Women can have it all... but Major change is vital in U.S., Japan

Unless the United States and Japan come to grips with women's changing role in the labor force, they will face severe economic and social problems as women simply stop having children, says Martha N. Ozawa, Ph.D., Bettie Bofinger Professor of Social Policy in the George Warren Brown School of Social Work at Washington University.

Ozawa has compared the life cycles of women in the U.S. and Japan. Although the two countries are worlds apart in their culture, beliefs and value systems, they share certain important similarities, according to Ozawa.

The birth rates in both countries are declining, she says. "Both have high-tech, service economies. Women's roles are changing rapidly as more and more of them enter the labor force. We are both in exactly the same condition."


In the book, specialists selected by Ozawa examine divorce, widowhood, and the role the nuclear family plays in both societies. The work, written in Japanese, concludes with proposals for change. As Ezuru points out, "Only the sections on American women will be put together by the end of May 1988."

"This is the first book to relate women to the national interest and take kids along with it," says Ozawa. Usually, she says, social policy books focus only on the men. "Anyone, oddly, on the other hand, cuts across social strata, with implications for everyone. We are not talking here simply about poor women," she says. "We're talking about all women in all societies.

In the U.S. and Japan, Ozawa says, women's economic fate is largely determined by their ages, roles in the life-cycle: divorce and widowhood. Women's failure to earn as much as men stems in large part from the fact that they spend critical years in childbearing and child rearing. More and more frequently, she notes, women are resolving that dilemma by working.

Powerful incentives are drawing women into the workforce. Ozawa adds, among those she cites are the growing belief among women that they need their own, secure economic base, regardless of marital status; the greater opportunities for women in both societies; the prestige value of having a job (particularly in America); and the desire or need for additional income, which adds. Among those she cites are the growing belief among women that they need their own, secure economic base, regardless of marital status; the greater opportunities for women in both societies; the prestige value of having a job (particularly in America); and the desire or need for additional income, which adds.
But because the U.S. has such a high-
tal to national survival. We will cease
to be a nation of families with children.
We will see cultural and economic
decay.
"Japan will shrink into oblivion as its population declines, since it restricts immigration. The U.S. will have a perpetual dependance on immigrants. But because the U.S. has such a high-
Lauren B. Zarem, a student in sociology, presented a paper on "Cultural Capital and Educational Attainment," which was a part of the Sixth Annual Research and Creative Activity Day, held April 6-8 in St. Louis.

The Roberta Luery Memorial Fund was established at Washington University in honor of Roberta Luery, a graduate student from the University of Caen in France, who was killed in a head-on collision in Greenwich, Conn. After her death, her grandmother, Bertha Myers, Jones, who was promoted last year to full professor, joined Washington University's faculty in 1982 as associate professor of mechanical engineering. Since 1982, she has taught over 3,000 students, and her research on the modeling of physical systems is currently working on a research project for the Office of Naval Research for the modernization of the maritime systems.

Washington University professor of history, Jerina, who was promoted last year to full professor, joined Washington University's faculty in 1982 as associate professor of mechanical engineering. Since 1982, she has taught over 3,000 students, and her research on the modeling of physical systems is currently working on a research project for the Office of Naval Research for the modernization of the maritime systems.
Angela Reed spends six to eight hours each week taking part in various volunteer projects, including helping to rehabilitate homes in north St. Louis.

Reaching out

‘You can get into your own little bubble in school’

Most college students manage to eke out a few hours of free time each week — non-class, non-study, non-work time — to spend doing the things they enjoy. So does Angela Reed.

But while most students might include sleeping, shopping, partying, and sports on their list of enjoyable activities, few would put weatherizing homes for the needy, serving dinner and dancing with the elderly or rehabilitating homes for lower-income families at the top of that list. Reed is one of those few.

Reed, who will receive her bachelor’s degree in Spanish at Commencement, is director of Outreach, a volunteer program of the Newman Center on campus. She spends six to eight hours each week taking part in various volunteer projects.

Although she enjoys all of the projects she undertakes, Reed says the evenings she spends with senior citizens are particularly special to her. Once a month, on a Tuesday evening, Reed and several other Outreach members visit the St. Vincent’s Parish, where senior citizens are brought in from outlying areas for a dinner/dance. The students serve dinner and clean up afterward. They also bring in pictures. "Reed laughs and then adds: "It's a lot of fun. It's my favorite project. I think everybody has a good time."

