Marlene Hartmann has been named acting director of the nursing service effective August 1. She succeeds Maureen Byrnes, who has resigned.

Miss Hartmann, a native of Red Bud, Ill., graduated from Barnes Hospital School of Nursing in 1968 and joined Barnes as a staff nurse on the old 2418 medical ward that same year. She was subsequently promoted to assistant head nurse and then head nurse.

In 1972 she transferred to the nursing office to work as a nursing officer of the day and in 1975 she was promoted to associate nursing director for medicine.

During her career at Barnes, Miss Hartmann has attended St. Louis University, where she has earned a bachelor's degree in nursing and will complete a master's degree in nursing in 1981.

Miss Hartmann is the first Barnes Hospital School of Nursing graduate to become Director of Nursing for Barnes. She has published an NLN book, Pathways to Quality Care, and upon graduation was elected a member of the Sigma Theta Tau National Honor Society.

Outpatient ORs save time and money

Adjacent to but separate from the operating rooms on the third floor of the new West Pavilion is a suite containing two outpatient operating rooms for minor procedures in such specialties as plastic, orthopedic and general surgery. These outpatient operating rooms are free of charge, saving time and money for patients and their insurance carriers.

Minor surgical procedures performed in the two small operating rooms are usually done, either as an outpatient procedure or one-day surgery, on a same-day basis with patients admitted in the morning and discharged later in the day. This avoids more extensive hospitalization and has proved to be significantly less expensive, according to Marie Rhodes, associate director of nursing/operating rooms. Such minor procedures could include circumcision, laparoscopy, removal of lesions and nodes, incision and drainage of abscesses, hair transplants and some cosmetic surgery.

“We have found that the same-day procedures lessen much of the preoperative anxiety that patients may experience, too,” Mrs. Rhodes added. After a brief visit to Barnes’ admitting office, the patient is taken to the outpatient OR suite. After he changes clothes, he may visit with a relative or friend in the waiting area until the time scheduled for his procedure.

The outpatient surgery suite also boasts comfortable recovery room facilities with recliner chairs and beds where patients may relax until they feel well enough to be released.

Minor inpatient surgery may also be scheduled in the outpatient operating rooms when they are not otherwise in use, according to Mrs. Rhodes. She pointed out that the two rooms may also be used for unscheduled emergency procedures as well. They are open five days a week, eight hours a day, and are equipped identically to the inpatient ORs. Both local and general anesthesia is available depending on the patient's medical condition and preference.

The fact that outpatient rooms are available for minor surgery should improve the overall efficiency of the West Pavilion operating rooms, Mrs. Rhodes said. The outpatient rooms are across the hall from the suite of inpatient ORs, making them readily accessible to surgeons who have inpatient operations scheduled before or after a minor procedure in the outpatient room. Thus, the layout and location are designed to make outpatient surgery convenient to surgeons, providing for better use of their time, Mrs. Rhodes said.

Barnes plastic surgeon Dr. George Zografakis said that money should be saved because smaller procedures such as grafts and repairing lesions don’t require large OR staffs as do more extensive operations.

A 68-year-old patient from Pekin, Ill., on whom Dr. Zografakis operated recently said the outpatient operating process was very much to his liking. He said he was admitted at 9 a.m. on May 1 to have a facial tumor removed and released at 11:30 a.m. that same day. “I received excellent treatment and the nurses were so good to me. I couldn’t have been more satisfied. I would recommend this service to anyone whose condition warrants it,” he said.

The proximity of the outpatient ORs and recovery room to the general operating rooms and their staffs is also a plus for both patients and doctors. “We have an advantage over satellite or freestanding facilities,” Mrs. Rhodes pointed out. “In an emergency, additional facilities and staff are readily available to meet any circumstance that may arise. We have all the resources of Barnes Hospital at our fingertips.”

Glenn Miller becomes evening administrator

Effective July 1, E. Glenn Miller joined the Barnes staff as an evening administrator. Mr. Miller shares this administrative position with Mark Weber.

