Calcium from food better for bones than supplements

WUSTL anthropologist studies earliest known human ancestors in Eurasia

Pain breakthrough

Researchers separate analgesic effects from addictive aspects of pain-killing drugs

Out of Africa

New friendship, new discoveries

Chinese Academy, earth and planetary sciences, sign agreement

Read for the Record best-selling suspense author Ridley Pearson reads "The Story of Ferdinand" to a group of preschoolers with varying attention spans during Jumpstart's Read for the Record Sept. 20 at the Campus Store on the Danforth Campus. The national campaign, which featured celebrities reading in communities across the country, was designed to encourage children and adults throughout the United States to read the same book on the same day.

Raymond E. Arvidson, Ph.D., chair of earth and planetary sciences, exchanges documents with Dong Shuwen, Ph.D., vice president of research affairs at the Chinese Academy, earth and planetary sciences, sign agreement that will involve collaboration on a number of research thrusts, travel between the two institutions and eventually student exchanges that could lead to a "long and mutually beneficial relationship," said Arvidson.

"This is an exciting time for our two institutions to collaborate on some key research areas," said Arvidson.

"Serotonin is involved in a wide range of behavioral and psychological processes, including cognition, circadian rhythm and mood. Serotonin also is an important regulator for pain sensation, and abnormal levels of serotonin can contribute to painful events such as migrain headaches," said Chen. "It is important, however, that these neurons make extensive connections to other parts of the brain and are able to release serotonin almost everywhere in the central nervous system. These neurons have been implicated in almost every aspect of physiological function and in psychiatric disorders, including anxiety and depression.

"For several years, scientists have been interested in the role of these 5-HT neurons in the brain."

"Thus, the earliest known hominins to have lived outside Africa in temperate zones of Eurasia did not yet display the full set of derived skeletal features," the research concluded.

"The findings, published Sept. 20 in the journal Nature, are a marked step in learning more about the first human ancestors to migrate from Africa."

"The lead author of the paper is David Lordkipanidze, director of the National Museum of Georgia. Collaborators on the study include Pontzer and researchers from Georgia, Switzerland, Italy and Spain."

The fossils, dated to 1.8 million years old, show some modern aspects of lower limb morphology — long legs and an arched foot — but retain some primitive aspects of morphology in the shoulder and foot. The species had a small stature and brain size more similar to earlier species found in Africa.

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The new evidence shows how this species had the anatomical and behavioral capacity to be successful across a range of environments and expanded out of Africa, said Pontzer. His area of expertise is how the musculoskeletal anatomy of an animal reflects its performance, ecological niche and evolutionary history.

"This research tells us that the limb proportions and behavioral flexibility that allowed this species to expand out of Africa were there at least 1.8 million years ago," Pontzer said.

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No need to hit panic button; subprime mess isn't all bad

By Shula Newman

The stock market might be nervous due to the subprime loan mess, but Stuart Greenbaum, Ph.D., former dean and Bank of America Professor Emeritus of Managerial Leadership for the Olin Business School, is bullish on the situation.

"Banks that don't have bad hair in their portfolios are going to see the credit spreads widen out, and they're going to end up making a re- sale," Greenbaum said. "The situation has created a buying opportunity, and we're already seeing the reaction in the price of financial stocks, such as banks and insurance.

Greenbaum said that the subprime loan problem is a bit of toxicity that has entered the food chain.

"Although the toxicity is widespread and expansive at this point, the market is built to absorb a certain amount of default. The reaction to the subprime loan problem is compounded by external factors: First, the market was at a historically high level; second, interest rates were low; and third, the yield curve was flat and credit spreads have been very nar-

constituted or requirements. People always want to make a change in healthy eating by making mandates or requirements.

"Logically, it seems like that's the way to do it. But what we really need to be focusing on is changing people's behaviors, which just isn't that simple," Diekman said.

Instead of banning new restaurants, Diekman said community leaders should be looking for other ways to make cities healthier.

"Moratoriums, laws and mandates aren't the solution to the obesity problem," she said. "We need to teach people about proper nutrition, encourage more grocery stores to provide healthier food choices in all neighborhoods and find ways to make physical activity accessible.

In order to become healthier, "people need to establish lifestyle patterns for health.

To encourage lasting change in an area where fast food restaurants are prevalent, community leaders need to work with restaurant owners to include healthy eating choices. They also need to look for ways to add parks or walking trails so people can more easily incorporate physical activity into their daily lives.

