculty and staff members are encouraged to donate to $10 to the dance Marathon to raise awareness of both work and home security factors to help prevent exposure to personal information and identity theft.

Throughout the month, the 100 Dance Marathon at WUSTL can be found at dmstl.org. Children’s Miracle Network of Greater St. Louis supports Children’s Hospital and Cardinal Glennon Children’s Medical Center.

All funds raised are used to help these hospitals fund programs, equipment and facilities, renovations to meet the needs of area children at St. Louis hospitals. Dance Marathon donated more than $176,000 to the charity.

**Music**

**Thursday, Oct. 23**

8 p.m. Jazz at Helene: Dave Stone, and Alex Amen and Sarah Credit, St. Louis Public Radio.

**Sunday, Oct. 26**

3 p.m. Concert, moderated with Daisy Tomoko, columnist, Chicago Tribune.

**On Stage**

**Friday, Oct. 24**

8 p.m. “Old 97s” *Shoulder Season* presented by the Performing Arts Dept. (Also 7:30 p.m. Oct. 27). (For more information, call 54, for students, staff, and faculty, and students, call 53, for students, staff, and faculty.

**Bernstein people will stay on for a cause good”**

**By Barbara Rea**

The recent announcement that now is the time to post the personal information of vice presidential candidate Sarah Palin and judge the one who is found should happen if people are not careful with their passwords.

October is National Cyber Security Awareness Month, and Washington University is working to raise awareness of both work and home security factors to help prevent exposure to personal information and identity theft.

“Money is not the only thing that she wants,” said senior Lauren Stolper, executive director of this year’s St. Louis Area Dance Marathon.

Bernstein left the Post in 1976 but continued to write, analyze and comment on aspects of American culture. In addition to two books co-written with Woodward about Watergate and the Nixon era, Bernstein has authored three books, including his most recent, “Most a Woman in Charge: The Life of Hillary Rodham Clinton.”

For more information on these and other Assembly Series programs, please visit the Web site at assemblies.wustl.edu or call 935-4632.

Bernstein and fellow reporter Bob Woodward did not give up.

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Washington University in St. Louis, Oct. 16, 2008

The lecture, “Public Ethics: The Responsibilities of Elected Officials,” is free and open to the public, and is co-sponsored by the Center for the Study of Ethics and Human Values in Arts & Sciences.

As a club reporter for the Washington Post, Bernstein worked on the right place at the right time to cover the Watergate scandal.

A break-in at the Democratic National Committee’s headquarters at the Watergate Hotel in Washington, D.C., on June 17, 1972, caused some media attention at first but was dismissed as a trivial matter.

With the help of a source known as “Deep Throat,” Bernstein and Woodward were able to find a link to Nixon, and, in Oct. 16, 1972, story in the Post, disclosed that the Watergate break-in was part of a larger effort to sabotage Nixon’s political opponents.

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Limiting protein could be key to long life

Western diet. Because calorie restriction is linked to extraordinary increases in maximal lifespan in rats and mice, Fontana and colleagues at WUSTL, including principal investigator John O. Holloszy, M.D., professor of medicine, have been involved in a scientific study that compares calorie restriction to exercise and measures many biological factors linked to longevity and health.

A study published in the journal Cell Metabolism by Fontana and colleagues also showed that levels of IGF-1, or insulin growth factor, can be an important target for anti-aging interventions. IGF-1 levels are regulated by dietary intake and are linked to longevity.

For more information and a full list of activities, contact [email redacted] or [telephone redacted] for more information, contact [name redacted] at [email redacted].
Kim named associate dean at law school  

By JESSICA MARTIN

Kim Syverud, J.D., dean and the Ethan A. Halatchie Professor of Law, has named Pauline Kim, J.D., professor of law, as associate dean for research and faculty development at the law school.

"Pauline Kim has played an integral role in growing the academic and intellectual communities at St. Louis University Law School," Syverud said. "She is the right leader on this taking on these challenging positions."

Kim joins the law school faculty in 1994. She recently served as the law school's inaugural director of Legal Research.

In her new role, Kim will promote and enhance the intellectual life of the law school. She will coordinate conferences and speakers at the law school as well as external and internal faculty workshops. Kim will also assist unmet untenured faculty in their scholarly development.

Sports

Hall of Fame class of 2008 announced

Washington University, in conjunction with the University Athletic Association (UAA), has announced its 13th induction class for the WU Sports Hall of Fame.