Mr. Miller, who has nine years experience in hospital administration, comes to Barnes from Springfield Community Hospital, a 200-bed facility in Springfield, Ill. He left Springfield to enroll in Washington University School of Medicine health administration graduate study program, and will begin classes as a full-time student this fall.

Being of the Mormon faith, Mr. Miller will also serve as Barnes chaplain for patients who are members of the Church of Jesus Christ of Latter-Day Saints.

“I will be administering blessings for patients and families. When a patient is sick and desires a blessing to assist them in the healing process, they request a member of the priesthood to pray over them,” stated Mr. Miller, a member of Melchizedek, one of the higher orders of the Mormon priesthood.

Impressions of China by Barnes cardiologist

Dr. Burton Sobel, Barnes cardiologist, was one of five United States delegates chosen to participate in a feasibility group to explore the possibility of a cardiovascular foreign exchange program with the People’s Republic of China. The delegation was sponsored by the National Heart and Lung and Blood Institute, a division of the National Institutes of Health.

The delegation, which left for China April 6 and returned to the U.S. April 21, consisted of representatives from Barnes, Northwestern, Yale and the University of Pennsylvania medical centers, as well as the National Heart and Lung and Blood Institute. They visited the modern cities of Peking (Beijing, in Chinese), Canton (or Guan-chow), Shanghai and an old provincial capital of Sian.

The program was set up as part of the increasing effort at medical communication that the Chinese (continued on page 2)
The Chinese are aware that because of combinations of historical events throughout its past, China never experienced an industrial revolution like the U.S. underwent in the 1830s. It had remained isolated, partly because of its vast size and difficult language, encouraging highly-developed skills of individual artisans but not witnessing the same drive for industrializing their nation. The Chinese people are now incredibly eager to catch up, to readress a huge technological equipment deficit in order to exist and compete in a modern world. One of the areas most in need of modernization is medicine.

Two kinds of medicine are practiced in this 3.7 million square miles of Asian land: Traditional and modern. Traditional medicine dates back many thousands of years. Today it is represented by "barefoot doctors" who use herbal as well as modern preparations to treat common illnesses. These doctors often care for patients in their communities or in the fields from which they are born. They consult the traditional herbs for their patients. Barefoot doctors have the well-deserved reputation of keeping meticulous and detailed patient records of each person in their community.

The modern doctor uses Western techniques and treatments in patients. It is not unusual, however, for a hospital medical record to indicate that a patient is taking traditional herbs as well. This is a sign of the Chinese people endure, their dedication and pride in their culture and heritage developed and nurtured over at least 6,000 years of recorded history."

Hospital notes

The following are reported on staff: Dr. Zipora Arison, Dr. Rashmi R. Nakra, assistant psychiatrists; Dr. John P. Marbarger, assistant cardiothoracic surgeon; Dr. Robert L. Lamberg, Dr. William L. Walter, Dr. John V. Linberg, assistant ophthalmologists; Dr. Rodolfo Dunlao, assistant anesthesiologist in ophthalmology; Dr. John A. Hamilton, Dr. Darwin C. Jackson, Dr. William L. Holcomb, Jr., Dr. Chinda V. Rojansabhit, assistant obstetricians/gynecologists; Dr. Victor N. Meltzer, Dr. William E. Clutter, assistant pediatricians; Dr. Richard W. Sato, Dr. Sandra S. Dodson and Dr. Pardeep K. Bhonat, assistant pediatricians, all effective July 1.

Dr. Thomas Ferguson, Barnes cardiothoracic surgeon and professor at Washington University School of Medicine, was presented the Sydney S. Pearl Award for inspirational teaching at commencement ceremonies held at the university in May.

Barnes radiologist-in-chief Dr. Ronald Evans has been elected to a five-year term on the Executive Council of the American Roentgen Ray Society.

