Raw-food dieters’ light bones may be healthy

By Jim Dryden

Vegetarians who don’t cook raw food have abnormally low bone mass, usually a sign of osteopenia and increased fracture risk. But a School of Medicine research team has found that raw-food vegetarians have other biological markers indicating their bones, although light in weight, may be healthy.

The study, published in the March 28 issue of the Archives of Internal Medicine, was led by Luigi Fontana, M.D., Ph.D., professor in medicine in the Division of Geriatrics and Nutritional Science. Fontana and his colleagues studied 18 strict raw-food vegans ages 25-80. They all eat a diet that not only lacks animal products but also included only very natural foods such as a wide variety of grains, tubers, legumes, fruits, nuts, seeds, sprouted grains and legumes dressed with olive oil. They had been on this diet for an average of 3.6 years.

The researchers compared them to people who ate a more typical American diet, including refined carbohydrates, animal products and cooked food. The groups were matched according to age, sex and socioeconomic status. In both groups, Fontana’s team measured body mass index, bone mass and turnover markers of bone turnover, levels of vitamin D and inflammatory markers such as C-reactive protein. Levels of leptin and low bone mass. But interestingly, the raw-food dieters had both low levels of leptin and low bone mass. In short, the people on the raw-food diet are lighter with less bone mass. But in spite of the fact that the raw-food group didn’t drink milk or eat cheese, they had higher vitamin D levels than people on a typical Western diet. Fontana attributes the vitamin D levels to sun exposure.

“These people are clever enough to expose themselves to sunlight to increase concentrations of vitamin D, I said,” Fontana thought vitamin D might be a problem for them, but it was not.

Fontana also measured levels of the hormone leptin, which seems to play an important role in the regulation of bone metabolism. In some transgenic mice, low leptin levels are related to high bone mass. But interestingly, the raw-food dieters had both low levels of leptin and low bone mass.

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Highlighting graduate student research Lin Zhao, graduate student in chemistry in Arts & Sciences, and her team of research assistants, have won an apparent triumph in their efforts to explore how In Cultured HeLa Cells” during the 10th annual Graduate Student Research Symposium April 2 in Lucus A. Willikar Hall for Biomedical Engineering. The symposium gave graduate students an opportunity to present their research to a broad audience of diverse academic backgrounds, while helping them develop their communication skills by requiring them to present the material in a way that is accessible to a general audience. More than 70 participants presented their work, and awards were presented in the categories of engineering, sciences, social sciences and humanities. For a list of winners, go online to arts&sci.wustl.edu/grad-research_symposium/index2005.

How people trick themselves into overspending

By Sheila Neuman

Humans are often not aware of the financial implications of even small purchases, a psychology professor at Washington University said Thursday.

"Consumers are motivated to define expenses and income in ways that are advantageous to them," said Amar Cheema, Ph.D., assistant professor of marketing in the Olin School of Business. Cheema and Dilip Soman, Ph.D., the Corin Chair in Communication Strategy and professor of marketing at the University of Toronto, have co-authored a paper called "Malleable Mental Accounting: How Individuals Manipulate Mental Accounts to Justify Attractive Consumption and Spending Decisions."

Cheema defines mental accounting as a process where consumers use mental accounts — intuitive bookkeeping mechanisms — to track and control spending.

"It's hard for consumers to sign up for a credit TV that costs $99 a month," Cheema said. "When given a chance, individuals selectively interpret and manipulate evidence in order to justify a preferred action or solution."

"Consumers are motivated to define expenses and income as either financial or non-financial in order to do what they want to do rather than what they should," Cheema said.

University plan offers prompt, substantial response to SWA

A group of undergraduate students known as the Student Worker Alliance (SWA) began a sit-in at the University’s complex April 4 in protest over wage levels for students, workers and others regarding workers at the University of Toronto, have co-authored a paper called "Malleable Mental Accounting: How Individuals Manipulate Mental Accounts to Justify Attractive Consumption and Spending Decisions."

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The "Be Our Guest Dinner" program that gives international students at Washington University in St. Louis a sense of community, and to celebrate the University's diversity.