This year's induction class features eight former student-athletes:

- Kevin Folkl, class of 1996, basketball, volleyball
- Emily Friedker, class of 1994, concert band, track and field
- Ashley Hemmings '97, cross country and track and field
- Emily Richardson '99, cross-country and track and field; Tasha Rodgers '99, basketball
- John Potter '97, cross-country and track and field
- Rachel Sweeney '00, basketball, volleyball, softball
- Rachel Trenchard '01, basketball, softball
- Rachel Wozniak '02, volleyball

In addition, two former student-athletes will be recognized at halftime of the WU-Washburn basketball game in January. The WU Sports Hall of Fame is underwritten by the W Club.

Of note

Yousef Abu-Amer, Ph.D., associate professor of orthopaedics, has received a five-year, $1.1 million grant from the National Institute of Arthritis, Musculoskeletal and Skin Diseases for research titled "Mechanisms of Osteoporosis: Roles of Basal and Inflammatory Osteoclastogenesis."

Jeffrey C. Catalanon, Ph.D., professor of anatomy and neurobiology, has received a two-year, $2.4 million grant from the National Institute on Aging for research titled "Neuropathology of Aging: Functional and Cellular Correlates of Aging."
BY JIM DRYDEN

Kevin E. Yarasheski, Ph.D. (right), reviews immunoblot in his lab with Scott Richmond, Ph.D., a postdoctoral scholar in the Division of Endocrinology, Metabolism and Lipid Research. “Kevin is a perfect example of the value of involving people with fresh perspectives to address difficult problems, something that makes Washington University such a unique community of scholars,” says Clay Semenikovich, M.D., the Herbert S. Gasser Professor and chief of the Division of Endocrinology, Metabolism and Lipid Research.

“Kevin is a perfect example of the value of involving people with fresh perspectives to address difficult problems, something that makes Washington University such a unique community of scholars,” says Clay Semenikovich, M.D., the Herbert S. Gasser Professor and chief of the Division of Endocrinology, Metabolism and Lipid Research. “Kevin is a perfect example of the value of involving people with fresh perspectives to address difficult problems, something that makes Washington University such a unique community of scholars,” says Clay Semenikovich, M.D., the Herbert S. Gasser Professor and chief of the Division of Endocrinology, Metabolism and Lipid Research.

Excited about discovery

Yarasheski’s skills lead to insights into cardiovascular problems in HIV patients

As a scientist, he began to look at the effects of recombinant human growth hormone, often called HGH. He treated elderly people with HGH, gave it to younger people and measured its effects in the laboratory. His findings were — and remain — controversial. Yarasheski says that in elite swimmers, the advantages of HGH are small; they retain fluid, become mildly hyperactive and develop carpal tunnel syndromes, muscle and joint soreness,” he says. “But as far as muscle strength and muscle performance go, growth hormone doesn’t do much, at least not anything that we can measure in the lab.”

“Growth hormone does help people who don’t have normal HGH levels. Short stature children, for instance, can grow taller with hormone treatments. Older people deficient in growth hormone also can benefit, but Yarasheski remains unconvinced that anyone with normal HGH levels really gets bigger, stronger or faster.”

But as the debate about HGH raged in the scientific and the popular press, Yarasheski had turned his skills toward a different issue: age. It was then that he began to ask questions.

“Very few people could have predicted that successful treatment of HIV would lead to metabolic abnormalities associated with heart disease,” Semenikovich says. “Kevin, with his background in human integrative physiology, has the ideal skill set to contribute new insights into an important problem.”

Studying HGH

Those studies of the elderly looked at many different things, but under the direction of John O. Hollosy, M.D., professor of medicine, the group’s primary focus was on interventions to slow or reverse frailty and metabolic problems associated with aging. Yarasheski says the project paid important dividends in both scientific and personal terms.

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Although Yarasheski’s trek led him westward from New Jersey to St. Louis, most of the rest of his family went south. One brother remains in New Jersey, but his parents, Edward, a high-school math teacher, and Elise, a phar- macological industry worker, re- tired to the Raleigh-Durham area of North Carolina. Two sisters and another brother also relo- cated there. And Kevin, Jill and Kai visit every spring.

“First, we visit the relatives, and then we head to Topsail Beach near Wilmington, North Carolina,” he says. “We do a lot of walking and hiking on the beach, and we love to catch (and release) crabs and flounder, and we kayak the Intracoastal Waterway. You may have noticed how big my muscles are from all of the kayaking that we do.”

As he laughs about his phy- sique, he also notes that his kayaking is in no way aided by HGH — not that it would help.

Kevin E. Yarasheski

Born: May 17, 1956, in Somersfield, N.J.

University position: Professor of medicine, of cell biology and physiology and of physical therapy; assistant director, Biomedical Mass Spectrometry Research Resource.

Family: Wife, Jill, son, Curtis; Alexander (Kai), 7.

Washington People

The Yarasheski family: (from left) Jill, Kai and Kevin.

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