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# Record

Jan. 27, 2006

Volume 30 No. 19



Washington University in St. Louis

## Calorie restriction may prevent primary aging in the heart

By JIM DRYDEN

Eating a very low-calorie yet nutritionally balanced diet is good for your heart.

Studying heart function in members of an organization called the Calorie Restriction Society, School of Medicine investigators found that their hearts functioned like the hearts of much younger people.

The researchers reported their findings in the Jan. 17 issue of the *Journal of the American College of Cardiology*.

Ultrasound examinations showed that the hearts of people on caloric restriction appeared more elastic than those of age- and gender-matched control subjects. Their hearts were able to relax between beats in a way similar to the hearts in younger people.

"This is the first study to demonstrate that long-term calorie restriction with optimal nutrition has cardiac-specific effects that ameliorate age-associated declines in heart function," said principal investigator Luigi Fontana, M.D., Ph.D., WUSTL assistant professor of medicine and an investigator at the Istituto Superiore di Sanità in Rome.

Members of the Calorie Restriction Society try to consume between 10 percent and 25 percent fewer calories than average Americans while still maintaining proper nutrition.

Caloric restriction tends to resemble a traditional Mediterranean diet, which includes a wide variety of vegetables, olive oil, beans, whole grains, fish and fruit, Fontana said. The diet avoids refined and processed foods, soft drinks, desserts, white bread and other sources of so-called "empty" calories.

Research on mice and rats has shown that stringent and consistent caloric restriction increases the animals' maximum life span by about 30 percent and protects them against atherosclerosis and cancer, but human study has been difficult because the caloric restriction lifestyle requires a strict diet regimen, both to keep the total number of calories low and to ensure that people consume the proper balance of nutrients.

The researchers studied 25 calorie-restricted individuals who had voluntarily been consuming a very low-calorie diet for an average of six years (consuming about 1,400-2,000 calories per day). They ranged in age from 41-65.

The study compared their heart function to 25 age- and gender-matched individuals who ate a typical Western diet (about 2,000-3,000 calories per day).

In Western countries, heart attacks and strokes are responsible for about 40 percent of all deaths. Cancer causes about another 30 percent.

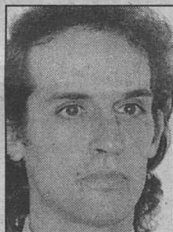
According to Fontana, deaths in both groups can be attributed to what scientists call secondary aging. That's the term used to characterize health problems that result from conditions such as high cholesterol, diabetes, high blood pressure and other preventable conditions that contribute to premature death.

A healthy diet and regular exercise can reduce risks from secondary aging. But this study suggests calorie restriction with optimal nutrition can do even more.

### Cardiac performance decline

Before it pumps blood to the rest of the body, the heart's left ventricle fills with blood in a two-phase process. The first phase, which fills the ventricle in healthy hearts to about 80 percent capacity, is a passive, suction-mediated mechanism

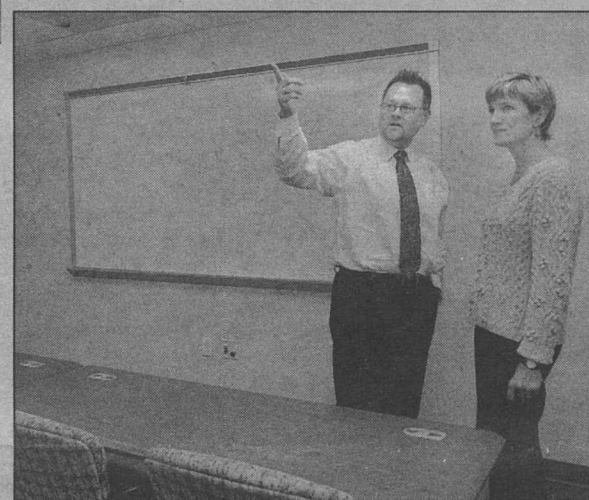
See **Calories**, Page 6



Fontana



**There's no place like home**  
Members of Student Health Services moved Jan. 19 into their new space in Forsyth House in the South 40. Above: The more spacious and modern waiting room. Right: Alan Glass, M.D., director of Student Health Services, and Melissa Ruwittch, coordinator of health and wellness, examine a meeting room. The 8,463-square-foot clinic is some 1,600 square feet larger than the space Student Health Services occupied in Umrath Hall for more than 30 years. The new space includes Medicine Services, Counseling Services and Health Promotion Services. An open house for the Health and Wellness Center will be from 4-7 p.m. Feb. 21.



DAVID KILPER PHOTOS

## New imaging technique stands brain injury research on its head

By TONY FITZPATRICK

It's a scene football fans have seen over and over during the college bowls and NFL playoffs: a player, often the quarterback, being slammed to the ground and hitting the back of his head on the landing.

Sure, it hurts, but what happens to the inside of the skull? Researchers and doctors long have relied upon crude approximations made from test-dummy crashes or mathematical models that infer — rather loosely — what happens to the brain during traumatic brain injury or concussion.

But the truth is that the state-of-the-art in understanding brain deformation after impact is rather crude and uncertain because such methods don't give any true picture of what happens.

Now, WUSTL mechanical engineers and a neurosurgeon resident at Barnes-Jewish Hospital have devised a technique on humans that for the first time shows just what the brain does when the skull accel-

erates. The research team includes Philip Bayly, Ph.D., the Lilyan and E. Lisle Hughes Professor in Engineering, Guy Genin, Ph.D., assistant professor of mechanical engineering, and Eric Leuthardt, M.D., formerly a resident at Barnes-Jewish Hospital, now at the University of Washington.

What they've done is use a technique originally developed to measure cardiac deformation to image deformation in human subjects during repeated mild head decelerations.

Picture, if you will, a mangled quarterback's occipital bone (which forms the back of the skull) banging the ground, then rebounding. The researchers have mimicked that motion with humans on a far milder, gentler, smaller scale and captured the movement inside the brain by magnetic resonance imaging (MRI).

The researchers tested seven subjects in an MRI and gathered data that shows that the brain, connect-

See **Brain**, Page 2



Allian Wang, Ph.D., WUSTL senior research scientist in earth and planetary sciences, works in her lab. She and fellow Athena science and engineering team member Ron Li, Ph.D., of Ohio State University made a proposal to name features on Mars for Chinese mythological characters, in conjunction with the Chinese New Year.

## Mars team members honor Chinese New Year

By TONY FITZPATRICK

It's the Chinese year of the dog as of Jan. 29, and the Mars Exploration Rover (MER) mission team is naming features on the Red Planet for Chinese mythological characters.

The rover *Spirit* is driving toward a feature called "Home Plate," and plans to be there shortly after the Chinese New Year.

It's common for NASA to name features on planets and stars in constellations for characters in Greek mythology, or in honor of esteemed NASA colleagues.

For instance, last October the Athena team named a prominent ridge on the east side of Husband Hill's summit in the Columbia Hills of Gusev crater "Haskin

Ridge," in honor and memory of Larry A. Haskin, Ph.D., the Ralph E. Morrow Distinguished University Professor of Earth and Planetary Sciences in Arts & Sciences.

The high point in the Columbia Hills is "Husband Hill," named after the late Rick Husband, commander of the shuttle *Columbia*. And six other hills in Gusev crater are named after the six other astronauts who flew on *Columbia*'s last mission.

Allian Wang, Ph.D., WUSTL senior research scientist in earth and planetary sciences, and fellow Athena science and engineering team member Ron Li, Ph.D., of Ohio State University made a proposal to Steven Squyres, Ph.D., and Raymond E. Arvidson, Ph.D.

Squyres — who will speak for

the Assembly Series at 11 a.m. Feb. 8 in Graham Chapel — is professor of astronomy at Cornell University and principal investigator of the Athena Science payload on the MER. Arvidson is the James S. McDonnell Distinguished University Professor and chair of earth and planetary sciences at WUSTL and MER deputy principal investigator.

Both Wang and Li have a Chinese cultural background. Wang was born in Beijing; she came to the United States and began working at WUSTL in 1993.

According to Wang, Native American themes have been used at several locations on the MER mission, as have names related to

See **Mars**, Page 5

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## Nominations sought for ... The Gloria White award, and ...

BY ANDY CLENDENNEN

The Office of Human Resources is seeking nominations for the Gloria White Distinguished Service Award, which recognizes a staff member for exceptional effort and contributions that result in the enhancement of the University.

Nominations must be submitted by Feb. 18.

The annual award was named for the late Gloria White, who retired in 1997 as vice chancellor for human resources after 30 years with the University.

While exceptional effort and contribution can be described in many ways, those making nominations for this award are asked to consider actions that strengthen the University's ability to promote learning; help create a positive working and learning environment; improve the wider community; and enhance the University's reputation.

Nominees must have at least five years of employment with the University and be nonacademic staff members in good standing. Nomina-

tions will be focused on the Hilltop and West campuses, as the School of Medicine established the Dean's Award to provide similar recognition to medical school employees.

A nomination for the White award must include the nominee's name, the specific reason(s) for the nomination, a brief description of how the University benefits or has benefited from the nominee's actions and the signature of the person submitting the nomination.

A committee will review the nominations and select the winner, who will receive the \$1,000 award during the May 22 Staff Day celebration on the Hilltop Campus.

