Check your risk of major diseases with new, secure tool

BY BETH MILLER

A re summer weather week-

ends at the pool, have you ever wondered about your risk for skin cancer? Ever wondered if your great-grandmother's diabetes increases your risk for the disease? Now, an easy and secure Internet tool determines your risk and offers a few clicks of a mouse: Your Health Snapshot.

Modeled after Your Disease Risk, created by Dr. Colleen Colletti, M.D., Ph.D., the Niess-Gain Professor of Surgery, professor of oncology and associate director of Prevention and Control at Siteman Cancer Center, Your Health Snapshot is a confidential site that members of the Washington University community can use to determine their risk for various cancers, stroke, heart disease, diabetes and osteoporosis and to learn prevention strategies.

To start, users log onto yourhealthsnapshot.wustl.edu and answer simple questions about their medical history, eating habits, exercise and other behaviors. The result is a personalized esti-
mate of a person's risk for these diseases.

What sets Your Health Snapshot apart from Your Disease Risk is the addition of a very brief opening questionnaire to assess the ability to create a personal user account. The 15-20 then questions provide a more specific overview of a person's risk of six deadly diseases as a guide that shows which diseases some-

e one may want to explore further on the site.

The addition of personal user accounts means that users will be able to return to the site and track their results and certain behaviors over time, a feature known as Your Disease Risk.

The University's Wellness Council has worked with Colditz to create a specific tool for faculty, staff and students to be used to measure the health of its community. The site's health infor-
mation is backed by recent evi-
dence from the medical commu-
nity to assure that users are up to date.

"Your Health Snapshot should be a great tool for helping people lead healthier lives," said Dr. Colditz. "In addition to being able to find out their risk of breast can-
cer, heart disease, diabetes and osteoporosis, the site offers per-
sonalized tips for lowering risks as well as positive feedback on things they are doing right.

Campus ready for another round of RecycleRama

BY JESSICA DAUKES

WUSTL No. 21 national rank-
ing in last year's RecycleRama com-

petition was impressive, but the Office of Sustainability is chal-

lenging WUSTL to finish even higher in the 2009 RecycleRama contest, which begins Sunday, Jan. 18.

RecycleRama is an annual competition administered by the National Recycling Coalition. It pits WUSTL against other U.S. colleges and universities, which campus can prevent the most recyclable materials from being buried in a landfill.

RecycleRama lasts 10 weeks and ends March 28.

Last year, WUSTL recycled 498,790 pounds of waste to rank No. 1 in the state of Missouri, No. 9 (out of 99) among private colleges and universities and No. 21 overall (out of 200) in the annual RecycleRama contest, Gorilla category, which is based on total recycled materials collected.

The University recycled more than 21 pounds per person over the course of the competition. For its efforts, WUSTL was recognized in December 2008 with an Exce-

llence Award from the Missouri Recycling Association.

"RecycleRama is a terrific competition," said Matt McNichols, assistant vice chancellor for sus-

tainable operations and an ardent supporter of reducing landfill waste and to help improve the environment.

The University first partici-
pated in RecycleRama in 2003, the second year of the contest, when WUSTL ranked last among eight competing institutions. The Missouri Recycling Association's annual RecycleRama award, which measures the amount of recycled goods per person, WUSTL has dramatically improved its standing since then, finishing respectably No. 47 in 2007, No. 23 in 2008 and No. 175 schools (2007) and No. 49 of 180 schools (2008) in the Pro-

Capita category, the last two years of the annual competition, while WUSTL encouraged recycling at all times, as well as positive feedback on things they are doing right.

"Your Health Snapshot should be a great tool for helping people lead healthier lives," said Dr. Colditz. "In addition to being able to find out their risk of breast can-
cer, heart disease, diabetes and osteoporosis, the site offers per-
sonalized tips for lowering risks as well as positive feedback on things they are doing right.

"RecycleRama is a terrific competition," said Matt McNichols, assistant vice chancellor for sus-

tainable operations and an ardent supporter of reducing landfill waste and to help improve the environment.
Risk
Web site offers tips for staying healthy
—from Page 1

they're already doing well.” Colditz said one of the key features of YourHealthSnapshot is its Wellness Lab, which gathers a person's main health messages into one place. “The Wellness Lab shows what someone can change to improve his or her health, what he or she is already doing well and what screening tests he or she should have regularly,” he said. “It also has a library of past results and the Health Tracker, which has tools to help people keep track of weight and number of steps walked each day.”

