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The microorganisms that normally live in the gut can increase body fat, according to School of Medicine researchers. They found that gut microbes can open the "gates" fat cells to store the body's fat cells.

Using a two-pronged strategy, gut microbes first break down otherwise indigestible dietary components, effectively increasing the amount of calories we can harvest than they promote fat storage from the harvested calories.

The research team found that the gut microbes promote fat storage by suppressing the gut's production of a protein called fasting-induced adipocyte factor (Fiaf), which functions to help keep the gate to fat cells closed. The findings were reported in the Nov. 2 issue of the Proceedings of the National Academy of Sciences.

"Finding that Fiaf is directly manipulated by the gut microbiota is intriguing," said senior author Jeffrey I. Gordon, M.D. "It raises the possibility that an individual's predisposition to obesity or leaniness may be partially determined by the composition of the microbes living in the gut."

Gordon is the Dr. Robert I. Glaser Distinguished University Professor and director of the new Center for Genome Sciences, which was launched as part of BuckMed 21, the University's initiative for using the latest knowledge of the human genome to develop new ways to diagnose, treat and ultimately prevent a variety of human diseases.

Treatments for obesity that require long-term dietary changes almost always fail. According to

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**Home Plate program eases student transition**

**By Neil Schonherr**

For some students, heading off to college and being completely on their own for the first time can be a daunting process. Thanks to the Home Plate program, some University students are enjoying a little bit of home away from home.

Home Plate, started by Pdsa Zwerling Wrighton, wife of Chancellor Mark S. Wrighton, aims to enhance students' experiences by connecting them with host families from the University community and surrounding areas for home-cooked meals and outings around St. Louis.

"Many students greatly enjoy their experience at the University," Zwerling Wrighton said. "But I think this program has the potential to help them live it here. It makes a big difference in softening the adjustment process for freshmen."

Freshman Amaranthina Quintana-Morales experienced her first Home Plate dinner this semester and had a great time.

"The family I ate with was very nice and they made me feel comfortable in their home," she said. "It was great that they were an architect and a historian because those are two things I am interested in, and we had a lot to talk about."

"The dinner was excellent, and it was wonderful to get off campus for an evening," Zwerling Wrighton said.

The program has continued to increase in popularity on the strength of glowing reviews from students and host families. Zwerling Wrighton has even expanded it to include upperclassmen.

"We have placed approximately 60 students with about 50 families this year alone, and there are students from previous years still enjoying time with their host families," she said.

"We have more interested families looking to host students. Families love the opportunity to engage in the life of the University, and we are in demand for food service providers; for Rick Turner and Marc Foley, it's not just imagination — it's reality.

Turner is director of operations for Bon Appetit, the on-campus food service provider; Foley is Bon Appetit's executive chef. And both play a huge (literally) role in keeping the University campus well-fed.

"I think Marc will agree that when he and I started here about five years ago, we were amazed at the sheer volume of food that is made every day," Turner said. "He and I both had probably 20 years of background in the industry, but not in a higher-education setting."

"It still boggles my mind. We'll get annual reports that will say how much turkey, for example, we used over the course of a year, and you sit there and go, 'My God, that's a lot of turkey!'"

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**Feeding the campus — one ton at a time**

**By Andy Cledenssen**

Parents know: Teenagers like to eat. And while some parents might look at their monthly grocery bill and let out a big "woe!" imagine what it would be like to feed an entire college campus.

For Rick Turner and Marc Foley, it's not just imagination — it's reality.

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**Home Plate dinner this semester**

"That small gesture made a big difference in my daughter's freshman year of college, she learned to deal with many adjustments, including homesickness," Zwerling Wrighton said. "I was so happy when a professor invited her over for dinner."

"That small gesture made a big difference in her life, and I decided to start a program at the University to assist freshmen in their adjustment to university life by bringing them some flavor of home."

The program has continued to increase in popularity on the strength of glowing reviews from students and host families. Zwerling Wrighton has even expanded it to include upperclassmen.

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**Feeding the campus — one ton at a time**

"By Andy Cledenssen"
Black justice coalition president to talk

BY JESSICA MARTIN

Keith Boykin, president of the National Black Justice Coalition, a lecturer on race, sexuality and politics at 1 p.m. Nov. 13 in Brown Hall, Room 100.

Boykin, a prominent author and speaker, was a special assistant to the president and director of special media in the Clinton administration.

"As an openly gay black man, Keith Boykin is able to speak to the challenges and celebrations of the intersection of race and sexuality," said Vincent C. Fromewell, a Danforth urban fellow and the George Wurzel Brown School of Social Work and Jurisprudence lecturer.

"He effectively targets race, racism and black homophobia and suggests that conservative forces have subsidized the common language of racism for homophobia in order to prevent a potential rise in consciousness of blacks and gays."

On the right of the recent elections and the national debate regarding gender, gay, bisexual and transgender civil rights, "we have seen, with insight and timely comments, we are witnessing," said Boykin.