Nomination forms are available on the human resources Web site, [hr.wustl.edu](http://hr.wustl.edu). Click on "Workplace Support/Policies & Procedures," then on "Employee Recognition" and then "Gloria W. White Distinguished Service Award."

Call 935-5990 to obtain a paper copy or for more information. Nominations should be addressed to Gloria W. White Distinguished Service Award, Campus Box 1184.

## ... the Virgil Ethic of Service Award

BY NEIL SCHOENHERR

The University's Community Service Program is seeking nominations for the third annual Gerry and Bob Virgil Ethic of Service Award.

The award recognizes a select group of University community members, past or present, who:

- reside in the St. Louis area and have inspired compassion and action in others;
- have dedicated themselves to community involve-

ment; or

- are passionate about a social, cultural or economic issue in St. Louis.

This award serves as a way to treasure the influence St. Louis has on the University, and to honor those WUSTL community members who believe in and shape the future of our region.

Nominations must be received by Feb. 10.

For more information and further nomination guidelines, go online to [ethicofservice.wustl.edu](http://ethicofservice.wustl.edu).

## Brain

**MRIs allow quantification of brain deformations**  
— from Page 1

ed to the skull by numerous vessels, membranes and nerves at the base, tries to pull away from all those attachments, leading to a significant deformation of the front of the brain.

Bayly discussed the group's findings at the recent annual meeting of the National Neurotrauma Society in Washington, D.C.

According to Genin, the subjects were placed in the soft netting of a head guide and were then asked to raise and lower their heads about an inch inside an MRI machine. The process was repeated several times as the MRI pieced together a complete movie of the brain's response to these motions.

"Phil (Bayly) has developed a set of state-of-the-art hardware and software to synchronize and analyze all of these measurements," Genin said. "The systems he has developed will allow us to explore a broad range of questions critical to understanding mild traumatic brain injury."

Bayly said, "It's an interesting thing that in many occipital impact injuries, people often find the greatest injury in the front of the brain. That has been a puzzle for a long time, and there have been numerous different explanations for it."

"What we see with the MRI is quite a bit of mechanical defor-

mation in the front of the brain when the skull is hit from the rear. It seems to be because the brain is trying to pull away from some constraints in the front of the brain."

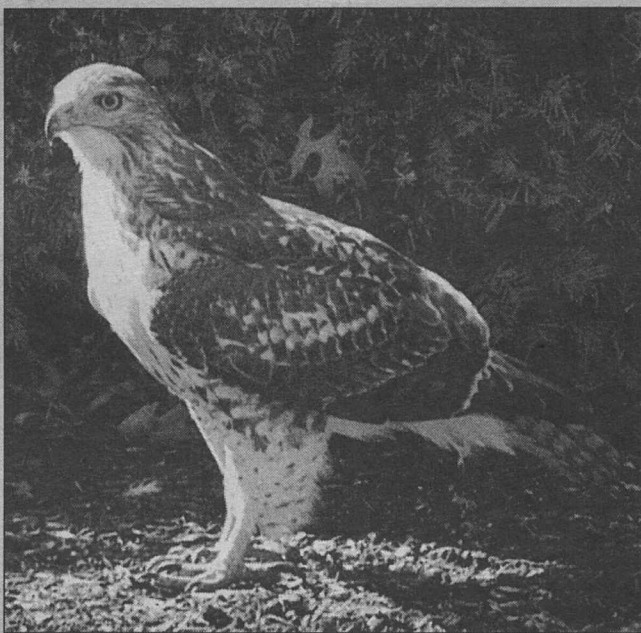
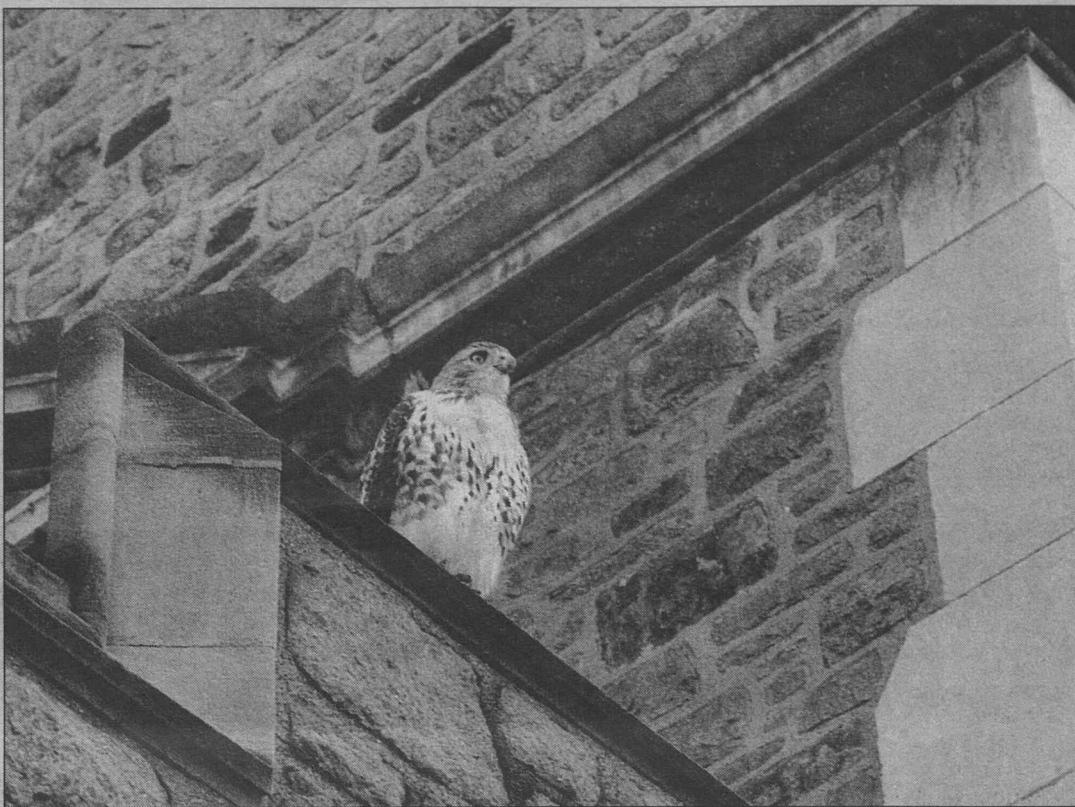
### Taking the guesswork out

Bayly and his collaborators can apply the levels of deformation they have found with their subjects to in vitro experiments or to animal models to learn even more about brain matter deformation. They have done experiments on humans with the head dropping forward and plan to study different acceleration profiles, including rotations.

"This method is a starting point that we hope will take the guesswork out of brain matter deformation analysis," Bayly said. "We can now quantify brain deformation from these very low, mild accelerations with MRI."

"We are working with Washington University School of Medicine faculty in hopes of some day developing therapeutic remedies for traumatic brain injuries and concussions. The most immediate application of our data will be in the development and validation of computer simulations of traumatic brain injury, which may ultimately reduce the need for direct experimentation."

Bayly and Genin are collaborating with David L. Brody, M.D., Ph.D., instructor in neurology, and Sheng K. Song, Ph.D., assistant professor of radiology, on other advanced MRI techniques with the hope of finding noninvasive ways to detect and characterize brain injuries.



### In the catbird's seat

A red-tailed hawk has a nice vantage spot overlooking Brookings Quadrangle, as he takes a break on the arch between January and Busch halls. A red-tailed hawk — perhaps this one — has been spotted for several years around the Hilltop Campus. Hawks are carnivores that belong to the category of birds known as raptors — birds of prey. The red-tailed is the largest hawk, usually weighing 2-4 pounds. As with most raptors, the female is nearly one-third larger than the male and may have a wingspan of 56 inches. The adult red-tailed hawk is easily identified — when it leaves its perch on slow, measured wing beats, or turns while soaring overhead, the broad, rounded tail shows a rich, russet red; hence the name. (Photos by David Kilper)

## Graduate students from all disciplines to display creative works in exhibition

BY SUSAN KILLENBERG MCGINN

You don't have to be an art major to create and exhibit artwork, and the 2nd Annual Graduate Student Visual Arts Exhibit is a testament to that.

University graduate students from all disciplines were invited to submit visually compelling creations for an exhibit at Baseline Gallery, 1110 Washington Ave., in the downtown loft district.

When the exhibit opens with a reception from 6-10 p.m. Jan. 28, more than 65 graduate students representing disciplines ranging from chemistry, medical sciences, engineering and law to anthropology, architecture, art and English, will have their creative sides on display.

The exhibit, titled *Offcourse*, runs through Feb. 4.

"We conceived the exhibit as a chance to display the various kinds of creative process graduate students at Washington U. engage in," said exhibit co-founder Matt Bailey, a second-year doctoral stu-

dent in art history and in American Culture Studies, both in Arts & Sciences. "Some of their work was done as part of professional development; other work was created in the student's spare time for a therapeutic release from the usual routine of course work and research."

By developing an exhibit open to all graduate students, Bailey wanted to challenge traditional definitions of the category of art.

"While much of the work is made from the traditional media of painting, sculpture and photography, other work is very nontraditional — in particular those submissions by grad students in the sciences that were done as a part of professional development, such as photographs of spinal cords, reproductions of microscopic views or sculptural models of electrical coils," Bailey said.