From the data, which will be

Recycle
58.6 million pounds of waste recycled in 2008
—from Page 1

achieve a top 10 performance this year and we'll need every member of WUSTL's information technology team has implement
ted security measures to ensure that personal information entered into the site is stored in a secure environment accessible with a secure username and password established by the user. The tool also can be used without creating a user name and password, however, a user's information will not be stored for future reference. “This is a straightforward tool that's simple to use,” said Ann Frennati, vice chairman for human resources. “It is our hope that members of the University community will use the features of the Web site often to track their progress toward health goals.”

University honors legacy of Martin Luther King Jr.

By NEIL SCHROEDER

"Shattering Ceilings: Selecting Success in Pursuit of "The Dream" is the theme for Washington University's 22nd annual celebration honoring Martin Luther King Jr. at 4 p.m. Monday, Jan. 19, in Graham Chapel.

Chairman Mark S. Weinstein will begin the program with a welcome and remarks. Camille A. Nelson, visiting professor of law, will present "Pursuing the Dream: Reviving Dr. King’s Message in the Age of Obama.”

The Rosa L. Parks Award for Meritorious Service to the Community also will be presented.

The program will include musical performances from AfroWise, a nationally recognized African dance company based in St. Louis, the University City High School Jazz Band; and WUSTL students producers "Back to Black" An Evening of Gospel Choir, St. Louis Awake South Asian a cappella group and The Greenwich female a cappella group.

A reception in the Danforth University Center will follow the program. For more information, call 935-5965.

Other MLK events:

"The Human Race Movement," sponsored by the Assembly Series, is a photo booth that takes a person's picture and then shows what that person would look like as an Asian, Hispanic, Italian, Middle Eastern, black or Caucasian person. The aim of the project is to generate a different way of talking about race to those who have never been exposed to that divide Americans. The photos will be presented for the first time through public-address systems in the University Center and other George Warren Brown School of Social Work will host "Breaking the Silence: An International Seminar: Achieving Economic Independence" Wednesday, Jan. 17.

New gift increases number of social change grants available to students

By NEIL SCHROEDER

U.S. $22,000 is now available to WUSTL students for the development and implementation of innovative community projects during the academic year. This year, the Social Change Grant was established in 2005 to provide funding to students with the means to pursue creative and meaningful activities geared toward finding solutions to society's needs.

A new gift from Max and Judith Stein will provide funding for a second Stern Social Change Grant this year. The first grant was established in 2008 to provide students with the means to pursue creative and meaningful activities geared toward finding solutions to society's needs.

Both Stern grants will provide $6,000 each, are open to all undergraduate students and may be used for domestic or international projects.

Two other grants are available: the $5,000 Kaldi's Social Change Grant was established in 2008 to provide students with the opportunity to develop sustainable community projects in the St. Louis region. All undergraduates are eligible.

The $5,000 Gephardt Social Change Grant is funded by the Gephardt Institute for Public Service and supports student service or service projects demonstrating the capacity for sustainable improvement in one of the six community issues.

All students, including graduat

Sirens
Review information of city.sirens.wustl.edu
—from Page 1

The sirens will be tested the first Monday of the month at 11 a.m.

WUSTL is working to get alerts from the sirens broadcast through the Danforth University Center and other Danforth Campus buildings through public-address systems and digital signage.
The School of Medicine at Washington University is on schedule to open in December 2009.

The future of medicine is taking shape at the heart of Washington University Medical Center.

Construction crews have framed the BJC Institute of Health at Washington University in 8,120 tons of steel beams. They are on schedule with the $235 million BJC Institute of Health at Washington University, which will be available to answer questions about personalized assessments of a person’s risk of disease.

The BJC Institute of Health at Washington University will be the hub for BioMed. The institute will connect the lobby with upper walkways.

Floors 1 through 5 will be the real estate space for Barnes-Jewish Hospital to develop in the future. Floors 7 through 10 will provide space for the Departments of Obstetrics and Gynecology, Pathology and Immunology as well as five floors of record-keeping space.