China (continued from page 1)

The desire of the Chinese people and government to take a place as a competitor in the industrial world has led to some familiar problems. Along with development of factories has come deterioration of the environment and serious problems with pollution. As a result of polluted air and a high incidence of cigarette smoking, there are doctors are telling their patients suffering from emphysema, bronchitis and lung cancer. Incidence of heart attacks is also on the increase, but there is much less cardiovascular disease than in the U.S. A major factor for this might be that the Chinese diet consists of less animal fat and more vegetables, fish and rice than American fare.

The Chinese political structure decides what jobs its people will have. The number of careers in the health care field is limited. Those chosen for these positions exhibit remarkable dedication to their occupation and to helping their people. However, they suffer from obvious submersion of free choice. Doctors, for instance, are told where they will work and live. The government allows virtually no choice in these matters.

People in China live where they work. Eighty-five percent of the populace are farmers and millions of people work in factories, shops and mines. Most persons live in people's communes at these work sites. In this highly constrained society, travel is limited by the lack of private cars and the necessity for elaborate, detailed and hard-to-get travel papers. Because of this, most Chinese leave the commune environment, only rarely, even for short periods of time.

According to Dr. Sobel, the Chinese were kind, gracious and courteous and seemed to have a genuine affection for Americans. Their hospitality was overwhelming. "Despite previous travel, I have never returned to the U.S. with such an appreciation for this country. In China, there is an overwhelming feeling of government control of thought and daily living. (One example—we were told that after this year, mandatory abortions will be performed on those women who are pregnant and already have one child, in an effort to control population growth of China's estimated 1 billion people.)

Despite the government control and suppression the Chinese people endure, their dedication and determination are obvious. The Chinese are humble but totally receptive to new ideas and practices; unashamed of any technological lacks and proud of their culture and heritage developed and nurtured over at least 6,000 years of recorded history."

Barnes names three night administrators

Barnes Hospital has appointed three night-shift administrators, who will alternate duty to provide administrative coverage seven nights a week on the 11 p.m. to 7 a.m. shift. They are James Valenti, John Morrison and Curt Springmeier.

In 1977 Barnes created the position of evening administrator and appointed two persons to share duty on the 4 p.m. to 11 p.m. shift. With the new position of night administrator, Barnes patients are assured of having an administrator on the premises at all hours seven days a week.

Mr. Valenti, 24, is a 1980 graduate of St. Louis University where he earned degrees in both business administration and radiology administration. Previously he had attended the Mallinckrodt School of Radiology. While attending school, he worked as a radiographer for Washington University School of Medicine and for Incarnate Word Hospital. In September, he will begin working toward his masters degree in health care administration at Washington University.

Mr. Morrison, 30, earned a BA in management and an MA in health facilities management from Webster College and will also enter the health care administration program at WU this September. He has had experience as a unit manager at Incarnate Word Hospital and as a safety officer at St. John's Mercy Medical Center in addition to working as a news clerk for the St. Louis Post-Dispatch.

Mr. Springmeier, 26, has been a part-time student at UMSL since 1971 and will graduate next spring with majors in accounting and business. He has worked as a supervisor in accounts payable for Barry Wehmiller Co., Famous-Barr and Wetterau, Inc., as well as in the housekeeping department at Christian Hospital Northwest. He is considering entering the health administration program after he completes his undergraduate training and acquires some further hospital experience here.

Patrick Lanigan joins Barnes staff

Patrick Lanigan has been named Barnes Hospital telecommunications director, according to Barnes vice-president Dillon Trulove. The appointment was effective June 23.

Originally from Boston, Mass., Mr. Lanigan was previously employed as a satellite control telephone systems, including Universal Communications, Roanoke, Va.; Wescom Inc., Downers Grove, Ill.; and Telici Inc., Jackson, Tenn. Mr. Lanigan received his training at the New England Telephone and Telegraph Co.
Nurse internship: a special orientation

What does a recent nursing school graduate do when he or she is looking for a job and feels overwhelmed with the responsibilities of being a staff nurse in a large medical center such as Barnes? The 10-week nurse internship program, sponsored by the Barnes nursing service and education and training departments, may be the answer.