"I think one of the interesting points of the exhibition is showing all this creative work side-by-side, the work of, say, engineering and science majors with art

majors," he added. "It's not just about talent — though it does showcase that — but the exhibit is also about the nature of the creative process, the many forms it can take, and the many ways in which 'art' can be defined and enjoyed."

Along with Bailey, Eric Repice, a doctoral student in anthropology in Arts & Sciences, and Matthew Toth, a master's student in Architecture, helped organize the exhibit.

University co-sponsors are the Graduate School of Arts & Sciences, the Sam Fox School of Design & Visual Arts, the Graduate Architecture Council, the Graduate Professional Council and the College of Art.

Baseline Gallery hours are 10 a.m.-5 p.m. Monday-Friday and noon-4 p.m. Saturday and Sunday. Both the exhibit and the reception are free and open to the public.

For more information, e-mail Bailey at [wugradexhibit2@yahoo.com](mailto:wugradexhibit2@yahoo.com).

## Annual bone marrow drive Jan. 30-Feb. 1

BY NEIL SCHOENHERR

More than 3,000 people in the United States, including 30 in the St. Louis area, need a bone marrow transplant for a chance at a healthy life.

The students of the Washington University Marrow Registry are hosting its fifth annual drive in honor of Matthew Pearl.

Matthew, a second-grader from Eureka, Mo., suffers from Fanconi anemia, a rare life-threatening blood disorder for which the only treatment currently

being used is bone-marrow transplant.

Matthew is in urgent need of his life-saving bone marrow transplant; so far, no match has been found.

The drive is open to the general public. Dates, times and locations are:

• **Jan. 30**, from 4-9 p.m. in Friedman Lounge, Wohl Student Center;

• **Jan. 31**, from 4-9 p.m. in Friedman Lounge, Wohl Student Center;

• **Feb. 1**, from 10 a.m.-3 p.m. in

Lopata Gallery, Lopata Hall; and

• **Feb. 1**, from 10 a.m.-3 p.m. in Simon Hall.

Donating costs \$25, which includes membership to the National Marrow Donor Program.

To enroll, participants must be between 18-60 and in good health.

Participants will be asked a number of medical questions in the screening process, and a small sample of blood will be drawn to determine marrow type.

For more information, go online to [sugroups.wustl.edu/~wumr](http://sugroups.wustl.edu/~wumr).



## School of Medicine Update

# Telephone smoker counseling focus of grant

By JIM DRYDEN

People seeking help to quit smoking have many options, from support groups to nicotine replacement to prescription drugs designed to lessen the urge to light up. Now researchers at the University and BJC HealthCare are testing another: telephone counseling.

The "Call-2-Quit" project, funded by a three-year, \$1.35 million grant from the Centers for Disease Control and Prevention, will compare two approaches to smoking cessation telephone counseling. Both interventions include discussion of key tasks for quitting smoking, but they differ in counseling style and in the range of topics covered.

Over the course of several weeks, those who call for phone counseling will participate in seven sessions with trained smoking cessation counselors to learn about methods that may help them stay away from cigarettes.

"We want to provide state-of-the-art counseling," said psychologist Mark S.

**"This program was developed because we know there are people who would find it convenient to talk to someone over the telephone for help. We've reviewed telephone interventions from around the country and have brought together the best ideas."**

MARK S. WALKER

Walker, Ph.D., instructor of medicine in the Division of Health Behavior Research and the study's principal investigator. "The program will vary from person to person, but all callers will receive information about key topics, including avoiding temptation, use of nicotine replacement therapy and overcoming barriers to quitting."

The study will involve employees of

BJC HealthCare who are participating in an initiative called "Help for Your Health," which was launched two years ago to improve the health of BJC's 26,000 employees.

"BJC HealthCare is committed to helping our employees take charge of their health," said Steven Lipstein, president and chief executive officer of BJC HealthCare. "Decreasing the incidence of smoking is one of the fastest ways to improving health."

"Participation in the Call-2-Quit study is one of several initiatives where BJC is taking an active role to address the deadly habit of tobacco use."

Kathleen A. Killion, executive director for health literacy at BJC HealthCare, said: "As part of the program, we encourage employees to participate in a health-risk assessment, sign a pledge to take care of themselves and, if they are a smoker, to enroll in a smoking-cessation program. Employees who take those steps can receive a discount in their monthly medical premiums."

Call-2-Quit is one of several smoking cessation programs available to BJC employees. Walker, who also does smoking-cessation research with lung cancer patients through Siteman Cancer Center, said it's important to have numerous options because quitting smoking is not a one-size-fits-all proposition.

"This program was developed because we know there are people who would find it convenient to talk to someone over the telephone for help," Walker said. "We've reviewed telephone interventions from around the country and have brought together the best ideas from all of them."

Walker and his colleagues will evaluate the effectiveness of the telephone intervention based on how many people report they've stopped or significantly cut down smoking. Meanwhile, participants will have incentives from their employer to give it their best shot.

The telephone-counseling program launched in December, and if successful, will be shared with other St. Louis-area businesses.

## Haughey named Kimbrough Chair in Maxillofacial Surgery and Prosthodontics

By GWEN ERICSON

Bruce H. Haughey, M.D., director of the Division of Head and Neck Surgical Oncology and professor of otolaryngology was installed last month as the first holder of the Dr. Joseph B. Kimbrough Chair in Maxillofacial Surgery and Prosthodontics in the Department of Otolaryngology for Teaching and Healing.

Haughey also is a researcher with the Siteman Cancer Center and a head and neck surgeon at Barnes-Jewish and St. Louis Children's hospitals.

The position was made possible by a bequest from Dr. Joseph B. Kimbrough, an 1894 graduate of the University's College of Dental Medicine. Kimbrough served on the dental school faculty and maintained a successful private practice for 61 years. He died in 1963 at the age of 93.

Chancellor Mark S. Wrighton and Larry J. Shapiro, M.D., executive vice chancellor for medical affairs and dean of the School of Medicine, announced Haughey's appointment.

"Dr. Kimbrough's generous gift to his alma mater will support our efforts in oral and facial reconstructive surgery and prosthodontics for those suffering the ravages of cancer," Wrighton said. "His bequest will be a great assistance in retaining and attracting superior faculty for this important program so strongly rooted in dental medicine at Washington Uni-

versity."

Shapiro said, "Many of the sophisticated procedures now being used in this field could not even be considered in Dr. Kimbrough's era, and we believe we honor Dr. Kimbrough's memory through this forward-looking and life-enhancing work."

"Bruce Haughey's research and practice help people resume normal living after often devastating surgical procedures and embody both compassion and innovation."

Haughey has been with the School of Medicine since 1988. As director of the Division of Head and Neck Surgical Oncology in the Department of Otolaryngology, he oversees a multidisciplinary group of specialists who treat patients with all forms of head and neck cancer, including thyroid and skin cancers.

Clinical trials conducted in the division use new therapies to eradicate these cancers paired with the latest reconstructive techniques to restore voice, communication, swallowing and appearance. The surgeons have pioneered a number of minimally invasive and reconstructive procedures including reconstruction of the tongue, facial soft tissue (lip, cheek, forehead or nose), voice box and skull base.

Precise radiation targeting and minimally invasive endoscopic laser surgery techniques



Larry J. Shapiro, M.D. (left), executive vice chancellor for medical affairs and dean of the School of Medicine, and Richard A. Chole, M.D., Ph.D., the Lindburg Professor of Otolaryngology, install Bruce H. Haughey, M.D., as the first Dr. Joseph B. Kimbrough Chair in Maxillofacial Surgery and Prosthodontics in the Department of Otolaryngology for Teaching and Healing. Haughey is director of the Division of Head and Neck Surgical Oncology and professor of otolaryngology.

**"Bruce Haughey's research and practice help people resume normal living after often devastating surgical procedures and embody both compassion and innovation."**

LARRY J. SHAPIRO

have also been developed to markedly enhance patient survival, recovery and well-being. Recent investigations by

Haughey have focused on the difficult task of reconstructing areas of the pharynx, esophagus, mouth and tongue after surgery

to remove cancerous tissue.

Haughey and his colleagues have been notably successful in reconstruction of the tongue after partial or complete removal.

Haughey led a study of patients who received tongue reconstruction, in which tongue tissue was replaced with tissue from the patients' forearms or thighs and constructed using a special folding technique developed by Haughey and his colleagues.

After reconstruction, most patients were able to swallow and speak intelligibly, and the results exceeded those of studies by other groups.

Haughey earned undergraduate and medical degrees from the University of Auckland in New Zealand, graduating in 1976 from the medical program. He was an intern at Waikato Hospital in Hamilton, New Zealand, and then became a trainee under the auspices of the Royal Australasian College of Surgeons in surgery and otolaryngology at Auckland Hospitals until 1981.

He then moved to the United States and furthered his study of otolaryngology and head and neck surgery at the University of Iowa Hospitals and Clinics. In 1984, he completed a fellowship in skull-base surgery at the same institution and earned a master of science degree in otolaryngology from the University of Iowa.

## Longer Life Foundation grants awards to researchers

By JIM DRYDEN

The Longer Life Foundation, a cooperative effort between the School of Medicine and the Reinsurance Group of America (RGA), has awarded grants to seven University researchers to investigate several aspects of healthy aging as well as the mental health of breast cancer patients and aspects of behavior in obese children.

The foundation's activities at the University are coordinated through the Longer Life Center in the medical school's Division of Health Behavior Research.

