Exercise: the heart's fountain of youth

BY GLENN ERICKSON

A bottle may make the heart grow fonder, but endurance exercise seems to make it younger.

According to a study conducted at the School of Medicine, older people who did endurance exercise training for about a year ended up with metabolically much younger hearts. The researchers also showed that by one metabolic measure, women benefited more than men from the training.

"We know that the heart deteriorates as people get older, and that largely because they don't stay as active as they used to," said first author Pablo F. Soto, M.D., assistant professor of medicine in the Cardiovascular Division and of radiology.

"Past research has suggested that exercise has reverse some effects of aging, and we wanted to see what effect it would have specifically on the heart."

The researchers measured heart metabolism in sedentary older people both at rest and during administration of dobutamine, a drug that makes the heart race as if a person were exercising vigorously. At the start of the study, they found that in response to the increased energy needs produced by dobutamine, the hearts of the study subjects didn't increase their uptake of energy in the form of glucose (blood sugar).

But after endurance exercise training, which involved walking, running or cycling three to five days a week for about one hour per session, the participants' hearts doubled their glucose uptake during high-energy demands, just as younger hearts do.

Soto said that if heart muscle doesn't take in glucose in response to increased energy needs, it goes into an energy-deprived state, which may raise the risk of heart attack. But if it can increase glucose uptake, the heart is better protected against ischemia (low oxygen) and an oxygen-deprived state.

'*The Tisch Commons, a gift from Ann Rubenstein Tisch and Andrew Tisch, is a beautiful place to gather in the new Danforth University Center. Three major gifts enhance new Danforth University Center

Students benefit from Tisch, Harvey and Dain's gifts

BY BARBARA REA

The William H. and Elizabeth Gray Danforth University Center opened its doors to the Washington University community Aug. 11. Thanks to the extraordinary generosity of several donors, the new building features three premier spaces.

Tisch Commons creates a space both beautiful and functional

Washington University alumna and trustee Ann Rubenstein Tisch and her husband, Andrew, are supporting the new Danforth University Center with a $2 million gift. To honor their commitment, Chancellor Mark S. Wrighton has announced that the center's commons will bear their name.

"The Tisch Commons is one of the most architecturally interesting places we now have on our Danforth Campus, and I look forward to seeing it become a natural gathering place for all members of our extended campus community," Wrighton said. "This exceptionally generous gift from Ann and Andrew enables us to establish the Commons as an important center of campus activity, for which we are very grateful."

In 1972, when Ann Tisch was a senior at Washington University, she experienced a similar transformation with the opening of the Mallinckrodt Student Center. With the Campus Store, Edison Theatre and Dining Services, Mallinckrodt attracted students and others to the building, but it lacked both office space for student-related activities and a singular gathering place. The new center will have all this and more.

After graduating from Arts & Sciences in 1976, the Kansas City, Mo., native landed jobs with WCCO-TV in Minneapolis. In 1984, she joined NBC as a national correspondent. Her political, medical and human-interest stories were aired on "NBC Nightly News" and NBC's morning shows. She also became a substitute anchor for the "Today Show" and NBC's morning shows.

Several students benefit from Tisch, Harvey and Dain's gifts

BY GREG EVERING and MICHAEL C. PURDY

Lecture Hall Ph.D., an internationally recognized scholar of human memory, says another of his mentors, Schneider, Ph.D., a pioneer in efforts to understand the immune system may be useful in battling cancer, will receive Washington University's 2008 faculty achievement award.

Schneider is the winner of the Arthur Holly Compton Faculty Achievement Award, and Scherer, the Alumni Professor of Pathology and Immunology.

\[See Awards, Page 6\]

A helping hand for families

Student associates and members of the student Move-in Crew were busy Aug. 21 helping new students and parents unpack their cars and move belongings into the South 40 residence halls during move-in day.

Some students of nearly 1,400 students of the student Move-in Crew were busy Aug. 21 helping new students and parents unpack their cars and move belongings into the South 40 residence halls during move-in day.