The BJC Institute of Health at Washington University will be open to the public in December 2009. It will have flexibility with no walls in between. They are designed to be open, with a scenic and change.

The building’s layout facilitates education and interaction. Shared conference rooms and breakout areas will encourage brainstorming and dialogue. The labs are designed to be open, with no walls in between. They also will have flexibility with no walls in between.

Washington University Medical School President and Dean Dr. Peter Brown is looking forward to the future with optimism. "It is possible to avoid that extra risk by quitting smoking," said Walton Sumner II, M.D., associate professor in medicine.

Dationally, the BJC Institute of Health at Washington University will open the BJC Institute of Health at Washington University. "The BJC Institute of Health at Washington University will be the hub for BioMed. We are committed to a broad vision for the future of medicine. Our research and clinical success will be the hallmark of our work."

The BJC Institute of Health at Washington University will be the hub for BioMed. It will have flexibility with no walls in between. They are designed to be open, with a scenic and change.

The building’s layout facilitates education and interaction. Shared conference rooms and breakout areas will encourage brainstorming and dialogue. The labs are designed to be open, with no walls in between. They also will have flexibility with no walls in between.

The BJC Institute of Health at Washington University will be the hub for BioMed. We are committed to a broad vision for the future of medicine. Our research and clinical success will be the hallmark of our work."
On the Road to Freedom • Very Hungry Paradise • Shearing Melt

Festive Season Getaway - Miles Davis Center. 935-3800.

Sports

Friday, January 16
6 p.m. Swimming and diving. VU Indoor Athletics Center. 935-4570.

Saturday, January 24

Saturday, January 17
9:30 a.m. Women’s Basketball vs. Case Western Reserve U. Athletic Complex. 935-4705.

Sunday, January 17
4:30 p.m. Freedom From Smoking Class. "A Time to Breathe." 935-4590.

Monday, January 18
5 p.m. Men’s Basketball vs. Emory U. Athletic Complex. 935-4705.

Monday, January 25
5:30 p.m. Immunology Research Seminar Brown Bag Seminar Series. "The Inflammasomes: Endogenous and Exogenous Pyroptosis Effectors."

On Stage

Friday, January 16
7:30 p.m. OVATIONS! Series. "The King of Kensington." 935-5548.

Friday, January 16

Saturday, January 17
4:30 p.m. Freedom From Smoking Class. "Visiting Our Past." 935-4590.
Law's 'Access to Justice' speakers kick off

By Jessica Martin

P rominent criminal defense attorney and civil rights advocate Michael Fitts, J.D., will address the pressing problem of justice and law in America to kick off the spring lineup of Washington University School of Law's 11th annual Public Interest Law & Policy Speakers Series Jan. 22.

Fitts is the law school's 2009 Distinguished Alumnus and project director of the Dispute Resolution Program. The series sponsors the series.

Titled "Access to Justice: The Social Responsibility of the Law" the yearlong series brings to the yearlong series brings to prominent experts in the field of justice and law to the University of Maryland; are free and open to the public.

Karen L. Tokarz, J.D., the Charles Nagel Professor of Public Interest Law & Public Service of Harlem and former law student at the University of Maryland Law School, will present "The Public Interest in Intellectual Property Law" in a talk co-sponsored by the Center for Social Development and the Center for Social Development in the George Warren Brown School of Social Work.

Liu is a former law professor at the University of California, Berkeley, and former associate dean and professor of law.

Karen L. Tokarz, J.D, the Charles Nagel Professor of Public Interest Law & Public Service of Harlem and former law student at the University of Maryland Law School, will present "The Public Interest in Intellectual Property Law" in a talk co-sponsored by the Center for Social Development and the Center for Social Development in the George Warren Brown School of Social Work.

Liu is a former law professor at the University of California, Berkeley, and former associate dean and professor of law.

Karen L. Tokarz, J.D, the Charles Nagel Professor of Public Interest Law & Public Service of Harlem and former law student at the University of Maryland Law School, will present "The Public Interest in Intellectual Property Law" in a talk co-sponsored by the Center for Social Development and the Center for Social Development in the George Warren Brown School of Social Work.