The foundation funds independent research that studies ways to improve methods for predicting long-term mortality from various diseases or for promoting quality and quantity of life. Over the past several years,

the foundation has awarded just under \$1.5 million to the University.

Researchers who received 2005 grant awards include Nancy Morrow-Howell, Ph.D., the Ralph & Muriel Pumphrey Professor of Social Work in the George Warren Brown School of Social Work. She received a \$75,000 multidisciplinary grant for a project called "Activity Portfolios: Engagement and Health in Later Life."

Other grants include three full awards of \$20,000-\$40,000 to Stephen K. Kornfeld, M.D., the David C. and Betty Farrell Professor of Medicine and associate professor of molecular biology and pharmacology, who will look at the relationship between longevity and anti-convulsant medicines.

Also, Reina Villareal, M.D., assistant professor of medicine in the Division of Bone and

Mineral Diseases, is studying the effect of a genetic variation on cognitive function. Meanwhile, Mark Walker, Ph.D., instructor of medicine in the Division of Health Behavior Research, will look into mental health history and survival among breast cancer patients.

The foundation also awarded three grants for less than \$5,000 to Dorothy Edwards, Ph.D., associate professor of occupational therapy; Susan Stark, Ph.D., assistant professor of occupational therapy; and Denise Wilfley, Ph.D., professor of psychiatry. Those grants will fund research into social engagement among older adults and factors related to obesity in children.

The call for grant applications for 2006 will occur in February with a March deadline for those proposals. For more information, contact Joan Heins at 286-1912 or jheins@wustl.edu.



## University Events

# 'Very dark ... almost like a ghost story'

Performing Arts Department to present  
*Ipi Zombi?* in Hotchner Studio Theatre

BY LIAM OTTEN

In 1995, a bus crash outside Kokstad, South Africa, left 12 schoolboys dead. Wild rumors swirled that the crash was caused by witches and that the deceased made zombie slaves.

In the weeks that followed, mobs executed two elderly women while local sangomas (traditional Xhosa shamans) tried to resurrect the boys.

Such is the true story behind *Ipi Zombi?* — Brett Bailey's exploration of the South African psyche. The Performing Arts Department in Arts & Sciences will present six performances in the A.E. Hotchner Studio Theatre.

Shows will begin at 8 p.m. Jan. 27-28 and at 2 p.m. Jan. 29. Performances will continue the following weekend at 8 p.m. Feb. 3-4 and at 2 p.m. Feb. 5. Post-show discussions with members of the cast and production staff will follow the Jan. 28 and Feb. 4 shows.

*Ipi Zombi?* — the title translates as "where are the zombies?" — opens with a Narrator (senior Cory Coleman) introducing a company of actors, who proceed to relate the incident through a mixture of song, dance and traditional sangoma chants.

The fictional troupe is joined by Intombi Nyama (senior Chauncy Thomas), a famous local actor who portrays an 11-year-old girl and friend of the

deceased students. The girl claims to hear the voices of the zomboid students emanating from the closet of her grandmother, Mrs. Magudu (senior Monica O'Malley), thus confirming the witchcraft rumors.

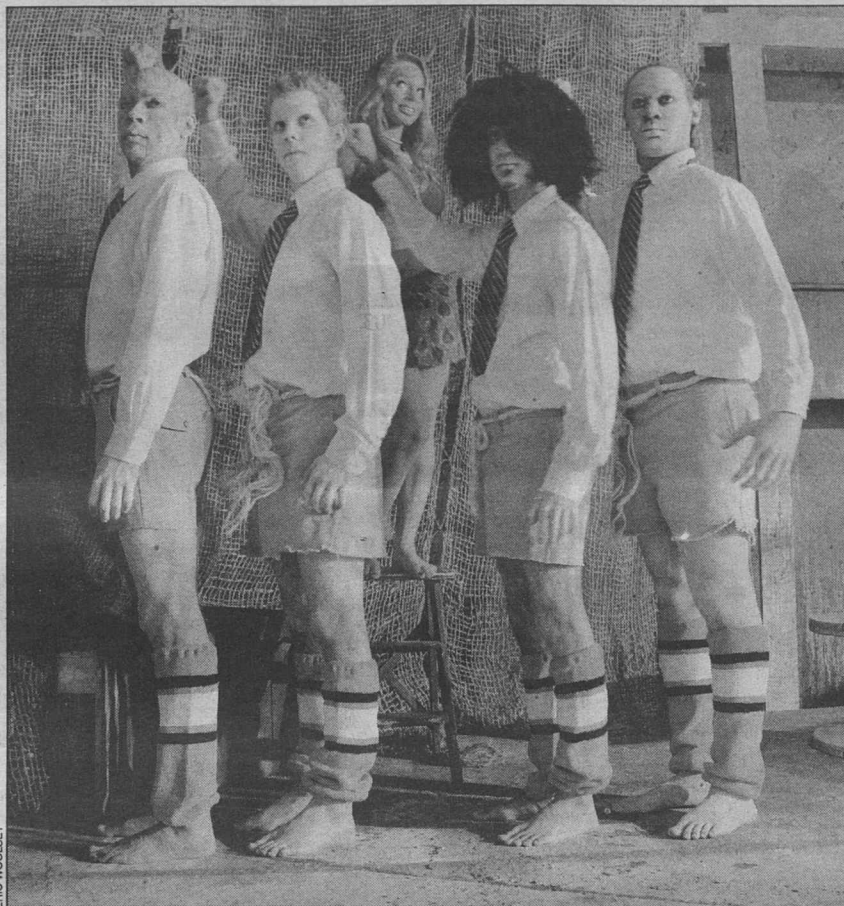
"There are a lot of parallels between *Ipi Zombi?* and *The Crucible*," said director Pushkar Sharma, a senior Arts & Sciences double-major in theater and international studies. "But I think there's an easier moral standard in *The Crucible* — we know who's lying and who's making things up."

"*Ipi Zombi?* is messier. We're not sure whether or not there are any zombies; maybe witches have the power to enslave people, maybe they don't."

"*Ipi Zombi?* is a very theatrical play, very dark and ominous, almost like a ghost story," he continued. "Bailey mixes avant-garde and ritualistic approaches. The actors take on exaggerated movements and vocal qualities. It's very spectacular and very image-oriented, but also includes a refreshing amount of humor."

"But this is not a play about 'backwards Africa,'" Sharma added. "It's about fear, how it hypnotizes society and destroys community."

The cast of 14 also features senior Jenny Lichtenberg in the dual role of Devil and TV Reporter; sophomore Kellen Hoxworth as Krotch; junior Lemar Moore as



(From left) Shewan Howard, Kellen Hoxworth, Jenny Lichtenberg, Sathya Sridharan and Lemar Moore are featured in *Ipi Zombi?* in the A.E. Hotchner Studio Theatre. The PAD will present shows at 8 p.m. Jan. 27-28, at 2 p.m. Jan. 29, at 8 p.m. Feb. 3-4 and at 2 p.m. Feb. 5.

Cop/Zol; freshman Sathya Sridharan as Steve; and Shewan Howard as Senti.

Choreography is by Cecil Slaughter, lecturer in the PAD's Dance Program. Costumes are by Bonnie Kruger, senior lecturer and

coordinator of the PAD's Design & Technical Theatre Program. Vocal adviser is Lisa Campbell, lecturer in music in Arts & Sciences, with musical arrangement by sophomore Dan Silver.

Set design is by junior Grace

Choi. Lighting is by Matt Kitchens, sound by junior Derek Dohler. Annamaria Pileggi, senior lecturer in the PAD, served as project adviser.

Bailey is director of the South African performance company and school Third World Bunfight, which he founded in 1996 after a studying sangomas ceremony and folklore in rural eastern South Africa.

Other plays include *Imumbo Jumbo* (1997) and *The Prophet* (1999) — both collected, along with *Ipi Zombi?* in the book *Plays of Miracle and Wonder* (2004) — as well as *Big Dada* (2001) and *House of the Holy Afro* (2004). In addition, *Ipi Zombi?* has been adapted for radio by BBC World Service.

Tickets are \$15 — \$9 for students, children, senior citizens and WUSTL faculty and staff — and are available through the Edison Theatre Box Office, 935-6543, and all Metro-Tix outlets. The Hotchner Theatre is located in

Mallinckrodt Student Center.

Performances are co-sponsored by the African & African American Studies Program in Arts & Sciences.

For more information, call 935-6543.

## La Belle France • JFK Assassination • Power and Politics

"University Events" lists a portion of the activities taking place Jan. 27-Feb. 9 at Washington University. Visit the Web for expanded calendars for the Hilltop Campus ([calendar.wustl.edu](http://calendar.wustl.edu)) and the School of Medicine ([medschool.wustl.edu/calendars.html](http://medschool.wustl.edu/calendars.html)).

### Exhibits

**Celebrating 100 Years of Federal Information.** Through March 31. Olin Library, Grand Staircase Lobby and Ginkgo Reading Rm. 935-6569.

**Celebrating Mozart's 250th Birthday.** Through Jan. 30. Olin Library Lobby. 935-6626.

### Saturday, Jan. 28

**6-10 p.m. Offcourse Graduate Student Visual Arts Exhibit Reception.** Exhibit continues through Feb. 4. Co-sponsored by the Graduate School of Arts & Sciences, the Sam Fox School of Design & Visual Arts, the Graduate Architecture Council, the Graduate Professional Council and the College of Art. Baseline Gallery, 1110 Washington Ave. 621-9188.