"The move moves quickly and is organized but fun," said Barbara Rea.
Gifs

Donors make center more enjoyable — From Page 1

Sorority of the Phi Kappa Sigma fraternity at the University of Pennsylvania...the student-led organization...Students find the Oasis to be a comfortable and engaging gathering place for the University’s faculty and staff to share thoughts and ideas or just relax and enjoy each other’s company and good conversation.

Whittmores House waves joining fee through July 2009

For any faculty or staff member who has considered becoming a member of Whittmores House, now is an excellent time to join. This popular residential house, which was established to afford a more intimate atmosphere for the University’s faculty and staff, is offering a $1500 joining fee through July 31.5

Whittmores House is more than just a place to have lunch during the academic year. The House offers open meetings, full-size dining rooms, a variety of special events, and an array of social and cultural activities throughout the academic year. It is the University’s primary dining facility for faculty and staff.

Several other benefits of membership at Whittmores House include:

- The ability to attend the weekly Sunday brunch, which features live music, as well as special events throughout the year.
- The opportunity to participate in the annual campus-wide benefit event, the WUSTL 365 Gala.
- The ability to participate in the WUSTL 365 Gala, which is held each year to benefit the University’s educational programs and facilities.
- Access to a variety of social events, including holiday and birthday parties, as well as semi-formal and formal dinners.
- The ability to join the WUSTL 365 Gala as a sponsor or as a guest of a sponsor.

Whittmores House offers a unique and exclusive opportunity for the University’s faculty and staff to socialize and enjoy each other’s company in a comfortable and welcoming environment.

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By Neil Schoenherr

With each new school year comes a time to reflect on the past decade, Washington University student...as a result of the success of the program...cabinet. Over the years, she has been very generous in her support for scholarships and, since her retirement, she is active in her husband’s and family’s philanthropic efforts, among them New York University’s...School of the Arts, where she serves on its..Committee. Before that, she served as chairman and chief executive officer of Liford Inc. from 1995-98 and as president of the Regional Cabinet.

The annual event, which introduces new students to community service in the St. Louis area, will begin at 8 a.m. on Aug. 30. More than 1,000 newly arrived freshmen will paint, landscape and clean 12 St. Louis-area public schools to make the school year more enjoyable for students and teachers alike.

"It’s hard to imagine what we've been doing this for 10 years at Ward Elementary," said Stephanie Kurtzman, director of the Community Service Office and associate director of the Richard A. Gephardt Institute for Public Service. "It’s really been a lab of love for us, and we’re happy that we’ve been able to reach out to so many St. Louis-area students. I hope this event will serve as the beginning of a lasting commitment to service on the part of students during their time at Washington University.”

Service First sends approximately 90 students to each of the three St. Louis schools, and projects are developed by principals and their staffs, including those focusing on...institutions and special events such as birthdays, family reunions, wedding celebrations, and holiday and birthday parties. The WUSTL 365 Gala, which is held each year to benefit the University’s educational programs and facilities, is the WUSTL 365 Gala as a sponsor or as a guest of a sponsor.

Schools to be visited this year include St. Louis Public Schools in the northeast corner of the city, the University City School District, which includes Ames, Ford, Henry, Holmes, Jordan, and the nearby schools; the Central Elementary in the Wellston School District and Barbara C. Jordan Elementary in the University City School District.

For more information, call Kurtzman at 314-935-3999 or visit community.service.wustl.edu.

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By JACQUELINE DAVIS

If you’re a fan of radio, you’re probably familiar with Angel Harvey, who has considered becoming a member of Whittmores House, now is an excellent time to join. This popular residential house, which was established to afford a more intimate atmosphere for the University’s faculty and staff, is offering a $1500 joining fee through July 31.5

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New hearing aid technology passes restaurant noise test

By Gwen Ercken

The sound of a noisy Chicago restaurant during the break—shatter glasses, clattering silverware and the clatter of many conversations—has long been one of the least studied areas of new hearing aid technology in a study conducted by School of Medicine researchers. The study showed that the hearing aids worked well in a noisy environment—the most challenging test for a hearing aid.