The most recent class of 33 interns celebrated their successful completion of the program August 8. The internship consists of one week of orientation, four weeks when new graduate nurses are working one-to-one with preceptors on certain patient divisions (first rotation), a break during the sixth week for special concentrated workshops and study for the state board examination, and a final four weeks with a second preceptor (the second rotation).

"The program is for newly graduated nurses who want to work at Barnes but who feel they need the extra support and structure in the transition from student nurse to staff nurse," said program coordinator Nancy Wilson. Nurse internship gives the new graduate time to decide whether or not they want to work in a specialty area, allows more time for intensified clinical experience and, according to one graduate, "provides an introduction period so that a newcomer begins to see that Barnes is not as vast and complex as it once seemed."

"I think it's a really good program," said Bev Hollander, now a registered nurse on 10100. Miss Hollander did her internship at Barnes last year and this summer served as a program preceptor. "When I began my internship, I didn't really know whether I wanted to work in a specialty area or on a general medicine division. The program allowed me to try both areas without committing myself to a position I would not want to stay in."

Miss Hollander said her preceptor last year really made the program worthwhile. "I had a great preceptor in general medicine during my second rotation. That's one of the reasons why I volunteered to be a preceptor in the program this year," she said. "I've been there—I know what it feels like to be a new graduate in need of instruction or a word of encouragement. The step from student to nurse is a big one, but the internship program helps to make the transition smooth."

Barnes cited among best by magazine

In the July issue of Good Housekeeping Barnes Hospital is cited as one of the best hospitals for surgery in the United States.

An accompanying article points out to readers that a recent study by doctors from Stanford and the University of California showed that "when it comes to complicated surgery, practice does indeed make perfect—or at least less error prone." It says that doctors generally concur that large teaching hospitals provide the best medical care.

The article also points out that excellence of care depends not only on the surgeon but on the support facilities and staff, including pathology, good intensive care nursing, well-trained anesthetists, good recovery room personnel, and someone who is qualified to cover for the private surgeon when he is not in the hospital.
Barnes Blood-A-Thon '80, the first city-wide blood drive ever held in St. Louis, was held June 28 in the Checkerdome exhibition hall.

St. Louis City Mayor James Conway proclaimed June 28 Blood-A-Thon '80 Day during ceremonies attended by Barnes blood-mobile mascot Corpuscle Red.

In spite of the 90 degree weather, Barnes and Red Cross staffers were kept busy by cheerful donors eager to help.

Pheresis donors also signed up. They are urgently needed by Barnes Blood Bank for regular donations of blood components for critically ill patients. Call 454-3135.

Balloons, "I gave blood" T-shirts, ice cold drinks and dogbone-shaped cookies were enjoyed by all—whether donating blood or waiting patiently while mommy and daddy did.

A total of 444 persons came and more than 380 units were collected to help area hospitals prepare for their blood needs during the Fourth of July weekend.
Fifty-six Barnes staffers volunteered to register potential donors, take blood pressures and medical histories and to point the way to the refreshment center.

KMOX-TV's Debbie Warshawski interviewed Barnes blood bank director Dr. Laurence Sherman as well as donors in attendance.

KXOK Radio personality "Wilkie" kept his morning listeners reminded of the Blood-A-Thon and lent a hand—or voice—by spreading the news to local CBers on Saturday morning. He also signed up for Barnes pheresis program.
Science fair winner chooses tour of Barnes

Barnes Hospital recently hosted a special awards ceremony and tour for Maria Harris, an eighth grader from Freeburg, Ill., who won first prize in the biology/medical research judging by the Hospital Association of Metropolitan St. Louis (HAMSTL) at the Monsanto/St. Louis Post-Dispatch Science Fair in April.

Her prize was a $50 savings bond as well as a tour and luncheon at the hospital of her choice, which was Barnes. As a result, Maria and her guests attended a luncheon in Queeny Tower, where she was awarded the savings bond by Jacquelyn Akins, vice-president of HAMSTL.

