



Vol. 2, No. 5 March 1981

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CONCENTRATION-Speech pathologist Ruth Haberkorn (left) of the Speech and Hearing Institute treats her patient Honee by having her repeat the names of objects shown on picture

cards. Haberkorn listens for the improved enunciation of the sounds with which Honee has the most difficulty. See page 11 for the story. (Photo by Gary Parker)



Volume 2, Number 5 March 1981

Dr. Lewis Thomas first Trotter Lecturer

Dr. Lewis Thomas, chancellor of Memorial Sloan-Kettering Cancer Center in New York and an internationally recognized author and medical researcher, will deliver four public lectures when he launches The Betty Wheless Trotter Visiting Professorship in the Health Sciences March 2-5.

The visiting professorship was established by the Health Science Center through the generosity of the family of Trotter, who has served on the Health Science Center's Development Board since its inception.

The professorship makes possible the annual visit of a nationally prominent individual who can enlighten the community on health-related areas. The professorship is designed to enable the Health Science Center to share the individual's visit with other institutions.

"This visit by Dr. Thomas will prove to be memorable and meaningful," said President Bulger. "We

are fortunate to have this special opportunity to listen and learn about the values of science, humanity and medicine from an individual who has earned acclaim all over the world."

The first of the four lectures will be hosted by UT's Graduate School of Biomedical Sciences and M.D. Anderson Hospital at 4 p.m., Monday, March 2, in the James H. Sammons Auditorium of the Jesse Jones Library Building. His topic will be "MHC and the Odor of Self."

He will discuss "The Possible Role of Bacterial Infection in Rheumatoid Arthritis and Disseminated Lupus" at noon, Tuesday, March 3, during Grand Rounds presented by the Medical School's Department of Internal Medicine. The lecture will be in Room 3001 of the Medical School Main Building.

At 4 p.m., he will discuss "On Progress in Medicine" at the Cullen Auditorium of Baylor College of



Dr. Lewis Thomas, Chancellor Memorial Sloan-Kettering Cancer Center

Medicine. This will inaugurate the Health Science Center's Grant

Taylor Lectureship which was established by Dr. John P. McGovern to honor his colleague, Dr. Grant Taylor. (See separate story on the Grant Taylor Lectureship, page 2.)

"The Value of Science" is the topic of Thomas' appearance for the Rice University President's Lectures. It will be presented at 8 p.m., Wednesday, March 4, in Rice Memorial Center.

The Tuesday lectures will be telecast live by Health Science Center Television (HSC-TV) on the system's Channel 10. Special TV viewing sites will be set up in the following locations: Jesse H. Jones Library Building, Room 007; UT Graduate School of Biomedical Sciences, Room S-125; UT Medical School Learning Resource Center, Room G-104; UT Division of Continuing Education, Main Building, Room 1504; UT School of Public Health, Room E-205; Baylor College

(Continued on page 2)

Eye problem investigated

By Susan Fox

Melissa is three years old. She has soft blond curls that fall sweetly around her face, talks up a storm and likes to help mommy whenever she can. Melissa is about as typical as any other child her age. When she watches television, though, she likes to tilt her head. It's a habit her parents shrug off, thinking it will disappear as she grows older.

Her "habit," however, may not disappear, but her vision might—at least to the point where she'll never be able to recognize depth. Two to four percent of the children in this country are born with or develop in their first few years some kind of eye misalignment problem like Melissa's, according to Dr. M.L.J. (Jack) Crawford at the Graduate School of Biomedical Sciences.

Melissa suffers from strabismus (crossed eyes) which often leads to amblyopia, a type of blindness. This has interested Crawford for several years. He and a colleague Dr. Gunter von Noorden at Texas Children's Hospital have been researching crossed eyes and

(Continued on page 10)



THE TINY AIR CADET Dr. Jack Crawford holds in his hand isn't an air cadet at all. The rhesus monkey and others like him are used in experiments to determine the length of time a small child with