The lecture, which is free and open to the public, is sponsored by the School of Social Work, Spectrum Alliance, the Association for Women Against Racism and the African and Afro-American Studies at Sciences.

For more information, e-mail Fromewell@wustl.edu.

Rambling on about careers

1988 University alumnus Michael Yarborough, manager of community outreach and player involvement with the St. Louis Rams, chats with students (from left) Amy Katz, Kate Gerber and Erica Sampson during a recent networking reception sponsored by The Career Center. The reception allowed current students to meet with alumni and discuss job searching and career opportunities.

Flex-passing plan enrollment ends Nov. 30

A fter faculty and staff want- ing to save on their out-of-pocket health and/or child- care expenses can enroll in the University's flex plan for calendar year 2005. The plan's open-enrollment period ends Nov. 30.

These plans allow employees to avoid paying federal, state and campus insurance contributions on money specifically set aside from their gross pay for health and/or child-care expenses.

Employees may set aside up to $11,000 per year for the health-care spending plan and $4,500 per family for the dependent child-care spending plan. Employees can enroll in either plan or both.

Interested employees — even those who are enrolled for 2004 — must re-enroll before the Nov. 30 deadline to ensure their participation for 2005.

Those expenses that are not covered by the plan, such as prescription drug or vision benefit costs, can be reimbursed from the pre-tax health-care spending account.

Examples of qualifying ex- penditures include: deductibles, co- insurance, office visit co-pays, prescription drug co-pays, hospital emergency room co-pays, LASIK surgery, noncovered pre- scription drugs, over-the-counter medications and drugs, eyeglasses, contact lenses and hearing aids.

Child-care expenses include services provided by a licensed day-care center, pre-school or babysitter. To be eligible, this service must be rendered for the

Corporate-governance conference brings experts here

BY EILEEN P. DOUGGAN

Business experts from all over the world are visiting the Olin School of Business Nov. 11-13 to partici- pate in a corporate-governance conference.

"Key business leaders and corporate Governance," co-spon- sored by the Olin School, the Center for Research in Economics and Strategy and the Journal of Financial Intermediaries, is bound to attract the Charles F. Knight Executive Education Center.

Two days of academic presentations and a final day devoted to panel discus- sions among senior corporate executives, policy- makers and academics.

Panelists include Armond W.A. Boot, professor of corporate finance at the University of Amsterdam; Eric Marquandt, professor at Tilburg University; Raymond J. Ball, the Sidney Davidson Professor of Accounting at the University of Chicago and R.A. Bridgewater, former chairman and chief executive officer of Brown Shoe Co.

Olin School Dean Stuart L. Ginneman, Ph.D., the Bank of America Professor of Managerial Leadership, School of Law Dean Joel Seligman, J.D., the Ethan A.E. Shelly University Professor and Murray L. Weidenbaum, Ph.D., the Edward Mallinckrodt Distinguished University Professor and honorary chair of the Weidenbaum Center on the Economy, Government, and Public Policy in Arts & Sciences, will also be among the panelists.

Anjan V. Thakor, Ph.D., the John T. Simon Pro- fessor of Finance in the Olin School, will give closing remarks.

The topics include financial markets: the poten- tially contrasting issues in the European Union; the role of directors in a post-Sarbanes-Oxley environ- ment; the future trends in executive compensation and their roles in corporate governance; and the role of financial market participants and their external constituents in the corporate governance process.

Each session will last approximately 75 minutes, with roughly half the time devoted to discussions between panel members and the audience.

Charles F. Knight, chairman and chief executive officer of Emerson, will be the featured lunch speaker.

For more information, call 935-4179.

Home Plate

Makes city of St. Louis 'more of a home' — From Page 1

"It went great," she said. "The students were sweet and very appreciative. We had some nice discussions about the debate and the political process."

"It was such a lovely evening that we decided to have dinner on the back porch," she said.

They were very appreciative of the information they received. We look forward to hosting more in the future," said Arvidson.

A planning group is organiz- ing the University's first GIS symposium, called "You Can Get There From Here: Mapping the Future of Geo- graphic Information Science at Washington University," from 9 a.m. to 5 p.m. Nov. 19 in the Lopata Hall.

The program will include a keynote address by Joseph Ber- ry, director of the School of Urban Design and Public Policy and director of the Arts and Sciences Studio, a panel discussion and a workshop for educators and students, a poster session and a visitation session.

For information on the symposium, go online to gis.wustl.edu/symposium.html. For more information, contact Berry at 935-6109 or stefan@wustl.edu. Registrations are requested, as seating is limited.

- Tony Fitzpatrick

G I S

Arvidson, Martin co-chair committee — From Page 1

used to track such critical infor- mation as storm surge patterns, recent changes up to the minute election results while analyzing their demographic distributions.

A technical implementation committee is working to install the software in labs across cam- pus and to provide faculty, stu- dents and staff access, according to Stef. R. Folk, D.Sc., research assistance professor in the Envi- ronmental Engineering Science Program and Center for Air Pollution Trends, Impact and Analysis (CAPITA).