Most of the projects Reed and the other Outreach members are involved in are done in conjunction with BREIM, a Catholic social ministry of the St. Mark’s parishes, which are located in an area north of Washington University.

Vogler is director of BREIM’s energy project, which includes weatherizing the windows and doors of the homes of those in need. Vogler is full of praise for Reed and the other members of the Outreach group.

"We've always been impressed with Angela and her group," Vogler says. "We have other groups that do this too, but this is the only group that shows up every weekend. You have to have the right kind of attitude to do that kind of work. The Washington University group has always acted like they feel they get more out of it than they give."

"Angela is just great," she adds. "I have quite a bit of respect for her, and appreciate her so much. It's wonderful to see her energy and her spirit. And, the people always thoroughly enjoy her and remember her."

Reed spends three or four hours every Saturday afternoon, from October through February, helping to weatherize homes. "We fill up any cracks, put plastic strips up to frame the window and put up plastic sheets," Reed says. "It cuts down on their heating bills, and they can just roll it all up in the summertime, so it lasts from year to year. Sometimes they don't have glass in the windows, so we put up cardboard or some sort of make-shift window."

"I really enjoy doing this," she says. "A lot of times the kids in the family will help out, and that's fun. I look forward to it. It's a break from school. It's totally different."

Through BREIM, Reed and the other Outreach members have participated in various other programs, including helping to set up community gardens in low-income neighborhoods and working in soup kitchens serving food to the homeless. This spring, Reed and her group started working with BREIM to rehabilitate deteriorated homes that are then rented to low-income families.

"A lot of times you just read about poor people in books," Reed says. "I think it's important to meet these people and realize that they aren't just sitting around not wanting to work. Most of them want to have jobs. Everyone should see the homes these people live in and talk to the children living there. This is really, and we need to do something about it. You can get into your own little bubble in school. I think once people are exposed to it they would want to help change it. Pearl and I got into it, it gave me a new focus on life."

Reed’s schoolwork included a pre- physical therapy curriculum, and she has applied for admission to Washington University’s Program in Physical Therapy. Although she may not have as much free time to devote to volunteer work, Reed says she plans to participate in the weatherization and rehabilitation projects as often as possible.

And the dinner/dance?

"That's definite," she replies. "I will definitely keep on doing that on my own."

Ballpark fever leads to shortstop visits

Norihiko Tsukada, a Japanese MBA student with a yen for baseball, visited more major league sports stadiums in his last year at the John M. Olin School of Business than most professional athletes see in a lifetime.

"I accompanied my parents on a trip to Niagara Falls and we just happened to go to baseball games in Montreal and Toronto," said Tsukada, a finance major. "I decided that if I could visit those two stadiums in one trip, I should be able to see the rest before I went back to Tokyo."

Crossing the hemisphere in planes, trains and automobiles, Tsukada managed to take in a game at every major league baseball stadium in the United States and Canada. His first expedition, a carefully plotted West Coast trip, netted games at six major league ballparks in 18 days.

Starting off with a game at the King Dome in Seattle and working my way through California, "I saw a lot of baseball," Tsukada said. "I saw games at stadiums in San Francisco, Los Angeles, Oakland, Anahiem and San Diego on that trip."

Tsukada generally travels alone, flying into strategic locations that allow him to rent a car or catch a train and see as many local sites as possible. He has visited through 20 states, recording visits to 10 football stadiums, 16 basketball and hockey arenas, 15 symphony halls and more than a dozen national parks.

Tsukada applied to more than 20 American business schools after being selected for advanced training by his employer, The Nortechelten Bank of Tokyo. But he admits his decision to come to Washington University had a lot to do with the St. Louis Cardinals.

"The St. Louis Cardinals are very famous in Japan. We follow them very closely. "Ozio Smith came to Japan as a college player. He's one of the most famous baseball players in Japan."

During his spring break, Tsukada, age 30 and single, is headed back to his bank job in Tokyo after graduating, but he's not exactly taking the quickest route. Plans call for visits to Rapid City, S.D., Salt Lake City, Utah, Canton, Ohio, and a half dozen national parks in the western Rockies.

"I've managed to use up most of my savings on these trips," Tsukada said. "I don't think I'll be doing much traveling after I get back to work."
Of course, not everything has been easy. The world is not barrier-free for a wheelchair user. Clyne has trouble examining the eyes of a supine patient. He expects that the upcoming residency years at St. Louis Children's Hospital will be difficult, just as they are for others at that career stage. But Clyne says the biggest problems have been attitudinal.