Her exhibit on the effect enzymes have on various nutrients was also on display at the hospital. In it were tested four types of enzymes—gastric, salivary, pancreatic and intestinal juices—on food to determine which enzymes digested proteins, carbohydrates or fatty lipids. Her exhibit was chosen from approximately 150 entries on the eighth grade level.

Barnes notes

Dr. Richard Bradley, Barnes general surgeon, was installed as president for the 1980-81 term of the Missouri State Medical Association at the annual meeting held in Kansas City in April.

Three Barnes/Washington University School of Medicine diabetes researchers received research awards at a dinner sponsored by the American Diabetes Association’s Greater St. Louis Affiliate, Inc., and the Diabetic Children’s Welfare Association. They are Drs. James Gavin, Julio Santiago and William Sherman.

Dr. William Fair, Barnes urologist-in-chief and acting surgeon-in-chief, has received the Hugh Hampton Award of the American Urologic Association. Dr. Fair was presented the award last month at the association’s annual meeting in San Francisco. The award is given each year to the individual making significant contributions to the understanding of urinary tract diseases.

The Barnes Hospital Auxiliary has been named the leading U.S. auxiliary in enrolling new Medic Alert members. More than 740 persons are now members of the Medic Alert program here.

Barnes physician Dr. Richard Maxwell recently received the Greenville (Illinois) College Alumni Association’s distinguished alumnus award. The award is presented to those persons who have shown exceptional accomplishment in their profession and exemplified in their lives the ideals of the college.

The following are reported on staff: Dr. Lawrence E. Samuels, assistant dermatologist; Dr. Steven Rothman, assistant neurologist/pediatrician; Dr. Neil H. White, assistant pediatrician; Dr. Richard L. Baron and Dr. Barbara Monsees, assistant radiologists, all effective July 1.

Mary Kay Campbell, 8100 and 8200 head nurse at Barnes and captain in the Air Force 922nd Aeromedical Airlift group in the 73rd Aeromedical Evacuation Squadron at Scott Air Force Base, has been named a major-selectee.

An article co-authored by education and training director Rusti Moore, appeared in the June 1, 1981, issue of Hospitals. “Program ensures better treatment for patients” describes the success of the “Barnes Cares, Me Too,” program in making employees more attuned to patients’ needs.

Dr. Michael Welch, Mallinckrodt radiation scientist, received the prestigious Paul C. Aebersold Award from the Society of Nuclear Medicine for outstanding research on calcium and phosphorous metabolism.

At the April meeting Edward Schnuck was elected vice-chairman of Barnes board, a position formerly held by Mr. Claggett. Harold Thayer was installed as president for the 1980-81 term of the Missouri State Medical Association at the annual meeting held in Kansas City in April.

Charlotte Wagner retires after 17 years at Barnes

Charlotte Wagner, a mailroom clerk and subsequent sign shop employee since 1963, retired June 20 after 17 years of service to Barnes. After receiving a certificate of appreciation presented to her by Barnes Hospital president Robert E. Frank, Mrs. Wagner said she hoped other employees will learn what she has found to be true: “Try to do a good job and Barnes will always treat you right. It’s good to know that you’ll always have a job, especially in times like these,” she said.

Although Mrs. Wagner has spent the majority of her life working, she was looking forward to a change. “I want to take it easy and get lazy. I was 75 years young on my birthday (last June 15). I’d like to visit people I haven’t seen in a while, and perhaps become more active with others my age,” said Mrs. Wagner. She has found it a comfort to live close to her son and his family in south St. Louis, Mrs. Wagner said, but she said she feels a bit more adventurous now, and would like to meet more senior citizens.

One woman’s reason for volunteering at Barnes

On October 8, 1975, I crawled into a bed at Barnes Hospital in desperation. For the previous 25 years, I had been living the restricted life of a heart disease victim. Happily, I was able to have two beautiful children, a son and a daughter, despite the fact that I kept slipping into and out of cardiac failure.