### Film

#### Friday, Feb. 3

**6 & 8:30 p.m. Travel Lecture Series.** *La Belle France.* Monty and Marsha Brown, folk musicians. Sponsored by Alumni & Development Programs. Cost: \$5. Graham Chapel. 935-5212.

### Lectures

#### Friday, Jan. 27

**9:15 a.m. Pediatric Grand Rounds.** "Sixty-five Roses and Lung Transplantation." Albert Faro, asst. prof. of pediatrics. Clifton Aud., 4950 Children's Place. 454-6006.

**Noon. Cell Biology & Physiology Seminar.** "Protein Complexes That Control Cell Polarity." Benjamin Margolis, prof. of biological chemistry, U. of Mich. Co-sponsored by the Dept. of Molecular Biology &

Pharmacology. McDonnell Medical Sciences Bldg., Rm. 426. 362-7437.

#### Monday, Jan. 30

**Noon. Molecular Biology & Pharmacology Seminar.** "Cellular Mechanisms of Asymmetric Stem Cell Division in the Niche." Yukiko M. Yamashita, Dept. of Developmental Biology, Stanford U. South Bldg., Rm. 3907, Philip Needleman Library. 747-3339.

**4 p.m. Immunology Research Seminar Series.** "Regulation of Neuroinflammation: The Chemokine Connection." Robyn Klein, asst. prof. of medicine. Moore Aud., 660 S. Euclid Ave. 362-2763.

#### Tuesday, Jan. 31

**8:15-10:30 a.m. Center for the Application of Information Technology Seminar.** "Service-oriented Architecture (SOA): Insights From Early Practitioners." Brenda Michelson, senior VP and senior consultant, Patricia Seybold Group. Saint Louis Art Museum Aud., 1 Fine Arts Drive. To register: 935-4444.

**4 p.m. University Libraries Lecture.** "Analyzing the Blur: Don DeLillo's 'Definitive Meditation' on the JFK Assassination." Crystal Alberts, Dept. of English. Olin Library, Lvl. 1, Ginkgo Reading Rm. 935-6569.

#### Wednesday, Feb. 1

**8:30 a.m.-4 p.m. Center for the Application of Information Technology Two-day Workshop.** "Leading Change Across IT and the Enterprise." (Continues 8:30 a.m.-4 p.m. Feb. 2.) Cost: \$1,195, reduced fees available for CAIT member organizations. CAIT, 5 N. Jackson Ave. To register: 935-4444.

**11 a.m. School of Law "Access to Justice" Public Interest Law Speakers Series.** "Courting Disaster? The World Historical Transformation of Marriage." Stephanie Coontz, prof. of history and family studies, The Evergreen State College. Graham Chapel. 935-6419.

**4 p.m. Physics Colloquium.** "Sound Detection in the Inner Ear: How Hair Cells Oscillate to Amplify Mechanical Stimuli." Loïc Le Goff, lab. of sensory neuroscience, Rockefeller U. (3:30 p.m. coffee, Compton Hall, Rm. 245.) Crow Hall, Rm. 204. 935-6276.

#### Thursday, Feb. 2

**4 p.m. Chemistry Seminar.** "Spliceosomal

Branch Site Structure and Recognition." Nancy L. Greenbaum, asst. prof. of chemistry, Florida State U. McMillen Lab., Rm. 311. 935-6530.

#### Friday, Feb. 3

**12:30-4:30 p.m. St. Louis STD/HIV Prevention Training Center.** "Laboratory Methods." (Continues 12:30-4:30 p.m. Feb. 10 & 17.) Cost: \$75. For location and to register: 747-1522.

#### Monday, Feb. 6

**Noon. Mallinckrodt Inst. of Radiology Lecture.** Annual Hyman R. Senturia Lecture. "Imaging of the Painful Hip and Pelvis." Cheryl Petersilge, asst. clinical prof. of radiology and orthopedic surgery, Case Western Reserve U. Scarpellino Aud., 510 S. Kingshighway Blvd. 362-2866.

**Noon. Molecular Biology & Pharmacology Seminar.** "mPar6 Alpha Coordinates Polarization and Migration of Developing Cerebellar Granule Neurons." David J. Solecki, research assoc. in developmental neurobiology, Rockefeller U. South Bldg., Rm. 3907, Philip Needleman Library 747-3339.

**Noon. Work, Families, and Public Policy Brown Bag Seminar Series.** "The Consequences of Teenage Childbearing." Kevin Lang, prof. of economics, Boston U. Eliot Hall, Rm. 300. 935-4918.

**5:30 p.m. Cardiac Bioelectricity & Arrhythmia Center Seminar.** "PGC-1: A Physiologic Transducer Linked to Gene Regulatory Networks Controlling Cardiac Metabolism and Function." Daniel Kelly, Alumni Endowed Professor in Cardiovascular Diseases and dir., Center for Cardiovascular Research. (5 p.m., refreshments.) Whitaker Hall, Rm. 218. 935-7887.

#### Tuesday, Feb. 7

**Noon. Program in Physical Therapy Research Seminar.** "Somatosensory Function in Cerebral Palsy." Jason Wingert, movement science program, program in physical therapy. 4444 Forest Park Blvd., Lower Lvl., Rm. B112. 286-1404.

#### Wednesday, Feb. 8

**11 a.m. School of Law "Access to Justice" Public Interest Law Speaker Series.** "Accountability, Power and Politics: Navigating the Troubled Waters of Domestic Violence Legal Advocacy." Sarah Buel, clinical prof. of law, U. of

Texas. Co-sponsored by Equal Justice Works and the National Lawyers Guild Student Chapters. Anheuser-Busch Hall. 934-6419.

**12:30-5 p.m. Annual Postdoc Scientific Symposium.** Eric P. Newman Education Center. To register: [bradley@wustl.edu](mailto:bradley@wustl.edu).

**4 p.m. Physics Colloquium.** "Enzymatic Symmetry Breaking: How Does Topoisomerase IV Distinguish Left From Right?" Keir Neuman, laboratoire de physique statistique, Ecole Normale Supérieure, Paris. (3:30 p.m. coffee, Compton Hall, Rm. 245.) Crow Hall, Rm. 204. 935-6276.

#### Thursday, Feb. 9

**4 p.m. Chemistry Seminar.** "Amorphous Solids Studied by Solid-state NMR." Marcel Utz, asst. prof. of physics, U. of Conn. McMillen Lab., Rm. 311. 935-6530.

**4 p.m. Ophthalmology & Visual Sciences Seminar Series.** "Novel Mechanism of Retinal Light Adaptation." Tomomi Ichinose, staff scientist in ophthalmology & visual sciences. Maternity Bldg., Rm. 725. 362-1006.

### Music

#### Friday, Jan. 27

**8 p.m. Benefit Concert.** Nerissa and Katryna Nields. To benefit Lydia's House and Peter and Paul Community Services. Cost: \$15, free for WUSTL students. Gregg House, Urso's Lounge. 935-7576.

### On stage

#### Friday, Jan. 27

**8 p.m. Performing Arts Dept. Presentation.** *Ipi Zombi?* Written by Brett Bailey. Pushkar Sharma, dir. (Also 8 p.m. Jan. 28, Feb. 3 & 4; 2 p.m. Jan. 29 & Feb. 5.) Cost: \$15, \$9 for students, children, seniors, WUSTL faculty & staff. Mallinckrodt Student Center, A.E. Hotchner Studio Theatre. 935-6543.

#### Wednesday, Feb. 1

**7:30 p.m. Performing Arts Department Presentation.** Michel Yang, dancer & choreographer. Mallinckrodt Student Center, Annelise Mertz Dance Studio. 935-5858.

### How to submit 'University Events'

Submit "University Events" items to Genevieve Posey via:

- (1) **e-mail** — [recordcalendar@wustl.edu](mailto:recordcalendar@wustl.edu);
- (2) **campus mail** — Campus Box 1070; or
- (3) **fax** — 935-4259.

Upon request, forms for submitting events may be e-mailed, mailed or faxed to departments.

Deadline for submissions is noon on the Thursday eight days prior to the publication date.

### Sports

#### Friday, Jan. 27

**6 p.m. Women's Basketball vs. U. of Rochester.** Athletic Complex. 935-4705.

**8 p.m. Men's Basketball vs. U. of Rochester.** Athletic Complex. 935-4705.

#### Sunday, Jan. 29

**1 p.m. Men's Basketball vs. Carnegie Mellon U.** Athletic Complex. 935-4705.

**3 p.m. Women's Basketball vs. Carnegie Mellon U.** Athletic Complex. 935-4705.

### And more...

#### Friday, Jan. 27

**8 a.m.-5 p.m. Hearing Screening for Nurses.** Offered by the adult audiology dept. (Also 8 a.m.-5 p.m. Feb. 3.) Continuing Medical Education Bldg., Walk Through Rm. 2212. 609-2339.

**4 p.m. Art & Activism Panel Discussion.** Featuring Nerissa Nields, Katryna Nields, Con Christeson and Jacqui Barnett. Gregg House, Urso's Lounge. 935-7576.