"While the concept of not opening any new restaurants does acknowledge that there is a problem, a better approach would be to talk to the current restaurants about providing more healthy options," Diekman said.

The more powerful changes are the ones that involve the community as a whole because everyone "has bought into those changes," she said. "If this proposal at least gets the community talking, then it might be a real positive step in the right di-

Rhein Health and Wellness Center gains accreditation

By Neil Schoeneman

The Rhein Health and Wellness Center on the Danforth Campus has received a full three-year accreditation from the Accreditation Association for Ambula-
tory Health Care.

"We have always provided quality care to the Washington University student community," said Alan J. Glass, M.D., director of the Health center. "Accreditation demonstrates to us and our community that this care is consistent with nationally recognized stan-
dards. There are roughly 1,500 college and university health services in the United States. Only 180 of those are accredited.

The two-and-a-half-year accredit-

Drugs

Serotonin not responsible for addictive side effects

By Neil Schoeneman

1

The analgesic effects of opioid drugs such as morphine. Studies done in the 1970s and '80s deter-

ried that serotonin was a very impor-

tant component of the neural circuits required for the analgesic effects of these drugs. Researchers also compared unwanted side effects such as tolerance and morphine-in-
duced drug-seeking behaviors in mice with and without seroton-
nergic neurons and found no dif-

A

ferred.

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Associate Editor Sarah A. Gries

Assistant Editor Jessica Daues

Interim Associate Editor Deborah Parker

Hews & Comments

Calendar Submissions

Medical News

Record

Established in 1905 • Washington University in St. Louis community news

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Dietary calcium better than supplements at protecting bones

By Gwen Erbenson

Women who get most of their daily calcium from supplements have healthier bones than women whose calcium comes from dietary sources, a new study found.

Surprisingly, this is true even though the supplementakers have higher overall calcium intake.

Adequate calcium is important to prevent osteoporosis, which affects more than 8 million American women and 2 million American men. Another 34 million Americans have low bone mass, placing them at increased risk for osteoporosis.

Calcium supplements may be easy to take and may contain higher amounts of calcium than foods, but they do not contain the other nutrients that are needed for calcium to be used effectively.

The researchers found that women who ate the most fruits, vegetables, and dairy products had the lowest rate of bone loss, even when they also took calcium supplements.

The study was a large, randomized trial involving nearly 13,000 postmenopausal women. The researchers divided the women into groups according to their calcium intake, measured as the sum of dietary calcium and calcium supplements.

The women were followed for four years, and bone density was measured at the start of the study and at the end.

The study found that women who ate the most calcium from food sources had the lowest rate of bone loss, even when they also took calcium supplements.

The researchers concluded that calcium from food is better absorbed than calcium from supplements.

They recommended that women strive to get their calcium from food sources, rather than from supplements.

This is good news for women who want to protect their bone health, as calcium from food sources is better absorbed and utilized by the body.

They also found that calcium from food sources was associated with a lower risk of fractures, even when compared to calcium from supplements.

The study is the largest and most comprehensive study of its kind to date, and it provides strong evidence that calcium from food sources is better for bone health than calcium from supplements.

This is a key finding, as calcium is essential for strong bones and teeth, and it plays a role in many other important functions, including blood clotting, muscle function, and nerve transmission.

The researchers hope that their findings will encourage women to eat more calcium-rich foods, such as dairy products, leafy green vegetables, and fortified cereals.

They also recommend that women who need to take calcium supplements choose those that are derived from food sources, such as calcium citrate or calcium lactate.

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University Events

'Physics in Medicine and Biology' topic of Saturday lecture series

In a continuing effort to make science accessible to the general public, the Department of Physics and Astronomy, both in Arts & Sciences, are offering a series of weekly Science Saturdays Lecture Series.

By popular request, Saturday, Sept. 29, four faculty members will de-
scribe their research on successive Saturdays. The theme of these lectures is "Physics in Medicine and Biology.

The talks, which are free and open to the public, will be held at 10 a.m. in Crow Hall, Room 201. Each hour-long talk will be fol-
lowed by a question-and-answer session.