"GIS is a common tool in our data analysis research at CAPITA, and many other faculty in every school at the University use it in different ways," Folk said.

"GIS has been around for well over 30 years, recent advances in information science and technology have made it more practical, allowing some- one who is not necessarily a GIS guru to successfully apply it in their work," he said.

In this initial year, Arts & Sci- ences, the School of Engineering & Applied Science and University Libraries have collaborated to pay for the software and begin the process of teaching faculty and students how to use GIS and related research activities.

A faculty advisory committee was co-chaired by Raymond E. Arvidson, Martin Arvidson, a Danforth Distinguished University Pro- fessor and chair of the Depart- ment of Earth and Planetary Sci- ences in Arts & Sciences; and Den- nis J. Martin, associate vice chancell- or and associate dean of Arts & Sciences — has been formed to examine GIS use at the University. The GIS committee will develop long-range recommenda- tions for an effective and sustain- able way to support the use of GIS in teaching and research, and to promote faculty interactions and the sharing of ideas and methods.

In addition to Arvidson and Martin, committee members are: Folks; Shelley K. Baker, vice chancellor for network and library services; Brown School of Social Work; Jennifer Stein, associate professor of earth and planetary sciences; Jacqueline Tatum, D.D.S., associate professor of architecture; and Jan M. Weller, assistant vice chancellor for network and library technology.

For more information on the advisory committee, contact Martin at 935-6820 or djm@ wustl.edu.

For more information about the GIS symposium, go online to wustl.edu/gis.html.

For more information on the meeting results while analyzing their demographic distributions.

G I S

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### School of Medicine Update

#### Obesity risk likely linked to genes

**BY GREG ERICKSON**

Is the midst of the growing epidemic of obesity, a group of School of Medicine researchers has dive into the human genome pool to look for solutions. The group recently identified genetic variations unique to obese men and are now embarking on a wider search to find additional genes linked to obesity.

"Stated in the most basic terms, we are studying why some people gain weight and some are skinny," said Ingrid B. Borecki, Ph.D., lead investigator and associate professor of biostatistics and of genetics.

"Our hypothesis is that it's because they have variations in genes that affect weight gain." Recent national surveys have indicated that about two-thirds of adults in the United States are overweight or obese. Many scientists hold that this stems from a propensity for weight gain inherited from long-ago ancestors who adapted to recurring famines with a genetic makeup designed to store fat efficiently.

"At present, our consumption of sugar, sweets, calories-rich foods is going up," Borecki said. "Our physical activity is going down. The fact that we are gaining weight as a result is simply the environmental potentiating of our genetic predisposition."

In August, the University research group reported in the American Journal of Human Genetics that it had identified genetic variants on chromosome 17 associated with obesity. The genetic variants are within the gene for leptin, a hormone that regulates body weight by inhibiting food intake and stimulating energy expenditure. Now, the group has received a three-year, $1.7 million grant from the National Institute of Diabetes and Digestive and Kidney Diseases to expand this investigation to find additional genetic variants influencing the tendency to become obese.

"The primary work by the researchers has located a region on chromosome 17 that appears very likely to be linked to obesity," Borecki said. "The region contains at least 15 genes, and the group will further analyze the try to determine precisely the relevant genetic variants. The researchers will also seek additional genes associated with obesity on other chromosomes."

For their search, the researchers will use existing data from the Family Heart Study (FHS), a recent clinical project funded by the National Heart, Lung, and Blood Institute. The FHS gathered information about health and habits of thousands of families.

Blood samples collected make it possible to determine the genetic makeup of each individual and compare genetic patterns to find variations linked to obesity. "We have mountains of data," Borecki said. "It's a whole new paradigm. We have to consider novel methods for trying to digest so much information and find patterns that make sense. So, biostatistics is the cornerstone of this study."

The researchers will statistically account for lifestyle choices of people in the FHS, including factors such as diet, smoking, drinking and physical activity. This will enable them to isolate the effects on obesity that are solely genetic.

"Once we've located the genetic variants found in obese people, we will look at the dataset to see if the same people also stand out far from any of the diseases exacerbated by being overweight, diseases such as diabetes, lipid disorders, hyper tension and coronary heart disease," Borecki said.

"We can then look for common pathways — we can ask if any genes linked to obesity are involved in a process that leads to high blood pressure, for example."

Ultimately, researchers hope to develop options for preventing and treating obesity and related diseases.

"Collaborators on the project with Borecki include Michael A. Provost, Ph.D., professor of biostatistics and of genetics; Richard Myers, Ph.D., of Boston University; and Kari North, Ph.D., of the University of North Carolina."

### Inner-city kids needed for asthma-control study

**BY MICHAEL C. PURDY**

University researchers are seeking inner-city children and adolescents for a national asthma study. Current rates are steadily rising, but the most dramatic increases have occurred among urban youth. And the increases have occurred even as new and improved drugs for controlling and preventing asthma symptoms have become available in recent years.