Finally, my cardiologist, a gently wise man, proclaimed “No more nonsense!” He wanted me in for tests at Barnes immediately. Subsequently, he placed me in the gifted hands of a cardiothoracic surgeon at Barnes, whose magic fingers replaced my defective mitral valve—an operation that wasn’t available when my condition had first been diagnosed 25 years earlier.

An entire new world opened up to me. The shackles were removed. Although there were and still are some medications and minor restrictions, I have been given back my life.

How could I ever thank all who had helped do that? By doing volunteer work at Barnes (a deeply fulfilling experience), I gratefully give a piece of my life every week.

Camille Antul

Charlotte Wagner received certificate of appreciation for 17 years of service to Barnes.
Commonsense medicine: Good nutrition needed even in warm weather

The summer doldrums are here! Searing heat zaps energy, causing appetites to wane. As the heat builds up, food habits tend to slack off. Often individuals opt for fast foods—eating meals on the go—that lack the basic nutrients necessary to keep bodies healthy.

Perhaps that is the reason that August was chosen as Good Nutrition Month. It is the month “to make Americans conscious of the wonderful foods available in the United States and how to use them wisely and well.” In other words, it is the month to remember that one’s body must be fed well-balanced meals to maintain good health.

On the average, adults should consume about forty different nutrients to maintain a complete diet. The key to a balanced diet is eating a variety of foods. No single food item can supply all the essential nutrients necessary for good health. To assure variety and a well-balanced diet, foods should be selected from the four basic food groups: meat and meat substitutes, fruits and vegetables, milk and dairy products, and breads and cereals.

A diet should be self-sufficient, rewarding and satisfying. The experience where the body continues receiving its proper nutrients during the weight loss process. However, for some—especially those who lose weight slowly—diets are frustrating.

Sometimes the torture is so great or the willpower so weak that an individual turns to starvation diets or over-the-counter miracle cures that produce results quickly. From a medical viewpoint, these “crash” diets are not conducive to good nutritional health. Depending on the diet used, dangerous side-effects may develop. For example, the individual who uses appetite suppressants, which are basically amphetamines, may experience a sudden rise in blood pressure, changes in cardiac rhythmic patterns or mood swings.

Fad weight loss programs which restrict carbohydrate intake and increase protein levels force the body to break down reserved fat stores called ketones to maintain its normal carbohydrate needs. This is turn disrupts regular metabolic processes.

People on crash diets normally do not feel healthy. The majority who lose weight very rapidly on a nutritionally inadequate diet gain it back when they go off the diet. Therefore, although it is frustrating, a well-balanced calorie-restricted nutritionally proper diet appears to be the best way to lose weight and stay healthy.

Gifts to Barnes Hospital

Listed below are the names of persons (honorees in boldface) who have made recent contributions to the various funds at Barnes Hospital. Because Barnes is a private hospital and does not receive public funds, it relies on the gifts of individuals to continue providing quality patient care and to support research aimed at improving the lives of our patients.

Donations to the hospital may be made through the Barnes Hospital Auxiliary or the Community Relations office. The Auxiliary coordinates the Basic Fund which is used for specific hospital projects. The various other funds are part of the development program of the Community Relations office. (The Liz Rosenberg Fund is a special fund to assist Barnes School of Nursing students.)

Tribute Fund

IN MEMORY OF:
Elizabeth Rosenberg Barnes Hospital Auxiliary
Henry Freund
D/M Thomas B. Ferguson
Elizabeth Bressen
M/M George DalBois
Dr. Leonard T. Furlow
M/D Thomas B. Ferguson

IN HONOR OF:
Martin Krupin’s speedy recovery
M/M Sam Glazer
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Mary Ann & Elliott Stein
Completion of the West Pavilion
D/M Robert M. Feibel
Babe & Sid Rosenberg’s anniversary
M/M A. Silber
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Lana Carrow

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IN HONOR OF:
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Clarence B. Noetling

IN MEMORY OF:
Mrs. Herbert Rosenberg
M/M Raymond Dunn

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