"We have an enthusiastic group of between 150 to 200 people who turn out on Saturday mornings to learn about various topics in science," said Michael W. Friends, Ph.D., professor of physics, who started the series in 1996. "We can't get them to leave after a lecture — they still around talking and ask-

The lecture series schedule:

**Sept. 29: The Intelligence of Insects**, Chair: Andrew Pollard, Ph.D., professor of biology

Carlsson will look at the inner workings of the cell's chemical hardware and describe how the combination of simple elements into intracellular networks allows it to make complex decisions based on the external environ-
ment.

Oct. 6: "Assessing the Quality of Medical Tests," by James G. Miller, Ph.D., the Albert Gore Hill Professor of Physics and professor of biomedical engineering.

Miller noted that there will be a newspaper article describing a promising new medical test that achieves an ac-
curacy of some percentage. Al-
though, on the surface, it would appear reasonable to discuss the quality of such a test in terms of its "accuracy," Miller said his audi-
ence will discover that "accura-
ty" can be a misleading measure of the quality of a medical test.

His lecture will explore a seri-
es of ways to characterize the quality of a test. Illustrations will be drawn from everyday (non-
technical) encounters, such as par-
ing through the metal detec-


The brain is the result of an evolutionary process involving billions of interconnected neurons. Connectivity between neurons is neither random nor regular, said Wessel. Most neu-
rons produce sequences of pulses, by which signals between the neurons are exchanged. Neurons make changes in the incoming pulse trains. The signal flow in the brain is not just feedforward. Rather, feedback dominates most pathways.

Wessel said scientists don't know which concepts will be useful in understanding the brain. He will describe processes likely to be important checkpoints on the journey to gain insight into the functioning of the brain.

Oct. 20: "The Laws of Chemical Physics Governs What Cardiologists See and Hear," by San-

dor J. Kovacs, Ph.D., M.D., associ-
ate professor of medicine, of cell biology and physiology, and adjunct associate professor of physics.

Clinical cardiologists employ multiple invasive and non-inva-

edere imaging modalities, such as echocardiography, MRI and CT, by which the function of the heart can be seen, heard and as-
sessed. Kovacs will discuss the re-
lationship between some imag-
ining-based indexes of heart func-
tion and the fundamental phys-
ical laws that govern the action of the heart.

Because an interesting aspect of how the heart works is its fill-
ing phase, according to Kovacs, he will emphasize diastolic func-
tion and the physical laws that govern it.

For more information on the lecture series, contact the Depart-
ment of Physics at 935-6276 or visit college word.educ-
text_files,phip.

Debating the Iraq War • Women's Liberation • Jazz Guitar

Through her production company, Fundamental Films, Nawaz has created a tri-olgy of films with a deep satiric bent and a strong message. In "BBQ Muslims," "Death" and her first feature, "Real Terrorists Don't Belong Downstairs," she has pro-
tagonists into situations that get them into trouble because of societal stereotypes that view all Muslims as terrorists.

Nawaz received a bachelor's degree in journalism from Ry-

Tour "Little Mosque" is a come-
dy that follows the lives of Muslims in rural Canada and is designed, according to series creator Nawaz, to present or-
dinary Muslims in a new light and give children a show depicting people who resem-
ble them. The series debut in January 2007 drew the highest number of Canadian viewers for any series on CBC.

Saturday, Sept. 29
7:15 a.m.-4:15 p.m. "Americanizing Our On-


CATEGORIES: Colorectal, Urologic, Gastrointesti-

sive imaging modalities, such as echocardiography, MRI and CT,

In the second season of "Little Mosque on the Prairie," Nawaz will use to counteract nega-
tive stereotypes about Muslims.

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Canadian Muslim filmmaker
Nawaz to give OMNI lecture

Barbara Rea

Zarka Nawaz knows something about crossing cul-
tures. Born in England to Pakistani immigrants, raised in Toronto and now living in Canada, she is a successful writer, producer and filmmak-

1 pm. Master of Psychiatric Epidemiology Program Seminar. "Perspectives on: Prescription Opiate Use, Abuse and De-
pendence." Ted Gram, prof. of neu-
ropsychiatry, begins this course.

2:45 p.m. "Canadian Muslim Filmmaker Zarka Nawaz Will Screen Her Film 'Little Mosque on the Prairie' at a Special Screening on Oct. 29." (Continues 3:15-5:15 p.m.)

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Nawaz received a bachelor's degree in journalism from Ry-

As president of the National Assembly of Pakistan, Nawaz has de-
described a new drama series for CBC, called "Little Mosque on the Prairie." The lecture is free and open to the public.