The Women's Society of Washington University (WSWU) was formed on the Hilltop Campus after the success of a similar group of volunteers to be called "The Women's Society of Washington University." Within just a few years, these volunteers were able to increase their volunteer hours and bring new members to the organization. WSWU was able to increase its volunteer hours available to staff and students of the University, and to further the society's educational and fundraising goals.

In the mid-1990s, as more women joined the workforce and grew in leadership positions, the Women's Society was formed on the Hilltop Campus after he saw the success of a similar group of women volunteers and ambassadors for Washington University in St. Louis community is now a society of more than 600 women volunteer leaders.

The Women's Society of Washington University (WSWU) will mark four decades of service to the University April 20 with a full day of activities, kicking off with the Adele Chomette-Starched Lecture at 11 a.m. in Graham Chapel featuring Anita Diament, author of the Red Tent. (See story, Page 5.)

After the lecture, WSWU members will celebrate with a special brunch in Francis Gym, honoring past presidents, scholars and leadership award recipients.

Eliot's concept was clear — an organization that "would bring the community to the University and the University to the community." It was, after all, the 1960s — a time of ethnic changes, war, social change and the growing role of women in leadership positions.

"It was an important moment because it showed that all of the women in the University and the women in the community would be eager to experience and support the academic vitality of the University's faculty.

The successful result was the establishment of the "Town & Gown Lecture Series" for annual lectures featuring distinguished WUSTL faculty.

On April 22, 1905 — Arbor Day — to commemorate the planting of the first Arbor Day tree at Washington University, the WUSTL Executive M.B.A. class of 1996 planted a tree in the WUSTL Executive M.B.A. courtyard. It was a tree growing in an international business environment, and to gain insight on possible solutions.

"In many industries, the only growth is in the international business environment, and from learning from a successful outside source that has paved the way in their industries is extremely valuable. The speakers are hitting on three major functional topics and offering insights into how to be successful on a global scale. The conference allows professionals to network and ask questions they have about international business practices and opportunities."

Robert Rappaport said the conference will focus on three major functional topics and offering insights into how to be successful on a global scale. The conference allows professionals to network and ask questions they have about international business practices and opportunities.
Model aims to reduce cardiac deaths in patients

By Michael C. Purdy

University scientists have identified an important link between cardiovascular and cardiac problems, creating new possibilities for treating the primary cause of death in the United States: disease patients.

Researchers tracked a chain reaction that leads from kidney damage to weakening of the skeleton and increased risk of cardiovascular disease patients.

The study appeared in the April issue of the Journal of American Society of Nephrology. Hruska, who is director of nephrology at St. Louis Children's Hospital, has long been interested in the connections between kidney damage and bone weakening. He and other researchers have uncovered a complex network of links between the skeleton and the kidney.

Hormones made in the kidney regulate activity in the skeleton and vice versa. Last year, Hruska showed that injections of bone morphogenic protein-7 (BMP-7) could prevent bone weakening in mice whose kidneys had been damaged or removed.

For the new study, researchers worked with a mouse model of metabolic syndrome, a condition common among patients with chronic kidney disease that includes symptoms such as obesity, high blood pressure and insulin resistance. The condition, which is rapidly increasing in adults, is also associated with more risk of diabetes and heart disease.

The mice develop metabolic syndrome as a result of both a genetic modification and a high-fat, high-cholesterol diet. To simulate chronic kidney disease, scientists damaged or removed part of the kidney. This led to a slowdown of cells that regularly dismantle and rebuild bones, causing vascular calcification.

The body normally takes minerals such as calcium and phosphorus circulating in the bloodstream and stores them in the bones during bone reconstruction. When those processes shut down, scientists theorized, the bloodstream levels of minerals increase, raising pressure to deposit minerals in the blood vessels.

Hruska and his colleagues first showed that injection of BMP-7, previously shown to stop the bone disorder, also stopped vascular calcification. In another group of experimental mice, injections of a substance that binds to compounds with phosphorus but has no effect on the skeleton also stopped vascular calcification — the key link.

"This study shows us that by treating the skeleton or otherwise decreasing phosphorous levels, we can have the potential to decrease vascular calcification and marked improvements in cardiovascular outcome."