Liu is a former law professor at the University of California, Berkeley, and former associate dean and professor of law.

Karen L. Tokarz, J.D, the Charles Nagel Professor of Public Interest Law & Public Service of Harlem and former law student at the University of Maryland Law School, will present "The Public Interest in Intellectual Property Law" in a talk co-sponsored by the Center for Social Development and the Center for Social Development in the George Warren Brown School of Social Work.

Liu is a former law professor at the University of California, Berkeley, and former associate dean and professor of law.

Karen L. Tokarz, J.D, the Charles Nagel Professor of Public Interest Law & Public Service of Harlem and former law student at the University of Maryland Law School, will present "The Public Interest in Intellectual Property Law" in a talk co-sponsored by the Center for Social Development and the Center for Social Development in the George Warren Brown School of Social Work.

Liu is a former law professor at the University of California, Berkeley, and former associate dean and professor of law.
Financial seminar at Brown School will spotlight challenging economy

By Jessica Martin

To honor the life and work of the late Dr. Martin Luther King Jr., the Martin Luther King Jr. Scholars Association and the Martin Luther King Jr. Scholars Fund, both affiliated with the Social Work Department at the Brown School of Social Work, will host a seminar on financial planning for the future by getting the hard facts about borrowing, saving, investing, and living on a fixed income.

The seminar, free and open to the public, is designed for the Brown School’s students and faculty. It will be held on Monday, Jan. 23, at 10 a.m. in the Brown School’s Manufacturing Hall, room 106. The address of the Brown School is 4260 DeBaliviere Ave., St. Louis, Mo. 63110.

The Martin Luther King Jr. Scholars Association, which was established in 1995 with the goal of keeping Dr. King’s commitment to justice and equality alive, is holding the seminar to educate students and faculty about the importance of financial planning for their future. The seminar will provide information on how to make informed financial decisions, such as how to save for retirement, how to invest wisely, and how to manage debt.

Participants will learn about the various tools available for financial planning, such as bank accounts, stocks, bonds, mutual funds, and insurance. They will also learn about the different types of financial advisors and how to choose the one that best suits their needs.

The seminar will be led by financial planning experts who will provide practical tips and strategies for effective financial planning. Attendees will have the opportunity to ask questions and receive personalized advice.

The seminar is open to everyone interested in improving their financial knowledge. It is particularly relevant for students and faculty who may have limited financial resources or who are at a crossroads in their lives and need to plan for their future.

The seminar will be held in the afternoon of Monday, Jan. 23, at 10 a.m. in the Brown School’s Manufacturing Hall, room 106. The address of the Brown School is 4260 DeBaliviere Ave., St. Louis, Mo. 63110.

The Brown School of Social Work at Washington University in St. Louis is committed to providing access to high-quality educational programs and resources to support the professional development and career advancement of its students and faculty. The Brown School is home to more than 1,000 students and is known for its innovative and interdisciplinary approach to social work education.

For more information, please contact Dr. Eric Dicker, interim dean of the Brown School of Social Work, at edicker@wustl.edu or call 314-935-3466. Registrations will be awarded on a first-come, first-served basis.
**Introducing new faculty members**

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

- **Lung Chen, Ph.D.**, joins the Department of Biochemistry and Molecular Biophysics as assistant professor. Chen earned a doctorate in cell biology and molecular genetics from the University of Michigan in 2007 and since then has been a postdoctoral fellow in the Institute for Cognitive and Brain Sciences and the Department of Philosophy at the University of California, Berkeley. His research is on causal reasoning, and he has published a number of papers on problems in statistics, probability, and the work of Hans Reichenbach. At Berkeley, his research involved experiments investigating how humans learn causal relations.

- **Katherine Hendler, Ph.D.**, earned a doctorate in Developmental Biology from Carnegie Mellon University in 2008. She has been a postdoctoral fellow in the Institute for Neural Systems and Decision Sciences since 2008. Her research focuses on real-estate investment and the optimization of producing siRNAs.

- **Scott Wildman, Ph.D.**, joined the Department of Chemistry and Biochemistry by quickest route. Wildman earned a doctorate in chemistry at the University of Michigan in 2008 and since then has been a postdoctoral fellow at Brandeis University. His laboratory studies the properties and applications of fullerene conjugates in different functional modes.