The Asthma Control Evaluation (ACE) study will examine the potential advantages of using a new lung function test to help doctors more closely monitor patients with asthma.

The procedure is a breathing test approved by the FDA. It involves measurement of exhaled nitric oxide, a naturally occurring gas that is present in everyone's lungs but is increased during periods of uncontrolled asthma.

Researchers hope the test will allow clinicians to better assess how well their prescribed therapies are controlling their patients' asthma.

Participants must live in urban St. Louis or adjacent areas and be willing to complete eight study visits at St. Louis Children's Hospital.

Study participants will be treated for one year and will receive a year's supply of medication for 49 weeks. Participants will be compensated for their time and will receive a gift card after each visit with an asthma specialist.

For more information, call 286-1179 or (866) 941-2273.

### Diabetic diabetes could be explained by controversial theory

**BY MICHAEL C. PURDY**

A controversial theory about how diabetes causes extensive tissue damage appears in the November issue of Diabetes. At stake in the heated debate over the theory are millions of Americans and 18.2 million Americans have diabetes, though, that ratio can drop as low as 20-to-1. "Our hypothesis is that it's because they have variations in genes that affect weight gain." Recent national surveys have indicated that about two-thirds of adults in the United States are overweight or obese. Many scientists hold that this stems from a propensity for weight gain inherited from long-ago ancestors who adapted to recurring famines with a genetic makeup designed to store fat efficiently.

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Salsa Dancing • Cloud Nine • Medical Manuscripts

Comedy troupe to tackle All the Great Books at Edison

The Reduced Shakespeare Company, those "bad boys of abridgement," will return to Edison Theatre Nov. 19-20 for the St. Louis premiere of All the Great Books.

By Liam O'Tom
Confused by Confucius? Thrown by Thoreau? Wish Swift was swifter or Tennyson times?
Not to worry! Later this month, the world-known Reduced Shakespeare Company, those "bad boys of abridgement," will return to Edison Theatre for the St. Louis premiere of All The Great Books (abridged) in an action-packed literary romp through everything you should have read in high school but probably didn't.

Performance: presented by the Edison Theatre CIVILIZATION Series, will begin at 8 p.m. Nov. 19-20.

All The Great Books marks the Reduced Shakespeare Company's third trip to Edison Theatre, following Western Civilization: The Complete Musical (abridged) in 1999 and The Bible: The Complete Word of God (abridged) in 1996.

All The Great Books begins when a group of barely-crowding students (played by the audience) discovers that their English teacher has been trampled at a L. R. Bow- ling book-signing. To help them pass a critical test, the fast-talking coach, drama teacher and a slightly-afraid student teacher attempt to cover 83 books in 98 minutes, employing all manner of inappropriate, custom-made and shameless gaps.

Highlights include the juggling Brothers Karamazov, a football-inspired Little Women and a bat-chasing dalmatian game with Jane Austen, George Eliot and Virginia Woolf.

The Reduced Shakespeare Company Since starting in 1987 as a pass-the-hat at California Renaissance faire, the Reduced Shakes- peare Company has created five major stage shows, dozens of television programs and numerous radio pieces.

The company's first two shows — The Complete Works of William Shakespeare (abridged), which debuted in 1987, and The Complete History of America (abridged), which debuted in 1993 — are London's longest-running comedic plays, having played in repertory at West End's Criterion Theatre since 1996. The Bible joined the London rotation in 2003, giving the troupe more West End shows than Andrew Lloyd Webber. For television, the company filmed a live performance of The Complete Shakespeare for PBS and Bravo and starred in The Ring: Reduced, a half-hour version of Wagner's epic Ring Cycle for Britain's Channel 4.

Other credits include reducing the Edinburgh Festival for the BBC and the soap opera Gleno

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What: All the Great Books (abridged)
When: 8 p.m. Nov. 19-20
Presented by: Edison Theatre CIVILIZATION Series

For RTE Ireland, and providing voices for Steven Spielberg's ani-

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Shakespeare Company, those "bad boys of abridgement," will return to Edison Theatre Nov. 19-20 for the St. Louis premiere of All the Great Books.

Sausage Engineering and Chemical Reactor Engineering.

The meeting included a short course on computational flow modeling for chemical reactor engineering.

Show and tell this historica, a senior chemical engineering major, discusses her research with Robyn Bartosh of Monsanto EnvironChem, a subsidiary of Monsanto Co., at a recent poster session. F. Knight Executive Education Center. Henriques was one of many chemical engineering students who joined University faculty and industrial representatives at the 29th annual meeting of the University's Chemical Reaction Engineering Laboratory (CREL) on the campus.

Its holiday special, "The Reduced Shakespeare Company Christmas," is broadcast annually on Public Radio International. Edison Theatre programs are supported by the Missouri Arts Council, a state agency, and the Re-

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Short-story writer Hemple to speak, read

By LIAM OTTEN

Longtime St. Louis writer and journalist Beatrice Hemple will take place in Hurst Lounge, Duncker Hall, Room 201.