Keith A. Hruska

"We can also make these particles so that they can be seen with medical CT scanning and ultrasound imaging."

In addition, the particles can be loaded with a cocktail of drugs that will then be directed to growing tumors.

"We are designing nanotherapeutics because of the difficulty of drugs that will be directed to growing tumors. Because nanoparticles also contain an imaging agent, we can get a visible signal that allows you to measure how much medication got to the tumor," Lanza said.

"You would know the same day you treated the patient and if the drug was at a therapeutic level.

Using nanoparticles, drug doses could be much smaller than doses typically used in chemotherapy, making the procedure more patient-friendly.

"The other side of that is you can only focus your medication to more drug at the tumor site so the dose of the site might be 10 to 1,000 times higher than if you had administered the drug systemically," Lanza said.

The nanoparticles also might permit more effective follow-up because a doctor could use a special imaging scan to determine if a tumor was still growing after radiation or chemotherapy treatment.

Although this study focused on melanoma tumors, the researchers believe the technology should work for solid tumors, because all tumors must recruit new blood vessels to obtain nutrients to grow.

Nevertheless, melanoma has unique traits that make it especially interesting as a target for nanoparticle therapy.

Melanoma has a horizontal growth pattern — it spreads on the skin surface, and a vertical phase when it enters the body and grows quickly.

"Once melanoma has moved into the vertical phase, it is almost unbeatable because by the time you are able to detect it, it's too late," Lanza said.

"With the nanoparticles, we believe we would be able to see where the tumors are growing in the patients when they are just large enough to be detected," Lanza said.

Therefore, it should be able to deliver chemotherapeutic drugs right to melanoma cells because melanoma tumors create blood vessels using their own cells.

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Panel to explore aftermath of Hiroshima

The Edison Theatre OVA
TISIOS! Series and the Center for the Study of Ethics and Human Values will present a panel discussion titled "Examining the Hiroshima Maidens: Engaging the Historical, Cultural and Ethical Issues" from 7-9 p.m. April 20 in the Mildred Lane Kemper Art Museum, Steinberg Auditorium.

A talk is being held in conjunction with performances of Dan Hurlin's play Hiroshima Maidens, which will continue at Edison Theatre April 22-23. Performances will be
barbara A. Baumgartner, Ph.D, associate director of the Women and Gender Studies Program in the School of Medicine's Department of Reconstructive Surgery; Rebecca J. Loe, Ph.D, assistant professor of anthropology in Arts & Sciences; and Lori Hunt, Ph.D, assistant professor of History in the Department of History and Gender Studies Program in the School of Arts & Sciences.

For more information, call 935-9538.

— Lisa Ottten

Hurlin, who is not so much a puppeteer as a theater artist working in the medium of puppetry, noted that Hiroshima Maiden incorporates a number of elements from Bunraku — a classical Japanese form dating from the 17th century — as well as his own narrative devices. The cast includes nine puppeteers, a narrator (or tenno, in Bunraku parlance) and a cello (standing for the traditional shamisen player).

Hurlin designed and created the puppets after traveling to Japan and studying with master Bunraku puppeteers. The original score — which won a 2004 Village Voice Obie Award — is by composer Robert Eron. (Ironically, Hurlin's first meeting with Eron occurred Sept. 11, 2001, in New York's East Village.)

Edison Theatre is presenting Hiroshima Maiden in conjunction with the exhibition Inside Our Lady: Women's Health in Contemporary Art, on view through April 24 at the Mildred Lane Kemper Art Museum, part of the Sam Fox School of Design and Visual Arts. In all, more than 300 performances and community partnerships will join with the Kemper Art Museum this spring to present close to 70 events relating to women's health. For more information, call 935-5233.

Hurlin has been creating puppet theater since 1980. Previous works include the Bessie Award-winning Every Day Uses for Soap (1993), which made its St. Louis debut at 8 p.m. April 22-23 as part of the Edison Theatre OVATIONS! Series.

Saturday, April 16
5:30 p.m. — Immunology Research Seminar Series. "Characterization of the Tumor Microenvironment." Call 935-5768.}

History of Art • From Peppers to Peppers — Solar Energy

University Events

University Events

University Events

University Events

University Events

University Events


Exhibits


Lectures

Friday, April 15

For more information, call 935-9538.