#### Saturday, Jan. 28

**10 a.m. Memorial for Sona Haydon.** Presented by the Dept. of Music. Graham Chapel. 935-4841.



# Dancer & choreographer Michel Yang in concert

Michel Yang, the 2005-06 Marcus Artist for the Dance Program in the Performing Arts Department in Arts & Sciences, will present an informal concert of improvisational works at 7:30 p.m. Feb. 1.

The performance is free and open to the public and will take place in the Annelise Mertz Dance Studio, Mallinckrodt Student Center, Room 207.

The program will feature one work from Yang's repertory as well as a duet with David Marchant, senior lecturer in dance, and an ensemble piece featuring WUSTL students.

In addition to the performance, Yang will be in residence with the Dance Program Jan. 27-Feb. 1 to conduct a series of master classes with intermediate and upper-level dance students.

Yang earned a special major in dance and dance science from the University in 1995 and a master of fine arts degree in dance from New York University's Tisch School of the Arts in 1997. She teaches contemporary dance at the Yantra Dance Academy in Brussels, Belgium.

Her work frequently involves improvisation and/or performance installations

such as *decompressed*, a piece for two dancers, two inflatable chairs and video. Collaborators include Walter Verdin, Sachiyo Takehashi and Unidentified Flying Arts Company.

Yang has appeared at a number of prestigious dance venues, including New York's Dance Theater Workshop, Dance-space Projects, PS122 and Movement Research at the Judson Church, as well as at the Centre Cultural Jacques Franck and DansCentrumJette in Belgium. In 2000, she was featured in the PAD's Dance Close-Up Alumni Celebration concert in Edison Theatre.

Major awards include a 2003 Vlaams Gemeenschapscommissie Dans Subsidie for her piece *Waste Paper Basket*.

The Marcus Residency is funded by a gift to the Performing Arts Department by Morris D. Marcus, M.D., a dermatologist and professor emeritus in the School of Medicine. Marcus established the annual residency in memory of his wife, Margaret, who was a dancer, teacher and choreographer.

For more information, call 935-5858.



Michel Yang will present an informal concert of improvisational works at 7:30 p.m. Feb. 1 in the Annelise Mertz Dance Studio, Mallinckrodt Student Center, Room 207. The 2005-06 Marcus Artist for the Dance Program in the Performing Arts Department in Arts & Sciences, Yang will be in residence with the Dance Program Jan. 27-Feb. 1 to conduct a series of master classes with intermediate and upper-level dance students.

## Assembly Series lectures

### Coontz to tackle the modern concept of marriage

BY NADEE GUNASENA

Family historian Stephanie Coontz will debunk popular myths about marriage and the family in her Assembly Series lecture titled "Courting Disaster? The World Historical Transformation of Marriage" at 11 a.m. Feb. 1 in Graham Chapel.

The talk also is part of the School of Law's eighth annual Public Interest Law Speakers Series, "Access to Justice: The Social Responsibility of Lawyers."

From her research, Coontz finds that the current pop culture frenzy about the "marriage crisis" is unfounded.

Instead, she argues that the institution of marriage has always been dynamic, shifting to fulfill economic needs in societies or kin groups.

She traces the evolution of marriage through the ages in her book *Marriage, a History: From Obedience to Intimacy, or How Love Conquered Marriage*. Using exhaustive research that traverses centuries and cultures, Coontz illustrates that the traditional breadwinner/homemaker model is neither traditional nor ideal.

The book was selected as one of the best of 2005 by *The Washington Post*.

Nationally recognized as an expert on the history of the American family, Coontz continues to deconstruct widespread myths about the disintegration of the social unit.

She has written five books on the subject, including *The Way We Never Were: American Families and*

*the Nostalgia Trap* and *The Way We Really Are: Coming to Terms with America's Changing Families*. Using historical examples, she shows that society has always blamed the instability of the family in times of economic upheaval.

"There is no one family form that has ever protected people from poverty or social disruption," she writes, "and no traditional arrangement that provides a workable model for how we might organize family relations in the modern world."

Coontz is a professor of history and family studies at The Evergreen State College. She has taught at universities around the world, including Kobe University in Japan and the University of Hawaii at Hilo.

She has received numerous awards for her work in the field of family values, including the Visionary Leadership Award from the Council on Contemporary Families in 2004 and the Dale Richmond Award from the American Academy of Pediatrics in 1995.

In addition, she has been featured in numerous national publications and a range of media, including *The Oprah Winfrey Show* and *Crossfire* television programs, and on National Public Radio.

Coontz earned a bachelor's degree from the University of California, Berkeley, and a master's in European history from the University of Washington.

Assembly Series talks are free and open to the public.

For more information, call 935-4620 or go online to [assemblyseries.wustl.edu](http://assemblyseries.wustl.edu).



Coontz

## Cornel West to address 'Democracy Matters'

BY BARBARA REA

Cornel West, one of America's most prominent public intellectuals, will give a talk called "Democracy Matters" for the Assembly Series at 4 p.m. Feb. 2 in Graham Chapel.

West is the Class of 1943 University Professor of Religion at Princeton University, but he is also well-known for his many contributions to pop culture. He played Councillor West in the highly successful science-fiction films *Matrix Reloaded* and *Matrix Revolutions* and has recorded philosophical commentaries on the *Matrix* trilogy for the DVD releases.

He has released a hip-hop CD and is a staple of the news-analysis and public-affairs programs circuit.

His intellectual work draws on a diverse array of influences, ranging from American Baptist religious thought to modern social theory, and he is widely considered to be one of the best commentators on the complexity of the American experience, especially regarding issues of race and politics.

His oeuvre includes 16 books and numerous articles and essays.

In 1993, his first best-seller, *Race Matters*, fueled a national dialogue on race and democracy and helped to formulate the agenda for President Clinton's National Conversation on Race.

In 1993, he won an American Book Award for *Beyond Eurocentrism and Multiculturalism (Volume 1 & 2)*.

In 2004's *Democracy Matters: Winning the Fight Against Imperialism*, a follow-up to *Race Matters*, West explores the state of modern American democracy. His diagnosis is grim.

West states in the book that he aims to "look unflinchingly at the waning of democratic energies and practices in our present age of American empire."

Politically active, West served as an adviser for Bill Bradley's and Al Sharpton's presidential bids.

Additionally, West has been a force within many recent social movements, most notably the Million Man March and the Hip-Hop Summit.

West earned a bachelor's degree in Near Eastern languages and literatures from Harvard University and completed his graduate education at Princeton.

After graduation, he taught at Union Theological Seminary and Yale University. He began teaching at Princeton in 1988 and also served as director of the Program in African American Studies.

He joined Harvard's faculty in 1994 and was later bestowed the rare distinction of University Professor. He returned to Princeton in 2002.

West's Assembly Series lecture is co-sponsored by the Association of Black Students.

The lecture is free and open to the public, however seating for the general public will be limited.

For more information, call 935-4620 or go online to [assemblyseries.wustl.edu](http://assemblyseries.wustl.edu).



West

## Mars

Shandong U. president visited WUSTL  
— from Page 1

the Fourth of July, Thanksgiving, France's Bastille Day, German Unification Day and others.

"Ron and I have discussed a potential Chinese naming campaign, and we decided the Chinese New Year is the best time to do it," Wang said.

In December, Wang visited China, invited by the president of Shandong University (SDU), a sister university of Washington University. The president, Zhan Tao, had visited WUSTL and Chancellor Mark S. Wrighton last May and saw the Mars rover replica in the Earth and Planetary Sciences Building.

"The students at Shandong University were very much excited by the Mars rover project," Wang said. "They also suggested some Chinese terms for this naming campaign."

"Therefore, from Ron, me, Ron's students and Chinese students from two universities — SDU and Peking University — we made a list of Chinese myths and characters, some of them real, such as Yao, Shun and DaYu, the first three great emperors in the beginning of Chinese history. Some of them will be used to name the features at Gusev starting this week."

Wang said the Chinese media are extremely interested in this phase of the MER mission, which in addition to being one of the most productive of NASA's planetary missions, has been fun for both the MER science and engineering team and the public.

In the coming days and weeks, the next rise in *Spirit's* path could be named SuiRen, inventor of fire usage on Earth, who stole a seed of fire from the heavens and gave it to mankind; or PanGu, the first god who created the universe; or first goddess NuWa, who repaired the broken sky using melted colorful stones and also created mankind on Earth; or KuaFu, a giant who challenged the sun by chasing it, dying in his efforts; or the warrior Xing Tian, who, despite having his head cut off by his enemies, still managed to fight them.

The characters are abundant, but the team is not limited to people or myths. Real-life rivers and lakes are possibilities, as are mountains and mountain peaks, and famous places such as the Great Wall and the Silk Road.

"Naming parts of Mars to reflect your cultural background makes the excitement of discovery all the more appealing," Wang said.

Besides Arvidson and the late Haskin, Wang's other colleagues on the Athena team are Bradley L. Jolliff, Ph.D., research associate professor in earth and planetary sciences, and Ed Guinness, Ph.D., senior research scientist in earth and planetary sciences.

**"The students at Shandong University were very much excited by the Mars rover project. They also suggested some Chinese terms for this naming campaign. ... We made a list of Chinese myths and characters, some of them real, such as Yao, Shun and DaYu, the first three great emperors in the beginning of Chinese history. Some of them will be used to name the features at Gusev starting this week."**

ALIAN WANG



## Sports

### Men's hoops moves into first-place tie

The men's basketball team (12-4, 4-1 UAA) moved into a tie for first place in the UAA with two key home league wins.