Hemple was born in Chicago in 1931. After her early years in California, where she attended Whittier College in Costa Mesa, California, she went on to study at San Francisco State College. She later moved to New York to pursue a writing career and for a time was a contributing editor at Vanity Fair.

Hemple currently teaches American Short Fiction at Bennington College in Vermont and the New England Journal of Contemporary Arts, where she has also taught at New York University and the University of Massachusetts.

Known for her minimalist style, Hemple has been praised by The New York Times Book Review as "certainly one of the most ex- pressed, and most exciing of the writers of her generation."


Her stories have appeared in several anthologies, including The Best American Short Stories, The Pushcart Prize and The Norton Anthology of Short Fiction.


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How to submit ‘University Events’

Submit “University Events” items to Genevieve Podleski of the Office of Human Resources, Monday through Thursday, by 3 p.m. Deadline for submissions — on the Thursday eight days prior to the publication date.

University Events lists happens near the end of the week of submission. For more information or to request — call 3-6901.

Saturday, Nov. 20


Prepare for the upcoming Fall semester with time management tips and study techniques. With Dr. Kimberly A. Cleskey, prof. & sr. scientist, Vollum Institute, Oregon Health and Science University, Portland. (3,853).

Saturday, Nov. 13

1 p.m. Football vs. Grinnell College. Franklin Field. 935-4705.

8 p.m. Women’s Soccer vs. Principia College. NCAA Central Region Championship. Nov. 5.

Saturday, Nov. 10

8 a.m. Women’s Basketball vs. Ithaca College. Kranz Center. 935-4900.

Saturday, Nov. 7

8:15 a.m. Men’s Soccer vs. Fontbonne University. Bley of Chicago Nov. 6 at Francis Field. 935-4705.

Men’s soccer ends season on high note

Senior Matt Twardowski scored the game-winning goal in the 74th minute as the men’s soccer team closed out the regular season with a 2-1 win over No. 11 University of Chicago.

The No. 8 Bears finished 3-2-2 overall, 3-1-1 in the UAA, and will host Principia College in the NCAA Central Regional Championship Nov. 11.

Joe Tollefson is a resident of St. Louis. His previous teachers include Richard Stack, Marie Garrington and Jan Allen.

His husband, Douglas Tollefson, is a professor of medicine (he- matology) in the School of Medicine.

His brother, Benjamin, is a member of the Stravinsky International Piano Competition and placed third in the Music Teacher’s National Ar-
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sociation, Midwest Regional Competition.
Bon Appétit employee wins national recognition

BY ANDY CLISENDEEN

Felicia Keeper, a Bon Appétit cashier who also waits on customers at the Hard Rock Live in Ridgely Hall, was recently honored at the Compass Group North America's A-Star Awards Celebration in Orlando. 

Group's parent company honored was Bon Appétit and several other food-service providers nationwide, recognizing her for outstanding customer service.

"When I first found out I had won, I thought, 'you right, you kidding,'" Keeper said.

Keeper was Bon Appétit's Midyear Employee Award and Diversity Award winner, making her the 170,000th employee to be honored.

Hosted by the Hard Rock Cafe, Felder and the other honorees definitely received rock-star treatment.

"The first day we had a welcome reception," said Keeper, who took first plane flight for this trip, and also set foot in Florida for the first time in her life. "Then on Wednesday, Bon Appétit took all of her people out for a special dinner at a five-star restaurant. Then Thursday was the big event."

Big indeed. Taken by bus to the back of the Hard Rock Live soundstage, honorees were greeted by a red carpet, photographers snapping away "scanning faces" behind the ropes.

"I was like, 'Hey, get to see someone famous?" Keeper said. "It turned out it was us they were scanning, and so we were all like, 'It have your shot, please? So I just started signing my name."

"Her customer service aspect is wonderful," Nichols said. "Everybody loves Felicia, they really do. She's just a wonderful person to work with."

"There's nothing you can really say that next to her, if you are," the Bon Appétit Director of Operations Rick Turner added. "Felicia easily does a great job for us," Turner said. "We receive a lot of positive feedback about her customer-service skills from both students and faculty. She has also doubled as a supervisory role, voluntarily assuming responsibilities not in her normal job scope, when needed."

"The whole crew at Holmes is great, but Felicia really stood out in the selection process. She is committed and caring, and just has so much to offer. It's clear just how much she has to offer from listening to her approach to her job."

"I think people like I want to be treated when I go to an establishment, ensure my needs," said Keeper, who has been known to work day and night shift.

"I greet them and try to be friendly all the time. Even if I have a problem, I never try to show it."

As much as the other her customers, "The award was such a big honor. It's a wonderful trip and what it means for us is real worth it. They treated you like you were famous. They catered to us all. It was unbelievable. You didn't have to do anything but enjoy yourself and relax."

"The only sad part was that I was separated from my son, who is 3. It was the first time we had been separated, but other than that, I had a blast."