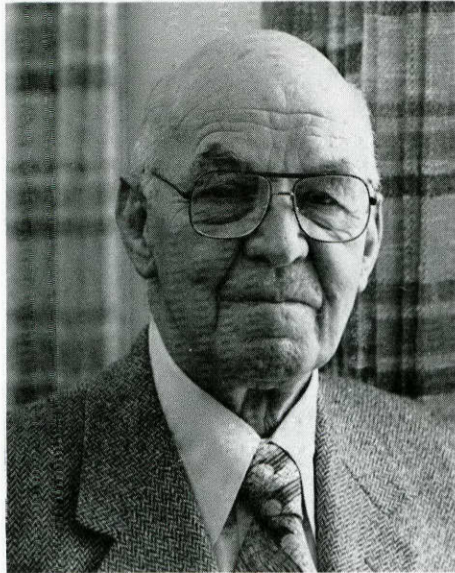
crossed-eyes can go untreated before the eye problem is uncorrectable. (Photo by Rich Sabo, Department of Ophthalmology)

Grant Taylor Lectureship established

A lectureship has been established to honor and give special recognition to a physician who has served the Health Science Center, M.D. Anderson Hospital and Tumor Institute and the entire Texas Medical Center in various roles over the past 27 years.

The Health Science Center's Grant Taylor Lectureship was established by Dr. John P. McGovern to honor his friend and colleague, Dr. Grant Taylor. McGovern is founder and director of the McGovern Allergy Clinic, and Taylor is now UT's emeritus professor of pediatrics and

emeritus director of continuing education.
M.D. Anderson Hospital,



Dr. Grant Taylor
Emeritus Professor of Pediatrics
Emeritus Director of Continuing Education

Baylor College of Medicine and the Health Science Center will host, in rotation, this annual lecture devoted to the theme "Science and Human Values in Medicine."

McGovern holds adjunct and clinical faculty appointments at these host institutions.

McGovern established the lectureship, with a gift to the Health Science Center, "to honor a superlative physician-teacher, noble human being, warm and steadfast friend," he said.

He noted Taylor's "calm and unpretentious manner" and said that one of Taylor's goals has been to nourish and perpetuate, throughout the Texas Medical Center and the medical community, a "sense of unity and concord created through cooperative attitudes and mutual endeavors..."

Selected to be the first Grant Taylor lecturer is Dr. Lewis Thomas, chancellor of Memorial Sloan-Kettering Cancer Center in New York. (See related story on his

visit.) "On Progress in Medicine" is the topic for this special lecture which will be presented at 4 p.m., Tuesday, March 3, in the Cullen Auditorium of Baylor College of Medicine. It will be telecast live by Health Science Center Television (HSC-TV) on Channel 10.

Taylor's association with UT began in 1954. He was chief of pediatrics at M.D. Anderson Hospital and dean of the UT Postgraduate School of Medicine in Houston, now the Health Science Center's Division of Continuing Education, which he organized and also headed.

He received an A.B. degree in mechanical engineering at San Jose State College and an M.A. degree in education from Stanford. While pursuing a doctorate in psychology at Stanford, he opted to re-focus his energies in medicine.

At the age of 36, he graduated from Duke University School of Medicine after a little more than three years.

Thomas is HSC guest

(Continued from page 1)
of Medicine, Medical Television, Room 316-A.

Thomas joined the Memorial Sloan-Kettering Cancer Center in 1973 as president and chief executive officer. In July 1980, he was named chancellor.

He earned a B.S. degree from Princeton University and his M.D. degree (cum laude) from Harvard Medical School.

Among the institutions which have awarded him honorary degrees are Yale University, Princeton University, Johns Hopkins University, Duke University and Columbia University.

He received the National Book Award in Arts and Letters for *The Lives of a Cell* in 1974 and the 1979 Christopher Award for *The Medusa and the Snail*.

Among his special awards and honors are the Medical Education Award from the American Medical Association; the Award for Distinguished Service in Medical Journalism from the American Medical Writers Association; and *Modern Medicine's* 1975 Award for Distinguished Achievement.

As you eat, fuel mind with 'Midday'

When you're busy in your office all day, sometimes you feel as if you've been cut off from the outside world. Now you can catch up on the news and weather headlines and learn about what's going on in the Texas Medical Center just by watching television while you eat your lunch.

A new program, "Midday," is produced by HSC-TV and broadcast at 11:30 a.m., noon, 12:30 and 1 p.m. on Channel 10.

For information or to suggest story ideas call 792-4633.