- **Katherine Hendler, Ph.D.**, earned a doctorate in Developmental Biology from Carnegie Mellon University in 2008. She has been a postdoctoral fellow in the Institute for Neural Systems and Decision Sciences since 2008. Her research focuses on real-estate investment and the optimization of producing siRNAs.

- **Scott Wildman, Ph.D.**, joined the Department of Chemistry and Biochemistry by quickest route. Wildman earned a doctorate in chemistry at the University of Michigan in 2008 and since then has been a postdoctoral fellow at Brandeis University. His laboratory studies the properties and applications of fullerene conjugates in different functional modes.

- **Katherine Hendler, Ph.D.**, earned a doctorate in Developmental Biology from Carnegie Mellon University in 2008. She has been a postdoctoral fellow in the Institute for Neural Systems and Decision Sciences since 2008. Her research focuses on real-estate investment and the optimization of producing siRNAs.

- **Scott Wildman, Ph.D.**, joined the Department of Chemistry and Biochemistry by quickest route. Wildman earned a doctorate in chemistry at the University of Michigan in 2008 and since then has been a postdoctoral fellow at Brandeis University. His laboratory studies the properties and applications of fullerene conjugates in different functional modes.

- **Katherine Hendler, Ph.D.**, earned a doctorate in Developmental Biology from Carnegie Mellon University in 2008. She has been a postdoctoral fellow in the Institute for Neural Systems and Decision Sciences since 2008. Her research focuses on real-estate investment and the optimization of producing siRNAs.

- **Scott Wildman, Ph.D.**, joined the Department of Chemistry and Biochemistry by quickest route. Wildman earned a doctorate in chemistry at the University of Michigan in 2008 and since then has been a postdoctoral fellow at Brandeis University. His laboratory studies the properties and applications of fullerene conjugates in different functional modes.

- **Katherine Hendler, Ph.D.**, earned a doctorate in Developmental Biology from Carnegie Mellon University in 2008. She has been a postdoctoral fellow in the Institute for Neural Systems and Decision Sciences since 2008. Her research focuses on real-estate investment and the optimization of producing siRNAs.

- **Scott Wildman, Ph.D.**, joined the Department of Chemistry and Biochemistry by quickest route. Wildman earned a doctorate in chemistry at the University of Michigan in 2008 and since then has been a postdoctoral fellow at Brandeis University. His laboratory studies the properties and applications of fullerene conjugates in different functional modes.
Bringing patients back

Cobb heals the critically ill in the surgical ICU

potentially fatal complications. For these patients, an ICU stay is a touch-and-go struggle for life as Cobb and his colleagues battle the medical crisis after another to stabilize their conditions. Patients with traumatic injuries that at one time would have been fatal now put on ventilators and kept alive in states that never existed before," Cobb says. "But our ability to treat these patients still mostly amounts to a holding measure — the ventilator buys us time to try to overcome their underlying problems."

Sometimes, despite all heroic measures, critically ill patients progress suddenly and their organs begin to fail as doctors struggle to save them. "The technology exists to fix a hole in the blood vessel, to suture up a ruptured blood vessel or close a gaping wound from a car crash or other traumatic incident. The vast majority of patients recover fully. But a significant number, especially those with severe injuries caused by burns or major trauma, face long and difficult recoveries plagued by potentially fatal complications. For these patients, an ICU stay is a touch-and-go struggle for life as Cobb and his colleagues battle the medical crisis after another to stabilize their conditions. Patients with traumatic injuries that at one time would have been fatal now put on ventilators and kept alive in states that never existed before," Cobb says. "But our ability to treat these patients still mostly amounts to a holding measure — the ventilator buys us time to try to overcome their underlying problems."

Sometimes, despite all heroic measures, critically ill patients progress suddenly and their organs begin to fail as doctors struggle to save them. "The technology exists to fix a hole in the blood vessel, to suture up a ruptured blood vessel or close a gaping wound from a car crash or other traumatic incident. The vast majority of patients recover fully. But a significant number, especially those with severe injuries caused by burns or major trauma, face long and difficult recoveries plagued by