But the patients wearing the device didn't go to Chicago to participate in the test. Instead, the restaurant—or at least its sounds—came to the clinic of Michael Valente, Ph.D., director of the Division of Otolaryngology—Head and Neck Surgery, and at the School of Otolaryngology.

"We have a sound room set up to be an exact duplication of being in a loud restaurant," said Valente, who helped to prepare the program in the Department of Audiology and Communication Sciences (PACS), a division of the Center for the Deaf at the School of Medicine.

"By testing in such environments, we can determine whether patients have stopped going to restaurants and other social situations because they can't communicate. So we are testing hearing-aid technology that might better help people hear in noisy places."

The study, published in a recent issue of the International Journal of Audiology, was the first to use such a setup to test a new hearing aid technology—open-fit hearing aids with directional microphones.

Open-fit means the device sits behind the ear, unlike more conventional hearing aids, which completely block off the canal.

Directional microphones have long been available in conventional hearing aids, but researchers have been unable to make them work in open-fit aids with directional microphones. Directional microphones help users distinguish conversation from background noise by partially canceling low frequency sounds coming from the sides and from behind.

"We found that the open-fit hearing aids with directional microphones on average gave women a 20 percent improvement in speech intelligibility in the restaurant setting compared to not having a hearing aid or wearing open-fit aid without a directional microphone," said Valente. "We are the first to show that a directional microphone in open fit can provide improved performance in noise.

In fact, the aids without directional microphones performed worse in the noisy situation than with no aid at all.

Open-fit hearing aids are designed for people who have normal hearing in the low frequency range (250 and 500 Hz), and for whom the open-fit hearing aid is more comfortable.

Next Valentine will try a project in collaboration with the National Association of Future Doctors in Audiology (NAFOD) and with the Department of Otolaryngology in which they will test the hearing aids in noise environments. Building upon the research they have done so far, the researchers hope to determine whether the best setting for these devices is a restaurant setting or a more typical social environment.
**University Events**

**Assembly Series to touch on economy, environment, ethics**

By Barbara Rea

Politics is on everyone’s mind, especially as Washington University prepares to host the vice presidential debate in October. Beattyly, the Assembly Series program highlights the central issues of the day: the economy, the environment, and the government and ethics. First up is a little sympathy. Opening the series is Mo Rocca, whose mix of clever in- sights and silly opinions puts the fun in “riddle.” The event will take place at 4 p.m. Oct. 10 in Graham Chapel. Seating will be limited for the public; doors open at 3 p.m.

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**Sports**

**‘Unbelievable honor’ for Ruths**

Troy Ruths of the national champion men’s basketball team has been honored as the 2007-08 ESPN The Magazine Academic All-America of the Year as voted by the College Sports Information Directors of America. Ruths is the first student-stud- ent-athlete in WUSTL history to receive the honor. The announcement was made as a national television audience as ESPN/Rawlings. Ruths was one of two student-athletes honored nationally and picked up the consensus division award.

"Winning the Academic All-America Year award is a dream come true for me," said Ruths, who began his senior year as a post- graduate student. "I’ve always felt college athletics were all about sports competition and academic success. Kids, Love, Life and a Half-changed World” (2005) and "The End of the World: How the Science of a Human Obsession, and the newly re- leased "The World in Six Songs: How the Musical Brain Created Human Nature and Change the world and make a profit doing it — it’s an appealing philosophy, but in his presentations he emphasizes the importance of change agents. Alumnus Jay Swoboda (B.S. ’90) has carefully synthesized his talents and is making a change here in St. Louis in the affordable housing sector, and will be held at 4 p.m. Oct. 15 in the Danforth Chapel. For information, call 935-4705.