A special workshop in Boston on "Assessment of the Malnourished Patient" will be carried live by HSC-TV on Channel 4

throughout the Texas Medical Center on Thursday, March 5.

The program will include presentations by Terri Jensen, instructor in surgery at the Medical School and coordinator of surgical nutrition at Hermann Hospital; Dr. Stanley J. Dudrick, professor of surgery at the Medical School and consultant in surgery at M.D. Anderson Hospital and the Texas Institute of Rehabilitation and Research; Dr. Bruce R. Bistrian, assistant professor of medicine at Harvard Medical School and co-director of the Hyperalimentation Service at the New England Deaconess Hospital; and Christine Adamow Murray, pediatric nutri-

tion specialist and director of dietetic internship at the New England Deaconess Hospital.

The program is part of the American Dietetic Association's Newstars (National Educational Workshops by Satellite Television) and offers continuing education credits for dietitians who register. Special viewing sites will be available for the dietitians.

Other interested people can view the program in Dawson Bryan Hall at the Institute of Religion, in the Audiovisual Department at the Jesse Jones Library Building and in Room 1504 of the Houston Main Building (Prudential). For more information call Elaine McDonald at 792-4633.

Employee Relations update

Employee Relations will sponsor two management development workshops in March. Dr. Bob Marks will conduct a workshop on "Performance Evaluation," March 12; Dr. Ross Lovell will conduct one on "Motivation and Morale," March 27. For information call 792-4911.

Andrew Picarello is a new training specialist with Employee Relations and Training Programs. He has a B.A. degree in English from Harvard University and a master of education degree from Northeastern University. He recently moved to Houston from Boston.

Discount tickets to the Alley

Theatre's production of Ernest Thompson's Broadway hit, "On Golden Pond," are available for the March 6 performance. Tickets cost \$5 and are on sale at the Medical School Bookstore and the Main Building (Prudential) cashier. For more information call Employee Relations at 792-4911.

HOUTEXAN

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Test knowledge of HSC

Debby Weiss, Public Affairs, won lunch for two at the Doctors' Club as the first person to turn in the correct answers to a quiz at the HSC-General TGIF on Jan. 23 at the Houston Main Building. The quiz follows. Turn to page 12 for the answers.

1. The name of one of the UT System Board of Regents.
2. The number of components of the UT System.
3. The chancellor of the UT System.

4. The first president of the UTHSCH.
5. The oldest unit of the UTHSCH.
6. The president of the UTHSCH.
7. The official name of the UTHSCH's sister institution located in Houston.
8. A department which serves both the above-mentioned institution and the UTHSCH.
9. The name of the elevator company currently working in this building.
10. The formal name of this building.
11. The painter of the mural

- located in the lobby of this building.
12. The number of primary operating units of the UTHSCH.
13. The name of the largest of the Health Science Center-General departments.
14. The name of the MCTS program telecast every working day at noon.
15. A Vice-President of the UTHSCH.
16. Another Vice-President of the UTHSCH.
17. The group which has brought you this TGIF.



AT THE END OF A LONG WEEK the HSC-General TGIF is a welcome occasion for these members of the Personnel Office staff (left to right) Murel Fuller, Marilyn Myers, Kim Huffstetler and Judi Booker. Employee Relations sponsored the event in the Main Building Lounge. (Photos by Gary Parker)



PUTTING THEIR HEADS TOGETHER to come up with the answers for the contest at the HSC-General TGIF are (left to right, standing) Frank Crawford and Dor Nelson, accounting; (sitting) Lisa Stedman and David Vale, data processing; Jerry Yocham, accounting; and Chuck Marstrand (back to camera), data processing.

Survey lists co-workers as top attraction

Relationships with colleagues and co-workers and the challenge and interest of the work itself are the top attractions of working at the Health Science Center, according to results of the Employee Attitude Survey completed by 1,564 faculty and staff members last summer.

The major dissatisfactions indicated in the survey were salaries, parking and opportunities for advancement.

"I want to thank you sincerely for the extremely high rate of response to the survey," said John P. Porretto, vice president for administration and finance, in a letter to all faculty and staff that went out in early February. "More than 65 percent of you took the time to respond. Such a high response rate indicates to us that...faculty and

staff are definitely interested in aiding the administration by providing us with the information we need to formulate goals and the plans to achieve them."