"Sometimes, colleagues have associated my disability with sickness and with being a patient. A very few have been unable to accept me as a doctor," he says. And, as an example of how people often fail to understand, Clyne cites the common situation on elevators, in which those who mean well block his exit while they hold the door open. "I have the burden of the situation being the culprit, not me," he says.

And he concedes that when he walked he was guilty of the same behavior. Even now, Clyne's speed in his chair — about 8 feet a walking pace — can present a problem, he sometimes inadvertently cuts people off while they are shopping with his silent passing ability.

As the final days of his medical school career, Clyne visited Washington, D.C., to present his scientific paper on the immunologic aspects of breast milk to the Society of Pediatric Research, joining an elite few who publish major papers while still students. Though he was the last passenger off the plane, having waited in his seat for assistance, his speed and his attitude made him one of the first to the baggage carousel.

And when his name is called at graduation ceremonies to receive his M.D., Patrick Clyne will reach the dais in half the time it takes other members of his class. Don't expect him to slow down.

Steve Kokler

Polish illustrator finds freedom here

Adam Niklewicz's persistence has begun to pay off.

As a student in the University's School of Fine Arts, the 32-year-old Niklewicz has had more success and recognition than many professional illustrators. His Illustrations have been published in the two most prestigious professional journals in his field, the American Society of Illustrators Annual and the American Illustration Annual, as well as in Psychology Today.

Niklewicz's work was not always so highly regarded. "As a boy growing up in Poland, Niklewicz was always doing artwork. I don't remember that drawing I ever did, but I remember becoming conscious about an art when I entered the special art school, that would be the equivalent of a combination high school and junior college here. That was when I decided I wanted to become a great artist."

Unfortunately for the aspiring Rembrandt, the Polish system didn't fit the same way. "I tried five times to get into the art academy in Warsaw," he said. "It's very prestigious, but also very corrupt. More than 400 people try for the 10 or 12 openings every year. The problem is, about half of those spots have been bought for relatives. I was a Party member. Finally I just gave up. I said to my wife, Grazyna, 'let's go somewhere else, to another hemisphere, maybe I will have a better chance to do my work.'"

In 1981 they applied for political asylum and requested to go to Australia. "We had always wanted to come to the United States, but we heard it was almost impossible. So we thought we had a better chance to be accepted if we asked for Australia," Niklewicz said.

Then his luck changed, ironically because Poland declared martial law. "That really helped us, it is sad to say, because then the United States began accepting all requests for asylum from Polish people. So we quickly changed our request and came to the United States.

Niklewicz and his wife were sponsored by the Catholic Church of Missouri. Mo. They both had relatives in Poland and arrived in Moberly knowing no one and knew English.

"I was a little confused when I first got to the United States, especially about how to make a living here," Niklewicz wryly observed.

In Moberly, Niklewicz learned English, took classes in the local junior college and he and his wife had a child, Hanna, who is now five years old. Also in Moberly, Niklewicz

learned about the fine arts school at Washington University and applied for admission. "When I asked if he is happy with his decision to come here, Adam replies, "Absolutely!" He is most proud of his decision to come to Washington University. I am extremely happy to be here."

Since arriving, Niklewicz has taught me about the creative aspects of art, but also the business side. While here Niklewicz "also learned about this country — how it works, how people here."

Niklewicz singles out his illustration professor, Jeffrey Pike, as the person whose help has been the most. "Pike is a brilliant teacher," says Niklewicz. "What is most important to him is to show students how challenging and fine arts-oriented illustration can be. He really showed me how important exercising a concept behind your work is."

Pike hesitates to take credit for Niklewicz's talent. "Adam is different from many of the students here," Pike observes. "Not because of his talent, because of his different cultural background and also because he is somewhat older. But also, he has an exceptionally hard worker and very committed to his work."

But Niklewicz certainly relies on his professor's input. "Pike is pretty demanding," he comments.

"Whenever he sees a concept he doesn't think is good, he tells me to come to my studio and work on it. If he sees a concept that he doesn't think is good, he tells me to come to his studio and work on it."

"I really admire Pike for his dedication. He is a hard worker and very committed to his work."

But Niklewicz never shows his student's work. "I don't think he is good. I tell him I think it is good."

"I don't remember the first drawing I ever did, but I remember becoming conscious about an art when I entered the special art school, that would be the equivalent of a combination high school and junior college here. That was when I decided I wanted to become a great artist."