Food

150 choices on any given night — From Page 1

operation this size (see at far right) depends on some of Bon Appétit's 220 campus-wide employee starts early every day.

The first Baker shows up around midnight; the cook for the soup starts around 4 a.m.; and the commissary driver comes in and picks up the freshly-baked items to deliver them to one of the 17 outlets on the Hilltop Campus served by Bon Appétit.

(1) The Charles F. Knight Executive Education Center and Whittemore House have their own meal-preparation arrangements.

At this location alone, Foley said, referring to Wolf Student Center, "we get two tractor-trailers worth of products, except for Sunday. Seventy percent of the food for the campus comes here and shipped out daily."

We make fresh-baked goods every day, soups are made fresh every afternoon, and some is sold fresh at the events, and we're even starting to make those from scratch now."

Having a central kitchen where almost all food on campus is prepared to the smooth operation of Bon Appétit. With the influx of fast foods, trendy foods and students who can have changing attitudes about heat, diet, and nutrition, flexibility is one of the keys to the success of a particular menu.

Every summer, Bon Appetit management and Steve Hoffner, the University's director of operations and assistant vice chancellor for student meals and retail, meet with students who have successfully used the menu options using student feedback, or meals that have been successful or not in the past.

Each full-time employee is told about the course of the year, adjustments can be made pretty easily."

"If the chefs put out something they think will be fantastic and the students just don't take it, we'll make adjustments so that three or five weeks later they will buy it again," Foley said. "And around Christmas time, the menu does shift."

"We love student feedback — if they don't like it for some reason, it makes a difference to us. It's hard to really change a menu item, but we try to adapt to what the students like."

The most successful menu items include fried chicken, our big-batch bar-chicken fingers, of which the Bear's Den alone goes through about 500 pounds a day.

"I think kids are a lot more attuned to our physiological needs." Gordon, "We are just constantly trying to rethink things and what we've been have been modified systems have been put in place to help us."

Hoffner agreed that flexibility is a key to the success and is impressive of Bon Appétit's efforts.

Bon Appetit has been our dining service partner for six years now, and I think they have done an outstanding job in managing a very complex and diverse operation," he said. "They have proven that they can excel in meeting wide-ranging needs, from providing thousands of students each day catering to a gourmet dinner for University friends.

Their staff is totally committed to preparing and serving quality food, and their 'can-do' attitude makes it a pleasure to work with them."

The dining hall on the upper level of Wolf Center probably best exemplifies this can-do attitude.

The all-you-can-eat "board of the day" includes meals for even the most discerning person.

One can order their reverse and panto, another features tradition- al comfort foods. The grill has hamburgers, grilled chicken, or a specialty item such as grilled salmon or top sirloin.

Another station has staches and another features whole new excitement. It will have different ones from around the globe, such as Aggie-style Emails.

In a nutshell, we are just committed to service, and that's the most important thing people have to offer," Turner said. "They like to use new things, to get involved. We have to be involved."

As much as the other her customers, "We are just like a little family here," she said. "When I was down there, I called them and just said I was thinking about them and wanted to call them."

"That award was such a big honor. It's a wonderful trip and what it means for us is real worth it. They treated you like you were famous. They catered to us all. It was unbelievable. You didn't have to do anything but enjoy yourself and relax."

"The only sad part was that I was separated from my son, who is 3. It was the first time we had been separated, but other than that, I had a blast."

All in a single day

The amounts of food prepared by Bon Appétit for University dining are:

- 100-150 gallons of soup
- 200 pounds of dry pasta
- 200-250 gallons of canned meats
- 480 pounds of chicken
- 200-250 pounds of beef
- 20-250 pounds of rice
- 500 pounds of breads and sandwiches
- 1,000 cakes, brownies and Rice Krispy treats
- 200-250 personal pizzas
- 400 rounds of coffee

These figures don't include catering jobs across campus for example. Bon Appetit had 45 catering jobs Oct. 8, the day of the presidential debate.

"From my office in Wolf Center, where dining service operations are headquartered, I see the huge daily deliveries and the massive food preparation efforts that it takes to feed a campus each day," Hoffner said. "I think you have to be a little more attuned to our physiological needs."

"I think kids are a lot more attuned to our physiological needs."

"The genomes of our gut microorganisms have coevolved with us less body fat."

"mal mice yet have 50 percent more body fat.

"These so-called germ-free mice raised without ever being exposed to gut microbes probably contain 100 times more genes than our own microbes."

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"The genomes of our gut bacteria are 10 percent microbial and 90 percent human."

"Over their millions of years of co-evolution, gut microbes have provided us with traits that are 10 times more genes than our own microbes."

"Microorganisms were present to help trim fat storage in distant fat cells.

After exposure to the normal community of microbes, the previously germ-free mice increased their fat stores by a re-markable 60 percent in just two weeks, even as they began to consume less food. As do people who gain fat, the mice also became insulin resistant.