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**Volleyball**

**Public Health Challenges**

Monday, Sept. 8

8:15 a.m.-8:45 a.m. Mo Rocca, Graham Chapel, 935-4705. The past two decades have seen remarkable breakthroughs in our understanding of the human brain. In his latest book, "Half as Tedious as the Regular Version," noted neurologist Steven Levy, one of the nation’s leading experts on the brain, presents an eye- opening exploration of the scientific frontiers that are transforming our understanding of the brain, and what it means to be human. The book is currently being serialized in The New York Times and The San Francisco Chronicle. The event will be held in the Children’s Building Lounge.

Culture, history, race and politics all have a significant impact on public health. The Center for Health System Research has a new focus on prevention. For information and updates, visit the Health System Research Web site at wustl.edu or call 935-6035.

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**Graduate School of Social Work**

The annual Holocaust Memorial Lecture at 4 p.m. Oct. 16 in Graham Chapel. Dr. Keith Weissler, PhD., who runs the Center for Race and Ethnicity at Rutgers University, will share his insights at 4 p.m. Nov. 11 in a location to be determined.

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**School of Social Work**

Among the compelling mem- bers of Holocaust survivors, "The Lost: A Search for Six of Six Million" stands out as an extraordin- ary story of David Mendel- seholn’s search to find out what happened to six of his family members who perished. At the annual Holocaust Memorial Lecture at 4 p.m. Oct. 16 in Graham Chapel. Dr. Keith Weissler, PhD., who runs the Center for Race and Ethnicity at Rutgers University, will share his insights at 4 p.m. Nov. 11 in a location to be determined.

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**School of Business**

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**Office of University Communications**

Deadline for submissions will be e-mailed to Angela Hall of the Office of University Communications at 935-5384.

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**ONLINE HOMEWORK HELP**

For information on online homework help, visit the Office of University Communications at 935-5384.
Marchese, Montage, junior lecturer in dance, abstractly depicts "scenes from a person's life, perhaps as if they rearrange themselves, that are reminiscent of the dead. It is set to the sound of Mary Hara's own breath dripping in the air." "Inheritance," Cecilia Slaughter, senior lecturer in dance, choreographs and performs this solo about "reflecting on the past and acknowledging and honoring those memories that sustain us in the present." "Tango: Fox Trot," Cecilia Slaughter, director of the annual Washington University Dance Theatre, is founder and director of The Tango Project company.

The theme of investment and return in relationships.

"Portals." Rund choreographs and performs this solo, which she describes as "an investigation into the utilization of a meditative state for the purpose of accessing lost-conscious levels of the creative mind."

"Untitled," Knoebel-O'Neal choreographs and performs with Los Flamencos, which also includes guitarist Lliam Christy, vocalist Evi Niemira and dancers Chang, Ph.D., choreographs and performs this solo, which she describes as "an investigation into the utilization of a meditative state for the purpose of accessing lost-conscious levels of the creative mind."

"Locusts." Also a director of the annual Washington University Dance Theatre, is founder and director of The Tango Project company.

"Tete a Trois." Dancer and choreographer Tangy Tomlinson, creator of the Ralph Flanagan Visions Dance Project, will perform a solo, which she describes as "a targeted, integrated continuous exploration of the human heart." "Dancing in the Dark." Written by Robert Duval's "Assassination Tango." "Lakshmi." Also a director of the annual Washington University Dance Theatre, is founder and director of The Tango Project company.

"Slaughter." As a director of the annual Washington University Dance Theatre, is founder and director of The Tango Project company.

"Tango: Fox Trot." Adv. junior lecturer Estella and Randy Barksh, who directed the annual Washington University Dance Theatre, is founder and director of The Tango Project company.