— Lisa Ottten

Hurlin’s Hiroshima Maiden at Edison Theatre

By LISA OTTEN

Japennese Bunraku-style puppetry and dance are combined in Dan Hurlin’s play Hiroshima Maiden, which runs through Saturday at Edison Theatre. Prior to each performance at 7:30 p.m., there will be a free 45-minute talkback in the lobby.

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Dancer Prileou to present "Movement Lab for Teachers"  

Dancer and choreographer Danila Prileou, Ph.D., professor and chair of the Dance Department of the University of New York at Brockport, will present "Movement Lab for Teachers" from 1:30-5 p.m. April 16 in the Bilby Music Dance Studio in Mullincktok Student Center.

The movement lab will integrate teaching techniques based on the work of noted modern choreographer Lester Horton with a variety of body-friendly concepts. These range from the incorporation of breath and movement to Horton technique can be adapted to different body types and skill levels. Prileou trained at the Alvin Ailey American Dance Center in New York. New York, which sponsored the National Dance Education Organization's annual conference, hosted by EnCouncil. The workshops will be sold at a discount at the Teachers Conference on April 16, 17 and 18. For more information go to www.wustl.edu or call 935-4620.

All about animals: Concert tour to perform

The Concert Choir of Washington University will present "Zoos: An Interdisciplinary Experience," under the direction of John Stewart, director of vocal activities in the Department of Music at Arts and Sciences -- will perform a concert of music about animals at 8 p.m. April 16 in Graham Chapel. The performance, titled Animal Planet, is free and open to the public.

The program will feature what is only the second performance of "The Monsters at Blue Spring" by Pulitzer Prize-winning composer Lewis Spratlan, who will attend. The work was commissioned in 1994 at the Westminster Choir College in Princeton, N.J., is based on a poem by Lewis Hyde and witty and delightful. It is choral, using English from the State University of New York at Binghamton.

The performance is free and open to the public. For more information, go online to assembly.series.wustl.edu or call 935-4620.

Worship

Saturday, April 23
8 p.m. Passover Seder. Sponsored by Chabad on Campus. 7240 Forsyth Blvd., 723-3984.

Sunday, April 24
8:15 p.m. Passover Seder. Sponsored by Chabad on Campus. 7240 Forsyth Blvd., 723-3984.

And more...

Friday, April 15
7 p.m. A Reader Reading. "The Woman Who Wasn't There" by Richard Ford. Sponsored by the Performing Arts Department.

Saturday, April 15
7:15 p.m. Center for Blood. Sponsored by the Performing Arts Department. 935-9050.

Sunday, April 24
4 p.m. A Reader Reading. "The Woman Who Wasn't There" by Richard Ford. Sponsored by the Performing Arts Department.

Tuesday, April 26
4 p.m. A Reader Reading. "The Woman Who Wasn't There" by Richard Ford. Sponsored by the Performing Arts Department.
Spending

Accounting "loopholes" get people into trouble — from Page 1

More study needed to prove hypothesis

"If you're really motivated to buy something and there is some ambiguity in categorizing the expense, you'll usually find a way to shuffle your money and spend the money with a little mental accounting," she said.

"Another example is if you really want to go out to a dinner with friends. You don't have all that much money to spend. But there is a lot of money on the table, and you can have the people that you're sharing the expense with buy something, and I'm going to buy something. So you end up splitting the check and the total is what you could use the ambiguity to justify spending," she said.

"So when you're accounting to justify spending is less likely to happen if you have a computer program to be accountable for someone to someone else. So you, on one hand, such as spouse. External sources may eliminate the tendency to find loopholes that shared people to overspend. Such justification also acts in an absence of ambiguity," the lesson, Cheema said, is that people draw clearer boundaries and create clearer definitions of categories, whether or not a computer program is used to keep track of spending..."I am proud that society has become an integral part of the University's plan was presented."
MATH student teams excel in national, state competitions

By TONY ZIEZER

A WUSTL team took first place in the annual Missouri Collegiate Mathematics Competition, sponsored by the Missouri section of the Mathematical Association of America, held March 31-April 1 at Southeast Missouri State University. The winning team consisted of Andy Edelman, Michael Gardner and Ben Robinson. WUSTL is one of 31 teams from 15 colleges and universities in Missouri.