The Bears opened the week by rallying from a 17-point second-half deficit to defeat No. 24 New York University, 65-59, Jan. 20. The Violets led by five late in the contest before Washington U. countered with an 8-2 run to regain the lead. Sophomore Troy Ruths finished with 15 points and a career-high 13 rebounds.

On Jan. 22, the Bears rallied to defeat Brandeis University, 61-52, at the Field House. Freshman Tyler Nading scored all 12 of his points in the second half, while Ruths netted all 11 of his points in the second frame as well.

### No. 2 women split home league games

The women's basketball team (14-2, 4-1 UAA) split two conference home games Jan. 20 and Jan. 22.

The Bears fell to No. 10 NYU, 63-61, in the first game of the weekend. WUSTL trailed, 60-50, late in the game when senior Kelly Manning took over the contest. She scored eight points in the final four minutes to draw the Red and Green to within one point (62-61) with 16 seconds remaining.

Manning scored 17 of her 22 points in the second half, connecting on 7 of 13 field goals; she also grabbed nine rebounds.

Two days later, WUSTL rebounded for an 83-66 victory against No. 7 Brandeis University; with the win, the Bears re-

mained in a first-place tie in the UAA. Five WUSTL players scored in double figures, led by Danielle Beehler who netted a career-high 29 points.

### Women swimmers take WUSTL Invitational

The women's swimming and diving team won the 2006 WUSTL Invitational on Jan. 21 at Millstone Pool.

The Bears women totaled 19 individual titles in the 40-event Invitational, racking up 947 points. The men took second place with 672.5 points behind the University of Missouri-Rolla (952.5 points).

Sophomore Meredith Nordbrock was one of three women to win three individual events, taking the 200- and 400-yard individual medleys and the 200 backstroke.

Senior Jenny Scott and junior Monica Jones added three titles of their own.

Seniors Michael Slavik and Eric Triebe highlighted the men's performances. Slavik took first in the 200-yard freestyle, while Triebe won the 100 free (47.58).

### Women's indoor track wins season-opener

The indoor track and field teams opened the season Jan. 21 at the Rose-Hulman Quad, and the women's team came away with a win.

WUSTL's women tallied 165 points, while the men registered 126 points for third place.

The women combined to win seven individual events, highlighted by junior Delaina Martin's win in the weight throw.

For the men, freshman Nate Koslof debuted with a win in the 400, while senior Ryan Lester won the mile run.



**You scratch my back ...** Several students take time out for some classic stress relief — petting a dog — during the Stress-Free Zone Dec. 15 in The Village. The Stress-Free Zone is held each semester during reading week and features massages, healthy snacks, games, movies and art projects.

## Calories

— from Page 1

called "early ventricular filling."

The second phase is more active because the heart's atrium contracts to completely fill the ventricle with blood.

Normal aging causes a decline in cardiac performance. As we get older, less blood gathers during the passive, diastolic phase, so the atrium has to work harder to increase the amount of blood it forces into the ventricle.

"This decline in diastolic function is a marker of primary aging," Fontana said. "Diastolic function declines in most people as they get older, but in this study we found that diastolic function in calorie-restricted people resembled diastolic function in individuals about 15 years younger."

It may even be possible that eating a very low-calorie, nutrient dense diet reverses declines in diastolic function.

People in the study averaged only six years on the diet, but their hearts looked 15 years younger. So Fontana said it's possible that the diet has a rejuvenating effect.

He notes that most study subjects had parents, grandparents or siblings who suffered heart attacks or strokes, making it unlikely that their genetic makeup is a contributor to the unusual healthiness of their hearts.

In the case of one subject, both parents and a younger brother currently take medication for high blood pressure and high cholesterol. Some subjects actually took medicine for high blood pressure before they started on caloric restriction.

### Inflammation's role

Fontana and his colleagues previously found that people on the very low-calorie diet have low blood levels of cholesterol and triglycerides, blood pressure scores equivalent to those of much younger individuals, a lower risk of developing diabetes and reduced body fat. These markers indicate less secondary aging.

In this study, the researchers found that markers of inflammation indicative of primary aging were much lower in the caloric restriction group. Their serum levels of a pro-inflammatory mol-

**"It's very clear from these studies that caloric restriction has a powerful, protective effect against diseases associated with aging."**

JOHN O. HOLLOSZY

ecule called tumor necrosis factor-alpha (TNFα) were significantly lower. They also had less C-reactive protein (CRP).

Fontana said the low levels of TNFα, CRP and TGFβ, combined with evidence of "younger" hearts in people on caloric restriction, has led his team to hypothesize that inflammation may play a key role in the aging process.

"Our hypothesis is that low-grade, chronic inflammation is mediating primary aging," he said. "It's not the only factor, of course — aging is a complex process. But we found less inflammation in these people — less TNFα, C-reactive protein and

TGFβ — as well as a more flexible ventricle in their hearts."

Overweight and obese people also tend to have higher levels of inflammation than lean people. In this study, those on caloric restriction had about 7 percent total body fat. The control group had about 25 percent body fat.

"It's very clear from these studies that caloric restriction has a powerful, protective effect against diseases associated with aging," said co-investigator John O. Holloszy, M.D., professor of medicine. "We don't know how long each individual will end up living, but they certainly have a longer life expectancy than average because they're most likely not going to die from a heart attack, stroke or diabetes."

"And if, in fact, their hearts are aging more slowly, it's conceivable they'll live for a very long time."

Fontana said it's important to note that people on a restricted-calorie diet don't simply consume less food.

"Caloric restriction does not mean eating half a hamburger and half a pack of French fries and drinking half of a sugary beverage," he said. "These people have very good nutrition. They eliminate calories by eating nutrient-dense foods."

But Fontana and Holloszy don't believe that caloric restriction is for everyone. Instead, they recommend a moderate reduction in calories, combined with moderate, regular exercise.

"If you change the quality of your diet by increasing the servings of nutrient-dense food and reducing — actually, it would be better to slowly eliminate — all of the servings of 'empty' calorie foods, you improve your chances of living a healthier and longer life," Fontana said.

## Campus Watch

The following incidents were reported to University Police Jan. 18-25. Readers with information that could assist in investigating these incidents are urged to call 935-5555. This information is provided as a public service to promote safety awareness and is available on the University Police Web site at [police.wustl.edu](http://police.wustl.edu).

In the past week, University Police issued the following crime alerts:

At about 11:35 a.m. Jan. 23, two individuals approached a pest-control contractor at the rear of 6619 Kingsbury Ave. One of the individuals displayed a knife, and they took a cell phone from the contractor. The suspects then fled west on foot. There were no physical injuries.

One suspect is described as an African-American male, 6' tall, in his late teens to early 20s, medium build and wearing army fatigues including a fatigue cap. The other suspect is described as an African-American male, 5'9"-5'10" in his late teens to early 20s, of medium build and wearing a gray varsity-type jacket.

Also, at about 9:30 p.m. Jan. 21, two individuals approached two people while they were entering their car in the 700 block of Leland Avenue. One individual displayed a handgun and demanded money. One person gave the individual an unknown amount of cash. Both suspects then fled the scene. There were no physical injuries.

Contact University City Police if you have any information that might assist in this investigation.

*Additionally, University Police responded to four larcenies, two motor vehicle thefts and one report each of judicial violation, auto accident, fraud and lost article.*

## Employment

Go online to [hr.wustl.edu](http://hr.wustl.edu) (Hilltop Campus) or [medicine.wustl.edu/wumshr](http://medicine.wustl.edu/wumshr) (Medical Campus) to obtain complete job descriptions.

### Hilltop Campus

For the most current listing of Hilltop Campus position openings and the Hilltop Campus application process, go online to [hr.wustl.edu](http://hr.wustl.edu). For more information, call 935-5906 to reach the Human Resources Employment Office at West Campus.

**Assoc. Dir. of Capital Projects** 050246

**Exec. Dir. Regional Development Progs** 050248

**Islamic Studies Catalog/Subject Librarian** 050260

**Health Services Physician** 050266

**Assoc. Dir. MBA Career Advising** 050278

**Lab Technician IV** 050279

**Admissions Officer** 060018

**Assoc. Dir. of Development, En & App Sci** 060027

**Assoc. Dir. of Development, School of Business** 060060

**Curator Modern Lit. Collection/Manuscripts** 060094

**Dir. of Development, School of Social Work** 060096

**Technology Specialist** 060105

**Sr. Dir. of Development Arts & Sciences** 060109

**Health & Safety Technician—Clinical Specialist** 060119

**Administrative Asst.** 060122

**Department Secretary** 060139

**Catalog Librarian** 060145

**Manager of EMBA Marketing & Communications** 060146

**Research Asst.** 060151

**Funding Resources Coord.** 060152

**Regional Dir. of Development** 060155

**Accountant** 060156

**Asst. Manager/ Housekeeping for Res. Life** 060157

**Data Systems Asst.** 060159

**Loan Analyst** 060160

**Database Manager, Career Resources Librarian** 060161

**Administrative Asst.** 060165

**Residential College Dir.** 060168

**Dir., Network Systems & Ops** 060171

**Mechanic (Bargaining Unit Employee)** 060173

**Asst. Dir. of the Teaching Center** 060174

**Assoc. Dir. of Development, School of Law** 060175

**Service Center Team Leader** 060176

### Medical Campus

This is a partial list of positions in the School of Medicine. Employees: Contact the medical school's Office of Human Resources at 362-7196. External candidates: Submit resumes to the Office of Human Resources, 4480 Clayton Ave., Campus Box 8002, St. Louis, MO 63110, or call 362-7196.