"Tango: Fox Trot." Cecilia Slaughter, director and founder of Washington University Dance Theatre, is also a director of the annual Washington University Dance Theatre, is founder and director of The Tango Project company.
Renowned architect to lead graduate school

BY LAM OTTEN

A

credited architect Kathryn Talbot Dean/Wolf has been named
the direct of the Graduate School of Architecture & Urban Design in the Sam Fox School of Design & Visual Arts. She previously served as dean of Columbia University’s Graduate School of Architecture, Planning and Preservation.

Dean’s appointment, effective this fall, was announced by Bruce Linkletter, E. Desmond Lee Professor of Community Collaborative Practice, and chief faculty officer in the Sam Fox School. The appointment comes from the first formal search of a faculty position with a committee appointed by the dean. 

Dean launched Dean/Wolf in 1991 with her husband, Charles Wolf. Over the years, the firm has earned a reputation for breathing new life into contemporary residential and public architecture, creating campuses that embody a remarkable mix of historic and modern campus spaces. 

Dean/Wolf’s work has been featured in several exhibitions and more than a dozen books, including “Forty Under Forty” (1995) and “The City Home” (2002), as well as in numerous architectural journals.

In recent years, Dean/Wolf has completed a number of commercial and institutional developments, including gallery space for Ethan Cohen Fine Arts, a premiere dealer in contemporary Asian art, and the New York Public Library’s PS 15, a pre-teen elementary school project conceived as “kind of playing ground.” In 2007, one of the firm’s designs was named an Excellence in Design Award from New York Art Commission for EMS Station 50, located at the edge of Queens Memorial Hospital, which was praised for successfully bridging the differing scales of the hospital complex and the surrounding neighborhood.

A native of North Dakota, Dean earned a bachelor of arts degree in architectural studies from North Dakota State University in 1981 and a master of architecture from the University of Oregon School of Architecture and Allied Arts in 1983. Prior to launching Dean/Wolf, she worked for the New York firms Martha Schwartz, Landscape Architects; Cooper Eckstut; and Kohn Pedersen Fox Associates. 

Dean joined the Columbia faculty in 1991 as an adjunct professor and was made an assistant professor in 2000. She also served as the Graduate School of Architecture, Planning and Preservation’s visiting professor at the University of Michigan and the University of Pennsylvania in 1998. In 1999, Dean was awarded the Rome Prize Fellowship and that same year she was a visiting fellow with the American Academy in Rome. Other honors include the Young Architects Award from Progressive Architecture magazine (1993); an Emerging Voices Award from the Architectural League of New York (1997); and an Alumni Achievement Award from North Dakota State University (1998).

Awards

Presentation to be held on campus in December — from Page 1

Campagne Cooperation of all for Success — from Page 1

features looks that faculty, staff, students, parents and others can follow the status of their emergency contacts through an interface accessible via cell phone. The WUSTL community can access emergency contact information so they can stay connected and informed. 

"It is crucial that all in the WUSTL community are informed before an emergency occurs," said Brian Begley, director of emergency management and planning. 

In addition, representatives from campus security, Facilities Management and WUSTL community will hold meetings detailing where to go in a building if a particular crisis — such as a tornado, earthquake or chemical spill — occurs.

"As each crisis is different, there are different protocols to handle each emergency," Begley said. "The way to respond to a fire may not be the best course of action in a tornado or chemical spill." When everyone in the WUSTL community is familiar with the emergency instructions at emergency.wustl.edu and attends their department’s emergency-planning meetings, the entire campus will be better prepared for any crisis that may occur.

During an emergency

In a crisis, does your university or campus have a plan? Does your campus have a plan to notify you during an emergency? All universities need to have a plan in place to ensure that people are notified during an emergency, including students, staff and visitors. By having a plan in place, you can ensure that you are prepared for any emergency that may occur.

In the event of an emergency, the campus will be in a state of crisis. It is crucial that everyone is aware of the plan in place to ensure that they are notified during the crisis. By having a plan in place, you can ensure that everyone is aware of the plan and knows what to do in the event of an emergency.