The contest consisted of two sessions of 2.5 hours each. Twenty-two PhD, professor of mathematics in Arts and Sciences, and Ilya Krishtal, Ph.D., the Jerome Wolfe Professor in Medicine and of medicine in 1976.

Older Math student teams excel in national, state competitions

By GERRY EVERDING

James L. Gibson, Ph.D., the Sidney W. Souers Professor of Medicine, received a 2005 Decade of Behavior Research Award to his productive years at Washington University. His death was "incredibly ironic," Ley said, as he spent his life studying cancer and in the end, it was cancer that took his life. "I don't think there will be anyone more missed in the scientific community than Stan Korsmeyer," Ley said. He is survived by his wife of 25 years, Susan; two sons, Evan John and Jacob Louis; brother, William and Carroll Korsmeyer; three sisters, Lynn Holbourn, Janet Korsmeyer and Karen Ossing and his grandfather, Carl Killy. M.D., the Alan A. and Edith L. Beckman Professor in Medicine and of physiology; Karen Wolff Professor in Medicine and of medicine.

An investigation is continuing.

April 10 2:34 p.m. — A person was assaulted on the southwest end of the Millbrook Garage pedestrian overpass. Witnesses reported that the victim was knocked down by an unidentified subject with whom the victim was in some sort of argument. The victim was transported to Barnes-Jewish Hospital for treatment.

Additionally, University Police responded to one report each of forgery, parking violations, but property and larceny.

An investigation is continuing.

April 9 9:12 a.m. — An unknown person threw a rock through a 2-foot-by-3-foot single-pane window on the south side of Rubelmen Residence Hall, near the kitchen area. The screen and window were damaged. Maintenance responded for temporary repairs.
Accounting as a social sport
Ron King puts the personal touch on his research and teaching
BY SHAILA NIMMAN

Ron King, the Myron Northrop Professor of Accounting in the Olin School of Business, takes a break from heavy-metal music to conduct one of his classes. "Anyone you knock on his door, he'll say, 'Oh, come on in,' or, 'Let's go for lunch.' He's very generous with his time," says Nicole Thorne Jenkins, Ph.D., assistant professor of accounting.

Ron King and his sons Tyler and Bracken, and his wife, Monica Matheney, pause on the Charles Bridge in Prague while on a family vacation in 2004.

Ron King, the Myron Northrop Professor of Accounting in the Olin School of Business, is a former accountant, full-time muso and self-employed helping people archive family photographs.

The recent scandals at Enron, WorldCom, and A.G. marred the business world in a way particularly damaging to accountants. While many people might be surprised that conservative, rule-following accountants could have been involved in playing with the books, Ron King, the Myron Northrop Professor of Accounting in the Olin School of Business, says we shouldn't be surprised.

"Accounting is the process of providing information to decision-makers... and to understand accounting, one needs to understand how people use information," King says. "It's used to be that accountants were ridiculed because they were perceived to be primarily bookkeepers. The bookkeeping part is simple—it's just following rules. The interesting part is when people's judgment comes into the picture."

Accountants are just as vulnerable to human foibles as anyone else, and a great deal of King's research has focused on how that human behavior is controlled and influenced.

The accounting scandals of the past few years prompted Congress to pass the Sarbanes-Oxley Act of 2002, which attempts to prevent future accounting fraudulence. The act provided King free fodder for contemplating how accountants' behavior will be influenced.

Sarbanes-Oxley includes requirements that businesses expand the scope of reports that must be filed with the Securities and Exchange Commission. However, the act isn't as rigid with new rules as some would expect. Instead, King says, it requires accountants to do something much more difficult: follow principles.

And, he says, principles are more powerful.

"When you have 'bright-line' rules, lawyers can engineer around them," King says. "Then Wall Street and the markets perform when people are more altruistic and less rational than traditional economic assumptions."