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When Aminata Ipyana entered the Washington University School of Law in 1986, she was one of two black students in the first-year class. In the fall of 1988, 14 black students were enrolled in the law school's 218-member first-year class. As the 1988-89 chairperson of the University's Black Law Student Association, Ipyana played a major role in recruiting black law students to Washington, according to Dorsey D. Ellis Jr., J.D., dean and professor of law.

“Our recent success at Washington University in increasing the number of black law students is due, in large part, to the work of the Black Law Student Association and, in particular, to the efforts of Aminata,” says Ellis.

“I have visited students at other schools, she has talked with applicants who have visited Washington University, and she has spent hours on the telephone talking with prospective black students. We appreciate all the hard work Aminata has done, not only for black students. We appreciate all the students in the first-year class. In 1994, she was accepted by both LSUs' medical school and to Tulane University's law school, and was accepted by both schools. He decided that at that time to attend medical school — a decision, he says, that was influ-

enched by his father. ‘My father was a doctor, and he was pushing in the direction of me being a medical doctor.

’ll have a fair amount of free time on my job,” he continues, ‘I get pretty much studying done on the weekends. Then I have time during the week at home to spend with my family.

So has Willig finally made a definite career choice?

“I don’t want to work strictly as a doctor,” he replies. “That’s obvious. I’d like to get into some area like medical malpractice or personal injuries. But, I would like to work in the emergency rooms on the weekends to keep my medical license current and keep my medical skills current. I guess I’ll kind of have two careers — but not full-time, I hope.

Unfortunately, he adds, ‘there’s not much call for emergency lawyers.”

Jill Weber

Steve Willig

Alzheimer’s awareness program is invaluable training for police cadets

• A 75-year-old woman is arrested for driving the wrong way onto a highway exit ramp, held over night in a police holding tank.

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area have participated in the program. "As a result, the officers are beginning to think that along with the possibility this person is intoxicated, or on drugs, or having a diabetic reaction, they're also thinking, maybe this person has Alzheimer's," says Boyd.

As the population ages, the number of people suffering from Alzheimer's will grow. The common age for onset of the disease is 65 or older, although it can strike people in their 40s and 50s. Boyd says it is imperative that law officers, who most likely will encounter Alzheimer's patients in the line of duty, know how to deal with them.

Bill Baker believes in giving 100 percent of himself, no matter what the situation. This philosophy helps him take him far, from championship hockey teams in grade school and high school, to all-star, All-America status in college. It has taken him to the 1980 Olympics in Lake Placid, where he and his fellow players on the U.S. hockey team won a gold medal and beat the Russians in a heart-stopping contest that had the whole world holding its breath. It has taken him to pro hockey teams such as the Montreal Canadiens, the St. Louis Blues and the New York Rangers.

Most recently, his quest for excellence has taken him to the Washington University School of Dental Medicine, where he will be graduating near the top of his class. Baker, 32, says that dental school has been even more of a challenge than the Olympics and professional hockey. "For one thing, the long hours of studying are brutal. As an athlete, you play hard, then go to bed early and get your rest. In dental school, you have classes from eight to five, study all night, do it all over again the next day, then study all day, all night."

Baker has been accepted as an intern in the Division of Oral and Maxillofacial Surgery at the School of Medicine, where he will spend the next four years. "Our team dentist at the University of Minnesota was an oral surgeon, and I learned a lot with him," says Baker, who also includes his family dentist, "a well-respected professional and a great guy that I admired and looked up to," among the influences that steered him toward a career in dentistry.

Baker has played hockey since his kindergarten days in Grand Rapids, Minn. "Hockey is the sport in that part of the country, just like baseball and soccer in St. Louis," he explains.

In 1975, Baker won an athletic scholarship to the University of Minnesota, which he chose because it offered a dental school program in addition to an outstanding hockey team, the Gophers. He was drafted for the pros in his freshman year, but decided not to go to school because he wanted to be eligible for the 1980 Olympics. In his junior and senior years, he helped the Gophers win the NCAA Championship. He served as team captain during his senior year, and was one of only six players in the United States elected to the NCAA All-America team. In his junior and senior years, he was elected by a national poll of players to the All-Western Collegiate Hockey Association team.

To top off his collegiate career, he was chosen for the U.S. Olympic team. "I'd already applied to the University of Minnesota's dental school, and requested a year's deferment to train for the Olympics. I knew I'd eventually have to choose between dental school and the pros, but all I could think about at the time was doing the best I could for Lake Placid," Baker explains.