To register: (webevent.wustl.edu) wustl.edu/calendars.html).

University Events

"University Events" Arts into a portal of the academic year Sept. 27-Oct. 29 at Washington University. Cole of Arts & Sciences, Campus Life and the School of Medicine and the School of Engineering and Applied Science.

Exhibits

"Nurse Series," Abstract images of Turkish nurses by Robert Benes, School of Medicine photographer.

"This Thing and the HPV Viru-
service, Ethical Issues." Diane Merritt, prof. of medical genetics.


Nawaz, Generous Seminar, "Women's Center of Behavioral Health In-

"Soul Versus Right: The German Foreign Office and the Jewish Hosp.

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Ode to radio's golden days
Performing Arts Department to present Walton Jones musical Oct. 5 to 14

BY LIAM OTTEN

I live from the fabulous Hotel Astor in New York City, it’s “The 1940s Radio Hour!”

In October, the Performing Arts Department (PAD) in Arts & Sciences will present Walton Jones’ nostalgic ode to the glory days of big band music, swing dancing and backdrops as if it’s in a Hollywood movie. Set just a few hours after the backdrop of World War II. “The 1940s Radio Hour” follows a group of broadcast heroes who has been and wannabes as they attempt to make it big on the “Mutual Manhattan Cavalcade.”

The play’s structure mimics that of an actual radio broadcast, with background music, narrators and performers straggling in, preparing for broadcast and going live. The show features nearly two dozen classic songs, including “Blue Moon,” “Boogie Woogie Bugle Boy” and “Old Black Magic,” as well as comedy segments, radio plays, period commercials and promotions “On the Air” and “Applause” signs, which the audience is prompted to follow.

“The show literally assembled before your eyes,” says William Weisbarth, director of PAD. “When the audience comes into the theater, stage hands are hooking up wire, performers are getting ready, the orchestra is setting up on stage. Some people are late, the announcer is setting, the stage manager teaches the audience how to clap properly. Then the broadcast begins on the air.”

Harried producer/announcer Cliff Feelding (David Weiss)marshals the cast, which is led by rough-edged crooner Johnny Cantonese (Reynolds Whalen), a Sinatra clone and ex-boxer who marshals the cast, which is led by rough-edged crooner Johnny Cantonese (Reynolds Whalen), a Sinatra clone and ex-boxer who

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Gephart Institute offering service-learning grants

The Gephart Institute for Public Service invites University faculty to apply for grants to support community-based teaching and learning, also known as service-learning.

"Service-learning is an effective pedagogy that is used across campuses," says Amanda Moore McBride, Ph.D., institute director and assistant professor at the George Warren Brown School of Social Work.

"By employing a broad conception, the distinguishing features of service-learning include target, applied learning activities in service to an organization or community, faculty direction and oversight, as well as applicable course content and assignments."

To support the use of this teaching innovation and provide greater opportunities for community-based learning at the undergraduate and graduate levels, the institute will provide up to five faculty grants of $2,500 each. The grants are applicable to courses that range from small seminars to larger lectures or even traditional lab-based courses. Service may either comprise the entire focus of the proposed course, or be a discrete but major component of the course.

The institute grants will cover a wide range of curriculum development expenses, including:
- salary support for faculty time
- stipends to support a teaching assistant and training;
- travel to research a community site;
- books and other resource materials; and
- materials to implement the project.

The deadline for submissions is Dec. 1, 2007. For a complete Request for Proposal, contact Robin Hattori, program director, at 935-8628 or chantal@wustl.edu.

Do you play by the rules? Student essay contest worth up to $500

"This agreement is symbolic of a new friendship and new discoveries that we will find with each other’s help." DONG SHUWEN

Agreement Includes five areas of collaboration

- From Page 1

The Center for the Study of Ethics and Human Values is sponsoring an essay contest, "Are Rules Made to Be Broken?" Students are invited to submit essays that connect the issue of cheating in sports with the broader ethical issues associated with playing by the rules in a competitive environment. Essays might address one or more of the following themes: the nature and definition of cheating, its causes, societal and cultural significance; its impact on the understanding of the professions; and the ethics of prevention, detection and punishment.

A $500 prize will be awarded for the best essay by a graduate and undergraduate student and a $250 prize for the runner-up in each category.

Essays cannot exceed 2,000 words. All entries must be submitted both on paper and electronically and received by Oct. 22. Entries must disclose if they worked on their essay with a member of the faculty or wrote the essay for a course.