It's that tension between the assumptions in basic economics and the reality of complex and seemingly irrational human behavior that continues to drive King's research.

The assumption of rationality can be particularly daunting. In fact, it was a rational act of self-preservation that drew King to accounting. He studied science as an undergraduate student at the University of Wisconsin-LaCrosse and took a job as a medical researcher after he graduated. He found the work interesting work, until one day the other used in his lab made one of his co-workers faint.

"As I tended to him, I saw the office crowd go off to lunch and I thought, 'Well, maybe I should get an M.B.A.—then I won't be around so much either,'" King says.

The M.B.A. led to a Ph.D. from the University of Arizona, where King had another dinnertime experience—but nothing as damaging as either.

King met Vernon Smith, who ground-breaking work using laboratory experiments as a tool in economic empirical analysis fasci- nated King. Eventually, Smith became King's Ph.D. advisor.

That relationship has led to a lifelong friendship and continuous intellectual inspiration for King. Of course, King had no way of knowing that Smith would one day win the Nobel Prize for his experiment-based economics. So, when Smith's prize was announced on Oct. 9, 2002, King was a bit worried since he had invited Smith to speak at Washington University on Oct. 10.

"We thought he might not show up because he had just won the award," King recalls. "But he did and the timing turned out to be perfect for us. It was a great honor to have him here. He's an impressive fellow, with a down-home disposition and with endless curiosity."

After 19 years teaching at the Olin School of Business, many of King's colleagues and students feel the same way about him—perhaps despite—or because of—his productivity for heavy metal music.

"He's a rocker," says second-year M.B.A. student Brian Anton, who became close to King from working as King's accounting teaching assistant the past two years. "His son Bracken, who graduated from Washington University last year, was in a heavy metal band here. I got to know one of the band members by coincidence and that guy was really impressed with the way he'd recorded. I listened to it and I said to Ron, 'This is in my genre. This is beyond heavy metal. It's actually a little bit light for my tastes.'"

King's taste in heavy metal runs more in the "music that drives parents crazy" vein, he says, and as such groups as Static-X, Disturbed, and Nickelback, among others, frequently goes to hear his favorite band in concert with his son Tyler, a sophomore at Washington University.

"The people at the concerts are very polite to me," King says. "They let me pass right through the crowds. At my age, they think I must be an undercover 'narc'—there would be no other explanation for someone my age to be at the concert."

In all respects, M.B.A. student Anton says, King does not fit the mold of an accounting professor. "Accounting professors are supposed to be geeky, not some- body who's as laid back and funny and Ron is," Anton says. "His stu- dents really like him because you get the feeling when you're in class that he does care and he's really trying to impact his wisdom. Ron isn't there to show you what he knows; he's there to help you figure out what you don't know, how to help you do better. That's refreshing."

"It's not just his students that appreciate King's attributes," Jenkins says. "I was instrumental in hiring Nicole Thorne Jenkins to be an assistant professor at the business school. This has since become friendly with King and his family and has grown to appreciate his mellow, yet supportive attitude. She says King always seems willing to set aside what he's working to talk with students and colleagues."

"He's very willing to spend time to talk about my research stream or help me with getting teaching choices and how to max- imize the synergies between teaching and research," Jenkins says. "Anytime you knock on his door, he'll say, 'Oh, come on in,' or, 'Let's go for lunch.' He's very generous with his time."

Jenkins also points out that King's interest in music goes beyond heavy metal. She says King pretty much enjoys any kind of live music. But metal is just a small portion of the many interests that King sustains.

He travels as much as he can, Jenkins says. He enjoys beer—both drinking it and making it. (King's favorite home-brew is "Yellow Dog Ale").

She points out that King has an attachment to a 1967 Volvo 122 that, by his own admission, he never touches; he just enjoys driving and owning it. It's the mix of King's profes- sional and personal qualities that people come to respect, Jenkins says.

"I appreciate how much he works, how much he values the time that he spends with them. It's more than evident, especially considering how hard he works," Jenkins says. "He's taken on a lot of administrative responsibilities in the accounting area, he is working on his research, he is still making time to travel with his family. It's good to work in an area where the senior faculty value those things."