While Baker's single-minded concentration paid off, he calls the U.S. hockey team's victory in Lake Placid "one of the highlights of my life, especially standing on the podium after accepting my gold medal while the national anthem played. The crowd went wild. All of our hard work paid off. I'm sure a lot of our fans from Minnesota were there.'
Driving question: Do autos and Alzheimer’s mix?

Eighty-year-old Sam didn’t understand what all the fuss was about people leaning out of their car windows screaming at him and honking their horns, police officers asking all sorts of questions, accusing him of driving the wrong direction in rush hour traffic. Why didn’t they leave him alone? He was doing just fine.

Della, a 65-year-old former nurse who still lived near where she had stayed in her own reassuringly familiar neighborhood. One day she risked a trip downtown. Lost, confused and disoriented, Della misinterpreted a red light, sideswiped a car at a busy intersection.

Luckily Sam and Della weren’t hurt, and they didn’t hurt anyone else. But each time an Alzheimer patient gets behind the wheel, the deadly symptoms of the disease — chiefly memory loss, impaired judgment, and confusion — become potentially deadly. Now a new study at the School of Medicine will look into Alzheimer’s affecting driving ability.

Study is first of its kind

People with Alzheimer’s disease who continue to drive may risk their own safety and that of others as well,” says Linda Hunt, an occupational therapist at the University. “With our population growing older and cases of Alzheimer’s disease on the rise, it’s essential that we find an objective method for deciding whether patients can continue to drive or if their driving should be restricted or stopped.”

Hunt, supervisor of adult community services and director of the driving program at the School of Medicine’s Irene Walter Johnson Institute of Rehabilitation, is investigating the effects of senile dementia of the Alzheimer’s type (SDAT) on driving ability. Her study is the first to evaluate on-the-road performance of drivers with SDAT.

Hunt hopes the study, funded by the Missouri Alzheimer’s Disease Task Force, will contribute to the development of mandatory state driving evaluations for the elderly. The project should also establish guidelines for deciding when SDAT patients can continue to drive and get licensed.

“The problem of intellectually impaired older adults who drive is of major importance, yet there’s virtually no information available that addresses this issue, nor do state laws provide a way to inform drivers or their families about the serious implications of dementia,” says Hunt. “Hunt’s study will provide much-needed data to help determine rational and effective strategies for dealing with the serious implications of demented driving.”

More accidents reported

About 12 percent of the U.S. population — more than 16 million people — is now 65 or older. An estimated 5 to 10 percent of that group suffers from Alzheimer’s disease, an incurable neurologic disorder that is the most common cause of intellectual impairment among the elderly. In the next 40 years, experts project, the percentage of Americans aged 65 and older will increase to at least 17 percent.

Systematic research on the effect of SDAT on driving ability is just beginning, but past studies based on surveys and questionnaires indicate that drivers in even the earliest stages of SDAT pose a threat to community safety. A five-year pilot study, published last year in the Annals of Neurology, found that nearly half of 30 drivers with SDAT had been involved in at least one car crash, whereas only three of 30 control subjects had been involved in a crash during the same period.

A survey published in the journal of the American Geriatrics Society revealed that 21 of 72 drivers with SDAT had had at least one accident since the onset of dementia, with an additional eight reported by family members to have caused accidents.

“Because of these changes, older people often have trouble processing a lot of different information at once, and that’s what driving is all about,” says Hunt. “Statistics show that the elderly have more of their accidents when changing lanes, when making left-hand turns, and when backing up, probably because there are so many steps to consider during these maneuvers.”

Other frequent driving errors of the elderly include failure to yield the right of way and misinterpretation or disregard of street signs.

Freedom vs. safety

Motor vehicle crashes are the leading cause of accidental death for those aged 65 to 74 and the second leading cause (falls are first) for those aged 75 or older. According to a recent study by the Transportation Research Board and the National Research Council, when it comes to number of accidents per mile driven, older drivers rank second only to 16 to 24-year-olds. But older people with SDAT who continue to drive may be at even greater risk of having automobile accidents because they suffer the added burden of progressive deficits: the disease gets worse over time.

“Drivers with questionable or mild dementia can sometimes continue to drive safely for a while if they observe certain limitations, such as driving only during the day and restricting their driving to familiar neighborhoods,” Hunt says. “After assessing the skills of SDAT patients who come through the driving program, I usually suggest that they quit driving. And that’s not an easy thing to do in a society in which driving is synonymous with independence.”