Detailed analyses of responses have been made available to deans and directors, but results were quite similar in all areas, said Judi Booker, coordinator of the Employee Relations Program.

On the question asking the "things you like most about working at the Health Science Center," 633 responses listed colleagues and co-workers, 379 listed the challenge of and interest in the work, and 319 listed the pleasant atmosphere and good working conditions.

Others among the top ten "likes" were flexibility of working hours and lack of overtime, vacation/holiday/sick leaves, location of medical center from home, retirement and insurance pro-

grams, job latitude and freedom, liking to work for one's own supervisor, and working in academia and/or the medical field.

Similarly, the questions receiving the most answers of satisfied, very satisfied and extremely satisfied in another section of the survey were the relationship with co-workers (93 percent of responses), the work itself, working hours, vacation, holiday and sick leave policies, information about specific job duties and responsibilities, quality and availability of the equipment necessary to do your job, degree of autonomy on the job, the way your supervisor treats you as compared to the way your supervisor treats other people in your department, the fairness of your work load, and understanding of how your job fits into the overall picture at the Health Science Center.

The question of "things you dislike most about working at the Health Science Center" brought 686 responses

of parking (both cost and accessibility), 626 responses of salaries and 185 responses of lack of a true merit system.

Other among the top ten "dislikes" were retirement and insurance benefits, bureaucratic system and red tape, lack of quality eating facilities, lack of advancement opportunities, transportation to work and location of medical center, lack of unity and cooperation at HSC, and lack of communication.

The questions receiving the most answers of dissatisfied, very dissatisfied or extremely dissatisfied were the cost of parking (73% of responses), frequency of raises, system for merit raises, relationship between your performance and raises, availability of parking, pay schedule, convenience of parking, information on how you could prepare yourself for possible promotion, and the fairness of promotions.

UT

HSC responds to Attitude Survey results

Three actions have been taken already as a result of the Employee Attitude Survey, according to Clough Shelton, director of personnel.

1. In response to concerns about transportation, child care and productivity, the use of flexitime has been authorized. The flexitime program provides that all employees must be present at work during the core hours of 9 a.m. - 4 p.m. Individuals may adjust their schedules from 7-9 a.m. and 4-6 p.m. with their supervisor's approval as long as the department can meet its responsibilities.

2. In response to concerns about pay schedules, the payroll is being converted from a monthly schedule to a biweekly schedule for all nonexempt classified employees. This conversion is expected to be complete by the end of the current fiscal year, Aug. 31, 1981.

3. In response to concerns about salaries and promotions, the Health Science Center has applied for and received a one-year federal grant to develop a uniform job evaluation system for all 260 classified job titles and all

nonacademic A&P (administrative and professional) positions. The evaluations began in late January and may lead to revisions of job titles and job descriptions and the development of paths for advancement.

Other ongoing efforts are being made to meet dissatisfactions with parking, the merit system, advancement opportunities, the availability of health care and internal communications. John P. Porretto, vice president for administration and finance, pointed out in his letter to faculty and staff.

The Committee on Parking and Security, chaired by Porretto, has arranged for the installation of emergency telephones with a direct line to the UT Police Department; parking after hours (5:30 p.m. - 7:30 a.m.) and weekends in the Jesse Jones Library Building garage and Lot I for anyone with a Texas Medical Center or Main Building parking permit; an early morning shuttle service for nursing students; and improvements by TMC in the condition of Lot I near the Dental Branch.

For questions or information

about the committee, contact the secretary, Martha Raymond, at 792-4270.

Responses to the survey showing dissatisfaction with the merit system will be used in discussing with the UT System Office and the Legislature the importance of appropriating funds earmarked for merit increases. In some recent legislative sessions, the Legislature has approved merit salary increases without appropriating the funds for implementation, Porretto said.

To encourage opportunities for advancement, the Personnel Department will continue to offer training programs designed to enable employees to acquire new skills or sharpen existing skills. Through the promotion and transfer program, opportunities are posted for classified employees to pursue.

While most respondents expressed general satisfaction with the benefits package, more than one-third were concerned over the lack of health care for employees. An HSC committee, chaired by Dr. John C. Bartlett, vice president for

planning and institutional studies, has recently completed a report with recommendations for establishing several health services for faculty and staff.