Paper submissions should be sent to the center at Umrath Hall, Room 264; electronic copies should be e-mailed to Stuart D. Yusk, Ph.D., director of the center, at yusk@wustl.edu. For more information, call 935-9558.

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Sadaat and Peil to direct Harris Institute for Global Legal Studies

By Jessica Martin

Lila N. Sadas, J.D., the Hen- ry O. Benscher Professor of Law, has been appointed to the directorship of the Whitney R. Harris Institute for Global Legal Studies by Kent D. Syrstad, J.D., dean of the School of Law and the Ethel A. and Roger W. Beck- ton Professor of Law. Sadas is the first female director of the institute.

The Whitney R. Harris Institute for Global Legal Studies, established to foster research, teaching, and scholarship on public and private international law, is named for the late Whitney R. Harris, a leading legal and business figure and a key supporter of the law school.

Sadas will assume the directorship July 1. She succeeds John O. Halsey, the Willey B. Rydland Professor of Law, who will continue as director of the institute.

"The Whitney R. Harris Institute for Global Legal Studies is named in honor of my late mother, an attorney who was the first female District Attorney in Minnesota and a leader in the civil rights movement," said Susan Harris, who administers the Henry R. Harris Trust, the main benefactor for the institute.

"I believe that the Whitney R. Harris Institute will be a leader in the field of international law," said Syrstad.

The institute will focus on the study of the legal frameworks that govern the relationships between states and between states and non-state actors. The institute will also support research on the legal implications of globalization, the role of international institutions, and the impact of international law on domestic law.

Sadas is a specialist in public international law, with a particular emphasis on the role of international organizations and international law in the United States. She has served as a legal advisor to the United Nations and the International Court of Justice, and has been a consultant to the International Criminal Court. She has also written extensively on international law and has been a frequent speaker at international conferences.

Sadas is the recipient of numerous awards and honors, including the International Law Association Award for Outstanding Achievements in International Law, the American Society of International Law's Award for Outstanding Achievements in International Law, and the International Law Association's Award for Outstanding Achievements in International Law.

She has also been a member of the American Society of International Law, the American Bar Association, and the International Law Association, and has served as a member of the American Society of International Law's Board of Directors.

Sadas is the author of numerous articles and book chapters on international law, and has served as an editor of the Journal of International Law and Practice and the American Journal of International Law.

She is a member of the American Society of International Law, the American Law Institute, the American Bar Association, and the American Society for International Law.

Sadas is married to Professor John D. Peil, who is the director of the Center for the Study of Law and Practice in the Graduate School of Arts and Sciences.

The Whitney R. Harris Institute for Global Legal Studies is located in the University of Minnesota Law School, 225 13th Ave. S.E., Minneapolis, MN 55455.
A vision for residents' education

Mary Klingensmith is part mentor, part den mother, part disciplinarian.

In addition to skills training, the curriculum incorporates instruction for surgeons about how to interact with anesthesiologists, nurses, medical students and other members of the health-care team. At the School of Medicine, Klingensmith also directs the Surgical Skills Laboratory, where third-year medical students get their first exposure to basic skills such as suturing and tying knots, using a surgical stapler and learning how to hold a laparoscope — a long-handled instrument with a miniature camera attached — during surgery. First-year surgical residents also get a refresher course that covers all they need to know before setting foot into the operating room. "It's all hands-on, out of the O.R. and low stress, so the surgeons and residents can really relax," she says.

In collaboration with David Murray, M.D., professor of anesthesiology, Klingensmith plays a key role in the Clinical Simulation Center. In 2005, she was named as one of the inaugural recipients of the Loeb Teaching Fellowship and used the funding to design a simulation curriculum for medical students and residents that focuses on task training — how to perform bedside, diagnostic and surgical procedures in a low-stress environment. Before making the transition to "real" patients, the center also uses life-size mannequins to help simulate real-life scenarios a surgeon is likely to encounter in a clinical setting. "All the students and residents think the center is great, and it is an expected part of their education now," Klingensmith says.

Her accomplishments have not gone unnoticed. "She has been just simply spectacular," says Timothy Eberlein, M.D., the Bixby Professor and chairman of the Department of Surgery. "She's a creative thinker and problem solver, and she has held the department's feet to the fire in our mission to make the surgical training program the best in the country. Mary has solidified this institution's vision of what educating residents is all about."