Hunt specializes in working with the elderly, with a focus on keeping senior citizens mobile and active in their communities as long as possible. She has written numerous articles, including “Continuity of Care Maximizes Autonomy of the Elderly,” published last year in the American Journal of Occupational Therapy.

Two-part study planned

Hunt’s year-long study will focus on 40 patients with questioned and mild SDAT and will consist of two parts: a pre-driving evaluation conducted by an occupational therapist, and an in-car assessment conducted by a driving instructor certified to work with handicapped drivers.

The two-hour pre-driving evaluation will assess the many factors that influence driving performance, including visual and perceptual ability, reflexes, coordination, short-term memory, and problem-solving ability. The on-the-road assessment, a test of the driver’s ability to stop, make turns, maintain proper speed, change lanes, signal, pass, park back up, and enter and exit highways, will take an hour and cover a 10-mile route. Both parts of the evaluation were developed by the Irene Walter Johnson Institute of Rehabilitation as part of its driving program, which was established in 1980 to teach disabled patients compensatory driving techniques.

Family members or other caregivers will also be part of the study. “It’s important to question family members and enlist their cooperation,” says Hunt. “Many times, those closest to SDAT patients don’t want to accept that the patient may need to stop driving, thus becoming less mobile and more dependent than before.”

Twenty control subjects matched to the SDAT patients for age, sex, and length of driving experience, will also be tested. The SDAT patients will be recruited from Washington University’s Memory and Aging Project, a long-term study of intellectual function in older adults.

Although all states have regulations governing the issuance of licenses, only 14 offer specific guidelines requiring older drivers to take license-renewal tests. Hunt hopes that results of the Washington University study, besides contributing to the formulation of a reliable tool for assessing the driving skills of Alzheimer’s patients, will underscore the need for widespread legislation.

“Alzheimer’s disease isn’t just a medical problem, but a social and legal problem in which individual freedom must be weighed against the safety of the community,” says Hunt. “Driving is a privilege, not a right. States need to take responsibility for ensuring that people stop driving when they become a threat to society.”

Tony Dimnato
Scientists image breast tumors using PET

Physicians may one day rely on pictures — rather than surgery — to tailor treatments for individual patients who have breast cancer. Scientists at the School of Medicine have created the first images of human breast tumors using positron emission tomography (PET). Breast cancer can be imaged with mammography and other radiologic techniques, but the advantage of PET is that it may enable doctors to determine — without biopsies — which tumors will be valuable treatment time. The research team — headed by radiation chemist Michael J. Welch, Ph.D., of the University of Illinois, Urbana — has about 100 students coming from 14 states and four foreign countries.

Up, up and away: To recognition of Better Hearing and Speech Month, the school children at Central Institute for the Deaf (CID) held a balloon launch May 1. A card placed inside each balloon gave a written reminder that CID is celebrating its 75th year of teaching deaf children to speak. The school, known internationally, has about 155 students coming from 14 states and four foreign countries.

Major breakthrough

Scientists image breast tumors using PET

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Exercise/aging study seeks volunteers

Employees from both the Hilltop Campus and the School of Medicine are invited to participate in the School of Medicine's study of how regular exercise affects older adults.

The research project is funded by a five-year, $2.9-million grant from the National Institute of Aging, part of the National Institutes of Health. Led by John O. Holloszy, M.D., professor of Internal Medicine, the study is the most comprehensive of its kind ever attempted.

Researchers are trying to learn whether exercise helps reverse some of the inevitable signs of aging or simply the results of inactivity. Participants must be between the ages of 60-70, non-smoking, in good health, and free from medication for hypertension or other chronic conditions. They must be willing to commit themselves to a 12-month program of vigorous physical exercise, five days a week for an hour each day. Volunteer will undergo a screening exam and tests to determine current fitness levels, glucose tolerance, and other physical and hormonal responses. The results can be compared to those of non-exercising young adults.

Additional control groups of exercising and non-exercising adults will be studied periodically and again at the end of the study. Exercisers' results will be compared to those of non-exercising controls, and to test results from additional control groups of exercising and non-exercising young adults. Volunteers will receive free physical exams and individually prescribed physical activity and exercise routines. All tests are free of charge. Volunteers will be carefully monitored and evaluated throughout the 12 months.

For more information, call Mary Malley at 362-2597.