Efforts to improve unity and effective communications include publications of the Public Affairs Office, Employee Relations efforts, ad hoc committees and open forums, and HSC-TV's Channel 10.

"We particularly want to stress the availability of all members of our administration for comments or questions from faculty and staff members who encounter problems with or can suggest improvement of administrative processes," Porretto said.

"Now that we have a base of information, we hope to repeat the survey every year or 18 months," said Judi Booker, coordinator of the Employee Relations Program. She said this is the first time an employee survey has been attempted on a center-wide basis, although some individual schools have conducted them in the past.

For questions or concerns about the survey, contact Clough

(Continued on page 12)

Do you ever feel guilty about your dirty house?

By Ina Fried

Was the last time your floor was clean enough to eat on also the last time your mother-in-law came for a visit? Does your home look more like the aftermath of a hurricane than the result of "cleaning like a white tornado"? Do you leave your Christmas decorations up until Easter?

Do you feel guilty about your dirty house? Don't.

"Although it is true that some dirty environments will promote the development of disease-producing organisms, a dirty house in and of itself has not been shown to cause disease," say Judith Lentz and Elsa Meyer Tansey, assistant professors in the School of Nursing.

Writing in *Nursing Outlook*, they warned against correlating a person's or family's level of cleanliness with their health, motivation, morality, intelligence, education or psychosocial status. They suggested, instead, that nurses and others "look beyond the dirt and focus on the people to assess the cause for the apparent disarray."

Lentz and Tansey proposed two general, and often interacting, explanations for the dirty house:

1. The environment may inhibit or discourage good housekeeping practices.

2. The individual may not keep the house clean due to conflicting priorities, capabilities or difficulties.

The crowded, dilapidated home of a low-income family may obviously be difficult to clean, the nurses said. But it may be less obvious that housekeeping is also dif-

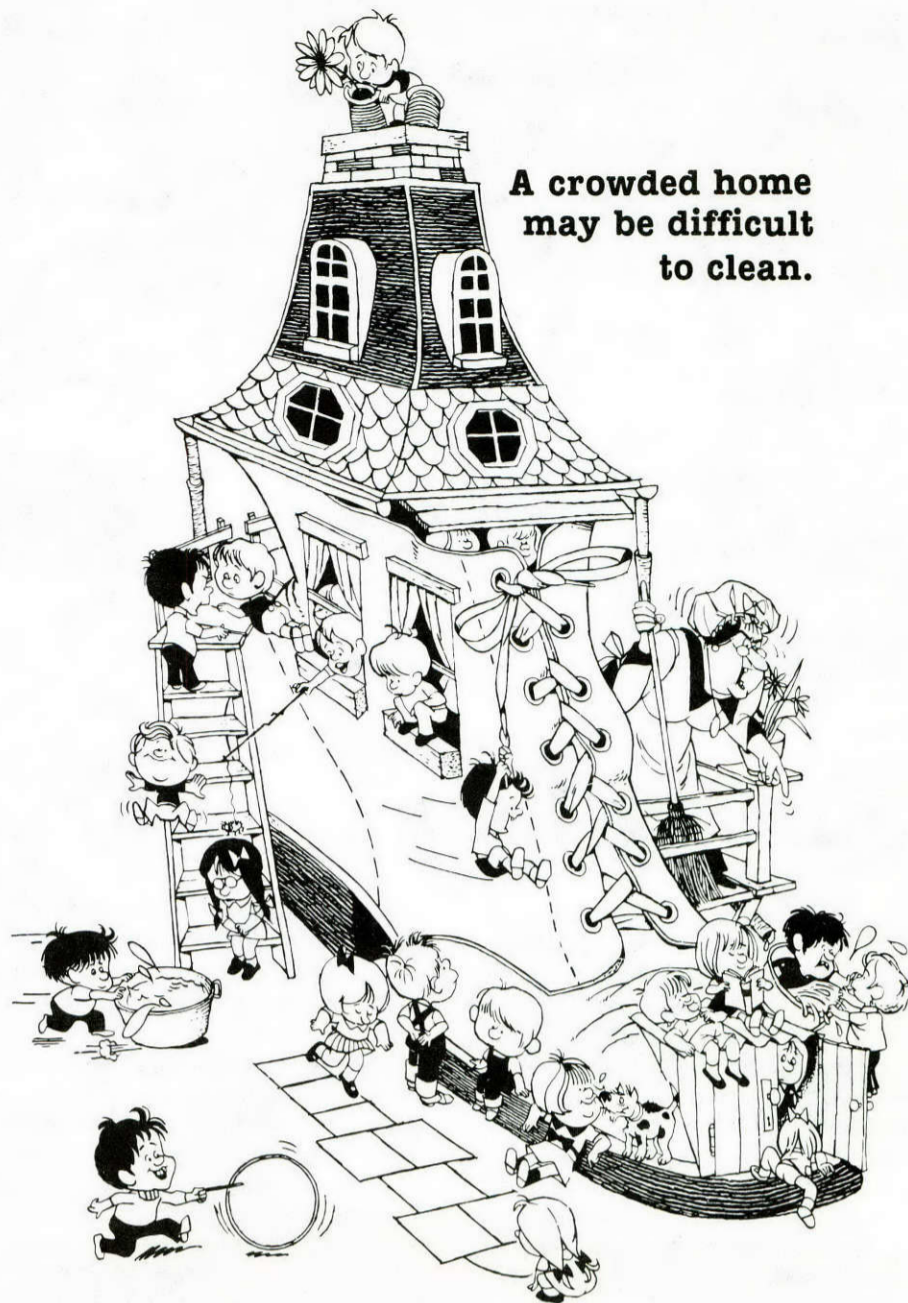
ficult for people living in older homes without adequate closet space and for elderly people who have been forced by economics to move into smaller homes.