Mary Klingensmith, M.D. (left), works with Barnes-Jewish Hospital resident Kendra Condon, M.D., at an endoscopy simulator. Timothy Eberlein, M.D., the Bixby Professor and chairman of the Department of Surgery, says of Klingensmith, "She's a creative thinker and problem solver, and she's really held the department's feet to the fire in our mission to make the surgical training program the best in the country. Mary has solidified this institution's vision of what educating residents is all about."

Mary has solidified this institution's vision of what educating residents is all about.

For residents ever put to use.

"It really makes intuitive sense," says Klingensmith, "and we think it is a making a huge difference and residents feel much more confident in their skills." Klingensmith knows firsthand the frustration of learning on the job. She has vivid memories of the first time she sutured a patient's incision as a resident. "The attending surgeon was impatient with me, and the nurses didn't look good," she says. "I just remember the incredible pressure I felt knowing that this woman was going to live with my inadequacy." She had an opportunity to practice suturing before: "no one had ever taught me in a relaxed environment, where you could really absorb it, think about it, and practice it. And I knew, when I was in charge, I really wanted to be able to show them what they needed to do, that this woman can have that opportunity. It's better for the patient, it's better for the resident's education, it's better for everyone."

As a highly regarded young surgeon herself — she was chief surgical resident at Boston's Brigham and Women's Hospital and Harvard Medical School — Klingensmith has a keen understanding of the broad skills surgeons need to be successful. Her residents get lots of practice using teaching tools that range from life-size plastic body parts to highly realistic computer simulations that provide health care to low-income patients who lack health insurance.

For residents ever put to use.

"It's incredibly rewarding," she says. "I'm part mentor, part den mother, part disciplinarian, but it's all incredibly rewarding," says Klingensmith and her husband, Bruce Hall, M.D., Ph.D., associate professor of surgery, came to the School of Medicine from Harvard Medical School in 2000. Both were heavily recruited by Eberlein, who had been their faculty advisor when he was on the Harvard faculty. Hall is a cancer and endocrine surgeon who also teaches at the John M. Olin Business School. "Mary was a fabulous mentor and educator, even as a resident," Eberlein says. "She would routinely take younger residents under her wing and mentor them." The couple has five children. Klingensmith was the only one to follow her father into medicine. He was one of two general surgeons in a small West Virginia town. Although he graduated from Harvard Medical School and completed a surgical residency at Massachusetts General Hospital, he chose to open a surgical practice close to his hometown. "People would come to me after church, telling me how great my daddy was, how he had saved their lives," she says. "That was amazingly inspiring."

During his residency in Boston, Klingensmith served on many education-related committees and realized she liked tackling governance issues. "It was then that I really started to think about being involved in a systemic way in education and change in residency programs," she says. "I knew that one of the things I wanted to do was start a skills curriculum for residents wherever, for example, if you remove your first gall bladder in a patient, you have accomplished the procedure in a simulated environment."

Like her father, Klingensmith is a general surgeon. She cares for underserved patients through the Louis VA Medical Center and through Saint Louis ConnectCare, which provides health care to low-income patients who lack health insurance. She is grateful to provide care through this safety net and stresses to the residents what it means to treat these patients. Many of whom have very different needs than those with health insurance. As a doctor on the front lines of training residents, Klingensmith noticed that many lacked training in medical ethics. Klingensmith and Ira Kodner, M.D., the Solon and Betty Gershman Professor of Surgery and director of the Center for the Study of Ethics and Human Values, now offer monthly pizza rounds, where residents can discuss current ethical problems. They also developed a curriculum for teaching ethics to surgical residents.

"Mary is becoming the pre-eminent teacher of medical ethics for surgical residents in the country," says Kodner. "She knows better than anyone the ethical challenges the residents encounter, and her efforts to teach ethics are most important, on top of all other things she teaches." And she's an excellent clinical surgeon. You maintain no credibility in surgery if you're not first and foremost a good surgeon." Klingensmith is not keeping close watch over the surgical residents, she's looking after her two young children, Tucker, 5, and Tenley, 3. The family can often be found at Soulard Market on Saturday mornings or at the Saint Louis Zoo or elsewhere in Forest Park on summer evenings. "We pick an animal of the week, read and talk about it, then have an end-of-the-week treat of a trip to the Zoo to see the animals in person," Klingensmith says.