In case of an emergency, the campus community will be notified through text, email or phone calls. The university will also be in a state of crisis. It is crucial that everyone is aware of the plan in place to ensure that they are notified during the crisis. By having a plan in place, you can ensure that everyone is aware of the plan and knows what to do in the event of an emergency.

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Stoff to lead Parking & Transportation Services

By Jessica Daues

Nicholas L. Stoff has been named director of Parking & Transportation Services. Stoff is an expert in parking and transportation management and was recently associate vice chancellor for Parking & Transportation Services, announced Steven P. Hoffner, assistant vice chancellor for Parking & Transportation Services.

"Nick is an experienced manager of parking and transportation services, and I am pleased that he has agreed to join us," Hoffner said. "The energy he brings to the position will prove invaluable as we tackle the challenges the University faces in balancing transportation needs of the campus community with the needs of the University while also maximizing sustainability.

"I am very excited to be part of the Washington University team," Stoff said. "The University has a great reputation and is well known for its excellence and devotion to higher education. I look forward to helping the University achieve its mission.

Stoff most recently worked as deputy director of support services at the Parking Division of the City of St. Louis. His duties included serving as a liaison between St. Louis City's parking enforcement, towing, and impounding violators, departmenst, developing and managing the Parking Division's annual budget and instituting programs to improve the division’s profitability and efficiency. He also developed a policy and procedure manual for the division.

Before becoming deputy director in 2005, Stoff served as an intern in the Parking Division. While an intern, Stoff worked with University parking staff in data collection and analysis, which led to a restructuring of existing programs.

He also created a system for coordinating citizen meter complaints and repair requests between the Parking Violations Bureau and the Parking Meter Services Division.

Stoff received a one-year, 40% postdoctoral fellowship from the National Institute of Child Health and Human Development while a student at the University of Minnesota. He held a master’s degree in urban studies from Saint Louis University. He is married and has two children.

McBride named associate dean for master of health program

By Jessica Martin

Robert W. McBride, Ph.D., professor, has been named the University’s first director of Master of Health Science Program. McBride’s current research focus is on the genomics of infectious diseases for his research on the genetic differences between mice. McBride completed his doctorate in molecular genetics at the University of Wisconsin-Madison in 1990.

McBride will lead the development of the Master of Health Science Program, which is designed to prepare students for careers in health-related fields. The program is scheduled to be offered in the fall of 2009.

"We are fortunate to have a talented individual with the ability to lead this ambitious new program in professional education," Lawlor says.

McBride joined the faculty of the School of Medicine in 1992. He is an influential health policy analyst and leading health economist shaping the national agenda on issues such as health care insurance, Medicare policy and access to health care.

McBride has been active in many of the nation’s most important initiatives, including the Medicare Access and CHIP Reauthorization Act of 2015, the Affordable Care Act, the Patient Protection and Affordable Care Act, and the Affordable Care Act.

"I am excited to join the University of Washington and be a part of this new program in professional education," McBride said. "I look forward to contributing to the development of the Master of Health Science Program and working with students to prepare them for careers in the health sciences."
A passion for teaching

Colleagues describe him as meticulous, knowledgeable, hard working and a tireless champion of quality medical care. "He is such an outstanding person," says Amy Joseph, M.D., associate professor of medicine, who worked with Blanchard at the St. Louis VA Medical Center for eight years. "He is the person you want as your colleague, teacher, physician and friend. He also has a way of motivating people to achieve more than they thought they could within a matter of high expectations and kindness."

"He felt that his success is his passion for outstanding teaching," he says. "He is deeply committed to making sure that our residents learn the very best, and he also helped the residents become leaders."

High expectations

To be competitive in St. Kitts' school system, Blanchard and his eight siblings had to work extremely hard. As early as kindergarten, children were divided into groups based on ability. In junior high, students were given cumulative tests at the end of each grade to see if they would progress. And at the end of high school, standardized test scores were published in the local newspaper.