The response of fat to microbes is an ancient one. The role specific changes in the environment that are able to document the early exposure of these fish are exposed to gut microbes.

"Fiaf is one of many host factors that are important in the mixture of a person's gut microbiome to maintain health or use the natural products that gut microbes manufacture as therapeutic agents."

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Vegans and vegetarians need not worry — a special section caters to those diets. A kosher section is available all night. A baked-potato bar. A salad station. The line goes on and on.

And the best part is that the menu options change daily."

"On any given night, we have about 150 different items to choose from," Foley said. "And the majority of the menu changes every day we'll have different salads, or different items in our traditional line. Differences in the menu are featured each day."

"A large part of that comes from hiring good, qualified people. They are just awesome people, and do a great job. A lot of food goes through here, and we need every single person — we count on them."
Robert W. Sussman, Ph.D., professor in the School of Medicine, African-Americans in urban centers for Urban Health for two years, and fifth-most cited articles, respectively, in the 24-year history of the International Journal of Primatology, three articles titled "Problems of Body-Weight Estimation in Fossil Primates," and "Cultural and Biological Interpretation of the Social Organization and Mating Success of the Callicebus," and Connolly's article, "Problems of Body-Weight Estimation in Fossil Primates," were published in 1987...

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By KIM LEYDIG

Sidney Goldring, M.D., professor emeritus and former head of neurological surgery at the School of Medicine and Barnes-Jewish Hospital, died Wednesday, Nov. 3, 2004, in St. Louis from complications of Alzheimer's disease. He was 81.

Sidney Goldring's position at Washington University and the field of neurological surgery is secured by the many grateful patients that he treated, the neurotumorologists that he trained, the investigative work that he did," said Robert L. Grubb, M.D., professor of neurosurgery in the Department of Neurological Surgery.

"Dr. Goldring was one of the most influential neurosurgeons of his time and his contributions were in the surgical treatment of epilepsy. Beginning in the 1970s, he developed a technique that allows the brain to be mapped while the patient is awake, enabling the procedure to be used with children.

"Dr. Goldring was one of the leading academicians of his generation, and his contributions and philanthropic endeavors have been extremely important to the advancement of neurosurgery and neuroscientist investigation and its application to human diseases," said Ralph G. Dacey Jr., M.D., the head of neurological surgery and Anne and Emily Goldring.

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Washington People

When she was a student in dental school at the University of Chile, M. Rosario Hernan-
dez, D.D.S., says, "I didn't expect that one day she'd be an expert on glaucoma and the optic nerve.

She didn't picture herself coming to St. Louis or even to the United States. She had just com-
pleted dental school when Chilean general Augusto Pinochet toppled the regime of President Salvador Allende.

"We were treated terribly," she recalls. "Three days after Pinochet took power, they re-opened the university, but all of the university guards were troops guarding us. All of our shelves had been turned upside down and our papers stacked in the middle of the floor. They had searched the whole place. It was unbelievable, a shock I don't wish on anybody."

As time passed, the violence subsided, but there were still times when Hernandez encountered problems just driving down the street and suddenly finding herself in the midst of a rock-throwing mob.

The university was somewhat uncomfortable, too. The dean of the medical school was a military man. And many simply disappeared.

"Every Monday, we used to count the students because once

in awhile, one of them would be gone," she says. "I got to know people that disappeared, and I also knew some who disappeared and then reappeared in Europe years later. I was not political, but it was a very, very difficult time.

The political situation was what convinced her to come to the United States. How she got from dentistry to studying glaucoma is an equally compelling tale.

An eye for research

Hernandez may not have pictured herself leaving Chile, but she didn't like being devoid of either. After earning a D.D.S., Hernandez began what she hoped would be a satisfying life in aca-
demic medicine.

"I did not do a standard resi-
dency when I finished dental school," she explains. "I was a thesis and did research instead."

She was interested in connec-
tive tissue, and for her thesis she studied changes that occur in the temporomandibular joint — the

joint in the jaw that clicks when people grow from infancy to old age. Working with the connective tissue in that joint would eventually bring her to the United States.

The turmoil and the political situation in Chile was so confusing and difficult and even unsafe for my children and me that when I had a chance to come to the States, I jumped at it," she says. "The hope lies the research associate in ophthalmology and anatomy at the New York Medical College in Valhalla, N.Y. Her first project there was a study that involved the eyes, trying to learn why preg-

nant women often had problems with glaucoma.

But as the junior person in the lab, she also worked on other proj-

ects. One was a study of how ret-

inal receptors in the eye can medi-

ate pain in intraocular pressure and lead to glaucoma. Suddenly, the woman with the dental de-

gree was learning about what hap-

pens in the eye when glaucoma develops.

"And those were my first steps in glaucoma research," she recalls. "And things had improved some-

what in Chile, so I applied for two grants to study glaucoma at the medical school back in Santiago, and I went back and stayed for two years."

But continued political insta-

bility convinced her that academic life might be easier — and safer — in North America, and in 1984 she came back to the United States to stay.