Alzheimer's study needs patients

Researchers at the School of Medicine need just two more volunteers for a study of depression and dementia in the elderly.

The study seeks physically healthy participants between the ages of 65 and 80 who have been diagnosed as having both depression and mild dementia of the Alzheimer's type. Researchers are trying to find out how depression affects memory and other cognitive functions, and also what effects it may have on Alzheimer's disease.

The study, directed by Eugene H. Rubin, M.D., Ph.D., associate professor of psychiatry, is being conducted by the School of Medicine's Memory and Aging Project, a long-term study of Alzheimer's and other dementias.

During an initial visit, volunteers will undergo a 90-minute interview and a brief neurological exam. During a second visit, they will take a two-hour test of memory and orientation designed to measure memory, attention and motor function. For more information, call the Memory and Aging Project at 362-3003.

The technique, Ramirez explains, helps pinpoint damaged heart valves, detect the origin and significance of heart murmurs, and can even determine the site and often the severity of holes in the heart's internal walls. "But reading about techniques in textbooks isn't the same as seeing it done, and that's why I was so interested in coming here. Besides," he adds, "Washington University Medical Center is considered one of the best places in the world for diagnosing and treating cardiac diseases." Ramirez's only regret about the program is that due to budget and time constraints, it will be able to train only one or two fellows per year. "There's a great need for these diagnostic techniques in Latin American countries. The number of young people with valvular damage from rheumatic heart disease continues to be very high, and the disease progresses very fast," he says. "I wish that more major medical centers would initiate programs such as Dr. Pérez's."

With that in mind, Pérez is promoting the program to some of his Hispanic-American colleagues. "I see the program as a logical extension of what my colleagues and I do on an informal basis when we go back to our countries to lecture and teach," says Pérez. "It would be wonderful if other universities would adapt programs such as this and share their experience with those who need it as much, or even more so than we do in the United States, to assist in the management of patients during their most productive years of life."

Ramirez will go back to Puerto Rico, finish his training, and enter private practice. He will return home with fond memories of the friendliness and hospitality of St. Louis and of the many sidewalk cafes in the Central West End. He will bring back souvenirs from the Arch, the art museum, and the zoo. "But my most important momento of St. Louis will be my ability to better handle this technique and to teach it to others," he adds.
Employee benefit programs and other services outlined

Washington University has a fine heritage and a challenging future. In keeping with this heritage and providing a stimulating educational environment, the University makes available to its employees a variety of benefit programs designed to protect employees and their families. The following summarizes the formal programs and other services that are available.

Health insurance

The University has a flexible health and co-payment program and a low-deductible program for other types of care.

Plan I, Basic Dental, provides 100 percent coverage for preventive dental care and co-payment of 50 percent for non-preventive dental care. The University makes a monthly contribution to Basic Dental Insurance for employees working 50 percent time or more with a one-year service requirement.

All regular employees of the University, including those not employed in any of these plans if working 50 percent time or more, will have their health care costs covered by the University. Employees working 50 percent time or more with one year of service, the University makes a monthly contribution to Basic Dental Insurance for employees working 50 percent time or more with a one-year service requirement.

Enrollment: Employees must enroll within the first month of employment to avoid any delays in coverage. Employees are required to submit proof of good health and to the insurance company.

Table Reimbursement: Coverage is provided to employees at the Medical School Campus. An employee must submit to Personnel on a monthly basis with a claim form and original receipt for dental expenses. A maximum reimbursement is $40 per month or $480 per year. Reimbursement Coverage may be submitted to Personnel on a monthly basis with a claim form and original receipt for dental expenses. A maximum reimbursement is $25. Expenses would be denied for the first year that funds are not available, payment will be made as additional funds secure. All claims must be made by March 31 of the next year in order to be reimbursed.

Dental insurance

The University offers two dental insurance plans:

- Plan I, Basic Dental, provides 100 percent coverage for preventive dental care and co-payment of 50 percent for non-preventive dental care. The University makes a monthly contribution to Basic Dental Insurance for employees working 50 percent time or more with a one-year service requirement.
- Plan II, Major Plan, provides coverage for all dental expenses except those requiring surgical treatment.

All regular employees must pay a premium in order to receive dental insurance. Employees working half-time or more at the Medical School Campus. An employee must submit to Personnel on a monthly basis with a claim form and original receipt for dental expenses. A maximum reimbursement is $40 per month or $480 per year. Reimbursement Coverage may be submitted to Personnel on a monthly basis with a claim form and original receipt for dental expenses. A maximum reimbursement is $25. Expenses would be denied for the first year that funds are not available, payment will be made as additional funds secure. All claims must be made by March 31 of the next year in order to be reimbursed.