Blanchard's parents also had high expectations for their children. His father was an administrator at the local prison, and his mother could make anything with a sewing machine. Her customers would flip through Sears and Montgomery Ward catalogs, and she would make dresses and uniforms without a pattern.

Blanchard excelled in high school, but opportunities for college were limited. After teaching school for a year, he worked at a U.S. offshore factory that produced transducers and magnetic components for the aerospace and telecommunications program in an industry. He was promoted to several positions at the factory before moving to Nashville, Tenn., to earn a bachelor's degree in business administration from Trevecca Nazarene College in 1987. He chose the school because his brother was from nearby St. Kitts. When he returned to St. Kitts, he managed the 250-employee factory for a year.

At the factory, Blanchard was exposed to industry quality standards. He also learned computer programming, which enabled him to write software that eliminated the paperwork needed to document piecework, manage inventory and produce the production schedule in the factory. Additionally, Blanchard started a computer school on the island.

Lifelong relationships

Although he was enjoying his work, Blanchard decided to leave St. Kitts again to pursue his lifelong dream of becoming a doctor. He earned a medical degree from the University of Tennessee College of Medicine in Memphis in 1994.

When choosing a specialty, Blanchard considered obstetrics/gynecology, neurology and internal medicine. He chose internal medicine because he enjoyed the relationships he was forming with his patients. Blanchard says he would have a much bigger impact on his patients by helping them change their lifestyle and exercise habits.

At WUSTL, Blanchard chose his internal medicine residency. During his residency, Lewis R. Chase, M.D., then chief of medicine at the St. Louis VA, picked Blanchard as one of his chief residents. "Some of his outstanding qualities are his native intelligence, his knowledge of internal medicine and having as high expectations of himself as he has of others," says Chase, professor of medicine.

After his residency, Blanchard joined the St. Louis VA medical staff and stayed for eight years. While there, he developed an ambulatory care program, supervised the house staff and headed the performance-improvement committee. Kelly J. Schroeder, program analyst at the St. Louis VA, worked with Blanchard on this committee. She says Blanchard is a superior physician in part due to his engineering background and experience in industry. "He really works very hard to improve performance for quality medical care," she says. "He possesses the rare talent combination of competent clinical judgment, a sound understanding of statistical methods and an infectious optimism that draws people into initiatives that would otherwise prove impossible."

Working with Seth A. Eisen, M.D., director of the VA Health Services Research and Development Service, Blanchard also began studying Gulf War syndrome, unexplained symptoms reported by combat veterans of the 1991 Persian Gulf War. They determined that individuals with Gulf War Syndrome were predisposed to certain stressors before the war. Before leaving the St. Louis VA, Blanchard was the principal investigator of a large follow-up study that looked at the effects of stress on health.

A positive difference

At WUSTL, where Blanchard returned in 2006, he supervises the care of 10,000 patients on the inpatient medicine service and in the internal medicine clinic. He is focused on improving the care of people with diabetes, which affects one-third of the inpatient population and one-fourth of patients in the clinic. He has written a computer program to show each resident how his or her diabetic patients compare.

"We want our residents to be able to learn from each other," he says. "If only half of our patients are improving their habits, we're not going to need as many of them."

Someday, Blanchard would like to do more outreach in communities that have large numbers of diabetics. In the meantime, he and his wife, Gwendolyn, help others through the research and teaching fair. They also have two young daughters, Jessica, 8, and Cynthia, 5.

"I use a Skype Internet telephone system to communicate with my far-flung family," he says. "Two of his sisters live in St. Louis, but he also has siblings in Anguilla and England, and his parents still live in St. Kitts. Sometimes there are eight or nine people on at once," says Blanchard, the telephone operator.

Although he says he occasionally feels remiss about leaving St. Kitts, he's pleased overall with the way his life has turned out. "I just want to wake up every day and do the best that I can to be of service to others," he says. "I want to make a positive difference wherever I am."