Studying the optic nerve

She took her children and head back to New York and later to Bos-

ton, where she worked at the Sche-

nens Eye Research Institute with fellow glaucoma researcher and future husband Arthur Neufeld, Ph.D., now the Bernard Becker Professor of Ophthalmology and Visual Sciences and a professor of molecular biology and pharma-
cology.

He convinced me to concen-

trate my research on the back of

the eye and look at how glaucoma changes the optic nerve disc," she says. "I've been studying the optic nerve ever since.

For the past 20 years, Hernan-
dez has concentrated on changes in the structure of the optic nerve both in aging and disease. She was the first to isolate and culture reti-

cule cells from human eyes — the major cell population in the optic nerve head — and use them to study the effects of pressure.

Researchers have long known that people at risk for glaucoma tend to have elevated pressure in their eyes. Hernandez studies how that pressure contributes to the disease.

Michael A. Kass, M.D., profes-

sor and head of the Department of Ophthalmology and Visual Sci-
ciences, is also the national chairman of the Ocular Hypertension Treat-

ment Study, which has demon-

strated that using drugs to lower eye pressure can prevent or delay glaucoma.

"He says at a very basic level, Hernandez is discussing what really goes on in glaucoma."

"She has done the groundbreaking work on what happens in the optic nerve when it's under pres-

sure," he says. "Her work is helping to elucidate the things we've been observing in the Ocular Hypertension Treat-

ment Study."

One thing that study confirmed is that African-Americans are at higher risk for glaucoma than the rest of the population, so Hernan-
dez has become the first scientist in the country to compare tissue from African-American eyes to cells from the eyes of Caucasians. Early results show there are differences.

"The differences are related to the structure of the optic nerve," she says. "As we learn more, we hope to be able to explain why African-Americans are so much more susceptible to elevated pres-

sure and to glaucoma so that we may be able to alter those risks somehow."

Academia runs deep

The oldest of eight children, Her-

nandez grew up in an academic family. Her father was a dean at the Catholic University in Santiago.

She gives him credit for supporting her daughters and encouraging them to become intellectuals and professionals. She says she also owes a debt to the all-girl German school she attended before college.

"I'm a firm believer that girls schools develop strong women because you can compete without having to think about the boy who is sitting next to you," she says. "I certainly think it helped me.

Hernandez has two sons, one in Chile and one in New Jersey. She also has a stepson and stepdaugh-

ter on the East Coast. Her office walls are plastered with pictures of her grandchildren.

"I was a child of the revolution in Chile, and my father was sitting in prison when we went to Chile to meet my new grand-

child, whose name is Mont-

serrat," she beams. "And two months ago, my son Sebastian had twins, Rafael and Luca.

Now that the political situation has been stable for several years, she has talked about spending more time in Chile, something she's even more eager to do now because her granddaughter is there. She and Neufeld also have a lake house in New Hampshire, which has become the family ce-

ter for vacations in both summer and winter.

And they spend a lot of time socializing with their colleagues Glen Conroy, Ph.D., and Jane Phibbs-Phillips-Conroy, Ph.D., both pro-

fessors of anatomy and neurobiol-

ogy and of anthropology.

"It's wonderful to see this other dimen-

sion of her," Hernandez says. "Her husband helps the Conroys teach gross anatomy to medical students. She teaches them about the head and neck, putting some of her old dental-school training to good use.

"I really like going to anatomy lab as a dissertation help stu-

dents," Hernandez says. "It's not molecular biology, but it's fun. And I would hope that every physician that comes out of this medical school would know their anatomy very well."

M. Rosario Hernandez

Hernandez was born in Santiago, Chile, where she graduated from the University of Chile, bachelor's degree in biology, 1967; School of Medicine, University of Chile, D.D.S., 1973.

Current position: Professor of ophtalmology and visual sciences; associate professor of anatomy and neurobiol-

ogy.

Past: Husband: Arthur H. Neufeld, Ph.D., the Bernard Becker Professor of Ophthalmology and Visual Sciences and professor of molecular biology and pharma-
cology.

Children: Russell, 33; Sebastian, 32; Erica, 31; Richard, 29.

Grandchildren: Montserrat, 10; Tristan and Luca, 2 months.

Hobbies: "I don't have time for hob-

bies. My hobby is being. It's all of the things I do between my work and my children and my grandchildren and my husband."

She also enjoys skiing and spending time at the family house in the foothills of New Hampshire's White Moun-

tains where she likes to go for vacations in both summer and winter.

"It's a very nice country now, and I have gotten to know a lot of people who wouldn't go back to live because my home and my children are here, but who come out more than three times a year after we retire."

M. Rosario Hernandez, D.D.S. (rear), and student Lindsay Wells examine astrocytes isolated from the optic nerve as she explains to fellow glaucoma researchers in the United States. 'Rosario is constantly energized by the research she does, and she possesses a seemingly endless supply of ideas,' colleague Jane Phillips-Conroy says.