**Dialysis Technician II—Part-Time** 060675

**Coord.: Admissions & Records** 060686

**Patient Billing/ Services Rep. I** 060689

**Professional Rater II** 060692

**Research Technician II** 060693

**Medical Asst. II** 060694

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## Washington People

**R**ichard J. Smith's path to becoming chair of the Department of Anthropology in Arts & Sciences wasn't a conventional one.

But that suits Smith just fine. His job isn't necessarily conventional, either.

"My work is unusual for a physical anthropologist," says Smith, Ph.D., the Ralph E. Morrow Distinguished University Professor. "I basically do not go into the field. I wait for others to bring things back from the field and I'm involved in the interpretation of specimens."

"For example, most people are familiar with Lucy (the famous Hominid skeleton found in Ethiopia in 1974). Why do we think Lucy was a female? How do we make that kind of inference? We don't know what the pelvis from this species even looked like — we only have one pelvis. We don't know what males looked like and what females looked like. What we have is a bunch of bones. Those are the kinds of problems I examine."

BY NEIL SCHOENHERR

### Finding his way

The bulk of Smith's research involves examining field research to



Richard Smith, Ph.D., discusses the finer points of a skull with postdoctoral student Kerrie Lewis, Ph.D. (right), and anthropology graduate student Libby Cowgill.

## A circuitous route to department chair

With a dentistry background, Richard Smith is an atypical anthropologist

determine the validity of claims involving fossil evidence.

Smith has long been interested in learning and research. Very early in his life, growing up in Brooklyn, New York, he knew he wanted to work in academics.

"By seventh grade I found writing term papers to be the most fun I could have," Smith says.

He earned a bachelor's degree from Brooklyn College in 1969.

"I was very much a part of that Vietnam-era generation," Smith says. "By the time I was in the middle years of college, I didn't know what I wanted to do. But I knew I did not want to be drafted. That's obviously a very controversial statement, but at that time in order to not get drafted and go to Vietnam there were only certain things you could do."

"One of those was to go to dental school."

That had not been Smith's original thought. He loved psychology and probably would have gone on to earn a doctorate degree in what today is called cognitive neuropsychology.

"But I couldn't do that," he says. "Doctorate programs were not draft-exempt. So I went to dental school."

He attended Tufts University, where he earned a dental degree and a master's degree in anatomy in 1973.

He then went to the University of Connecticut as an orthodontics resident for three years.

When he arrived at Connec-

ticut, he found a faculty member, Howard Bailit, who had a dental degree but who had also earned a doctorate in anthropology at Harvard University and was doing a study on population genetics.

"So, I walked into his office and said, 'I'm going to be here for three years doing a thesis. Can I work with you?' He gave me a big stack of books that are still on my shelf and told me to read them and come back," Smith says.

"I read them, came back to his office and we worked together for three years."

In 1976, Smith went to Yale University to work on a doctorate degree in anthropology.

"By the time I started the doctoral program I was 27, had been married for six years and had one child with another on the way," he says. "I was also an orthodontist. That sort of placed some restrictions on what I could do. It wouldn't be easy to jet off to the field somewhere for months at a time."

So, he carved out a niche in physical anthropology that reflected his situation.

"I began to study how small scraps of bone were interpreted as entire organisms," he says. "How do we get from the pieces to the full picture? I deal mainly with the inferential models that are used by others in the field."

Smith graduated from Yale in 1979 and went to the University of Maryland dental school as an assistant professor of orthodontics. Smith came to WUSTL in 1984 as professor and chair of the Department of Orthodontics.

In 1989, he was selected to be the next dean of the school but shortly thereafter, the decision was made to close the school.

Smith became heavily involved in the process of closing the school, a time he calls "a fascinating and difficult experience."

After the school closed, with the help of then-Chancellor William H. Danforth and the support of many colleagues in the Department of Anthropology, Smith chose to redirect his career and joined the faculty as professor of anthropology in 1991.

He became chair in 1993.

"Professor Smith is deeply committed to excellent teaching in his class as well as in his department," says James E. McLeod, vice chancellor for students and dean of the College of Arts & Sciences.

"He brings learning, wisdom and great skill to the classroom. Students look forward to taking

his course."

Now in his third term as chair, Smith is proud of the growth of the department over the past decade.

"I think part of his success stems from his engagement at all levels of the department," says Kathleen Cook, Ph.D., academic coordinator in the department.

"In addition to his research agenda and University service, he teaches a popular introductory course, advises undergraduate majors, mentors graduate students and makes himself available to faculty, staff and students."

The department continues to become stronger while many anthropology departments are being torn apart by politics or are literally splitting in two, like those at Stanford and Duke universities.

"Anthropology is often the third- or fourth-largest major in the graduating class," he said. "We might have 80-90 majors graduate each year, whereas many comparable institutions like Northwestern University have 15-20."

"We've managed that in part on the strength of our introductory courses. I teach 'Introduction to Physical Anthropology,' which routinely has more than 350 students even though it's not a pre-med course."

### Current research

Smith's research focuses on solving problems generated by how physical anthropologists interpret their data.

In a recent paper, Smith examined data from the past 10 years in which physical anthropologists identified 8-10 new species in the human fossil record. He looked at the validity of statistical arguments being made about these new species and comparable species that have already been established.

"If you have one specimen, you don't know if it was the tallest out of a thousand, the shortest out of a thousand or average," he explains. "Small sample sizes create all kinds of statistical issues about variability."

After examining several uncertainties associated with statements made about new species over the past decade, Smith concluded that many of the species are "on very shaky ground."

"We don't yet have reasonable sufficient evidence to say that many of the new species we've named and that people have claimed to be different from the established fossil record are actu-

ally different," he said.

Smith is also very interested in issues of sexual dimorphism in size among species.

"Human males and females differ slightly in terms of body size. Gorilla males and females, for example, differ by quite a bit. Males are twice the size of females," he says. "Those differences are then reflected in other organs. So there is a sex difference in brain size, for instance. In gorillas, the male weighs twice as much as the female, but the male's brain only weighs 20 percent more. Does that mean females are smarter?"

"I deal with puzzles mostly arguing about how little we can really know from those simple observations."

### Life outside work

When he isn't thinking about the use and misuse of fossil evidence, Smith is an avid reader.

"When I was in middle school, I probably thought I'd get a doctorate in literature and study 19th century British and American literature," he recalls.

"If I can in any way bemoan the undergraduate education of today it's how you can get out college without having read great books. Dickens, Melville, Poe, Thackeray, Longfellow — they, and others, were an intense intellectual experience when I was first exposed to them and they greatly influenced my view of the world and of myself."

He has been married to his wife, Linda, for 35 years and the couple has three children — Jason; Owen (WUSTL class of 1999); and Hilary, a WUSTL senior.

He and his wife enjoy traveling — "I am an amateur travel agent. I plan everything and learn about the culture and decide where to go," Smith said.

He also enjoys spending time with his family, which is beginning more and more to require visits to children living out of town, and, until he recently suffered a leg injury, he loved running.

"I ran a marathon a few years ago, but I seem to be injury-prone," he says. "I'm hoping to recover and do some more age-appropriate running."

Smith loves working at the University.

"It's a wonderful place," he says. "Spectacular. It's been an extraordinarily exciting 20 years and I really love this institution. It's a great place to work and to send your kids to school."

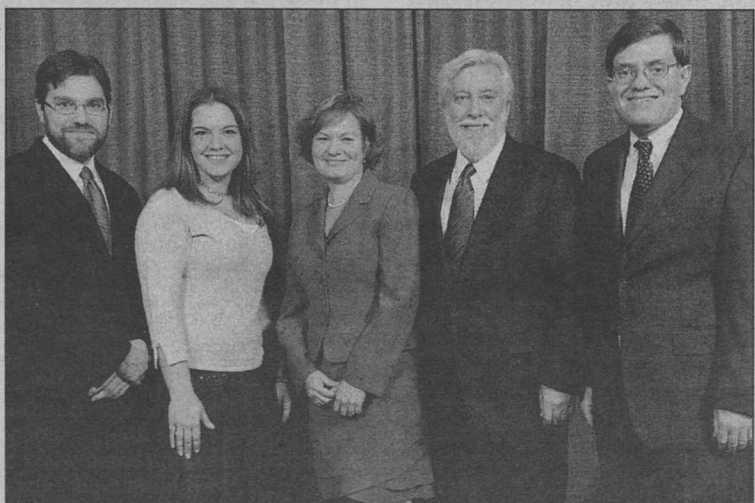
"You hear a lot of people talking about having the best job in the world — that's because they don't know about this job."

### Richard J. Smith

**Title:** The Ralph E. Morrow Distinguished University Professor and chair of the Department of Anthropology in Arts & Sciences

**Family:** He and his wife of 35 years, Linda, have three children

**Hobbies:** Reading, travel, spending time with his family and running



(From left) Son Owen, daughter Hilary, wife, Linda, Smith, and son Jason at the 2005 Founders Day celebration.