Flexshare

Flexshare is a program designed to increase your spendable income by lowering the amount of gross salary on which your taxes are paid. By participating in the program, you will pay for your health and dental coverage out of your gross salary through payroll deductions. Your contributions are paid into a separate account which will be invested according to your choice between TIAA, a fixed income investment, and CREF, a share of Vanguard Group of Mutual Funds.

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Flexible spending accounts (FSA)

A flexible spending account is an account you may use to pay for qualified expenses. Under a flexible spending account, your salary is reduced by the amount contributed to the account. The flexible spending account is then used to pay for qualified medical expenses, such as dental or vision care.

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Thursday, May 18
5:30 a.m. Dept. of Internal Medicine Grand Rounds, Hospital. Dr. Edward Shulman, Chair.
8:00 a.m. 2 o'clock Exam for the Doctoral Degree for Tom Coogan, Dept. of Anatomy and Neurobiology. 4914 S. Kingshighway.

Music
8:00 a.m. Dept. of Music Presents a Voice Recital, Fruehan Recital Hall.
8:30 a.m. Dept. of Music Presents South Carolina State University Choir Concert, directed by Arthur Evans. Also sponsored by Dept. of Afro-American and African Studies and the Grainger Hayes Wilson Music Guild (the St. Louis branch of the National Association of Negro Musicians, Inc.). Tickets: general admission $8; all students and children $5. For more info., call 889-5951.

Exhibitions
"Washington University Permanent Collection," Through June 30. Gallery of Art, Steinberg Hall; senior gallery: 10 a.m.-5 p.m. weekdays. For info., call 889-4353.
"Reconstruction: Ford Madox Ford (1873-1939)," Through Aug. 11. Olin Library, Special Collections (fifth floor). 8:30 a.m.-5 p.m. weekdays. For more info., call 889-4529.
"E.A. Exibition," Featuring works by junior and senior students in the School of Fine Arts. Through July 1. Gallery of Art, Steinberg Hall, upper gallery. 10 a.m.-5 p.m. weekdays, 5-9 p.m. weekends. For more information, call 889-4352.
"Core Exhibitions," Featuring works by freshmen and sophomore students in the School of Fine Arts. Through June 30. Gallery of Art, Steinberg Hall. 10 a.m.-4 p.m. weekdays, 1-5 p.m. weekends. For more info., call 889-4352.

Miscellaneous
Monday, May 22
11 a.m. 16th Annual Chancellor's Staff Day for all non-teaching employees, Edison Theatre, 505 N. Kingshighway. For information on other Staff Day activities, call 889-5999.

Student Talk
Continued from p. 2

Who tried to teach his children French and math when they were young. A self-taught man who spoke six languages. He died before his family escaped from Vietnam. He taught Latin in a Saigon medical school and later worked as an inspector for the American military in Vietnam. He received a scholarship for full-paying students. The declining class size has forced tuition to non-competitive levels, and the School of Dental Medicine simply cannot match the financial aid available at schools that are subsidized at the state level or that have competed more successfully for federal and private funding. Event's note. Income from fees and endowments for research and training has declined approximately 35 percent in the last three years—from $926,000 in 1986 to $570,000 in 1989. Furthermore, the school's basic budget of $4.1 million has not increased substantially in recent years.

As a result of its cost-driven financial situation, the School of Dental Medicine's fundraising efforts are focused on the recruitment of more students whose achievements in scholarship and service to the University have been recognized by honor organizations and by the academic divisions of the University. Gordon will receive an Ewan A. H. Shepley Award for leadership, scholarship, and service to the campus community.

College Years—
A total of 443 graduating seniors will be recognized for scholarship and leadership at the Elton Honors Convocation. The ceremony honors graduating students whose achievements in scholarship and service to the University have been recognized by honor organizations and by the academic divisions of the University. Gordon will receive an Ewan A. H. Shepley Award for leadership, scholarship, and service to the campus community.

The ceremony will be broadcast on May 18, 1990. The broadcast will be available on the Clarence Hayden Wilson Music Guild (the St. Louis branch of the National Association of Negro Musicians, Inc.). Graham Chapel. Tickets: general admission $8; all students and children $5. For more info., call 889-5951.

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