"The clustering of lifetime possessions into a reduced space gives the appearance of clutter," Lentz and Tansey said. "To suggest disposing of any of these possessions is more likely to threaten the well-being of their owners than the hazards of dust and clutter. The most insignificant trinket is likely to represent a cherished event, memory or relationship. At a time of life when losses become numerous and uncontrollable, memories of the past remain constant and provide stability."

A dirty house also may reflect a person's priorities in the face of competing demands, they pointed out. For a mother these demands may include outside employment, child care, care of a sick or elderly family member, a demanding husband, or simply the need to pursue her own self-actualization.

"What is the mother doing with her time?" Lentz and Tansey asked. "Is she keeping the house immaculate or is she helping dress dolls, build bridges and skyscrapers, playing games, or preparing her husband's favorite dish?"

While the state of housekeeping may simply indicate priorities, a change in housekeeping may be significant in early detection of health problems, the specialists in community health nursing said. Poor housekeeping may reflect such physical and emotional problems as decreased vision, arthritis, organic brain syndrome, chronic illness and



A crowded home may be difficult to clean.

depression.

"Sudden change in housekeeping patterns may be symptomatic of crisis," they said. "A disordered environment may reflect individual or family upheaval, an illness or

death in the family, financial burdens, loss of a significant relationship, unexpected or unwanted change in a job—all these usurp available energies." **UT**

Andreoli, Swort, Henley leaders in field

When it was announced that the former president of Wellesley College would be appointed chancellor of the nine-campus State University System of Florida, some people here sat up and took notice.

It may sound odd that someone at UT might be interested in the next chancellor of the Florida university system, especially since the Health Science Center is so far away.

But then again, maybe it isn't so odd at all. Women all over the world share a kind of comradery. So, it seems only appropriate that they sit up and take notice when another woman becomes one of the country's few female college chief executives.

Comradery like this is evident almost everywhere. And some of the credit goes to organizations like the National Identification Program of Women in Higher Education Administration, which was begun almost five years ago by the American Council on Education's office of women.

Each year National Identifica-

tion Program administrators do their utmost to stir up enthusiasm and create incentive among the women who participate in their forum.

"It's interesting to see a group of women who are such dynamic leaders in the (education field)," Dr. E.C. Henley noted, after returning from the last forum held in Dallas.

This was Henley's first time to participate in the forum. The School of Allied Health Sciences nutrition and dietetics program director was invited to attend the forum as a visitor for the same reason UT President Roger Bulger nominated Dr. Kathleen Andreoli and Dr. Arlowayne Swort members of the National Identification Program.

"Henley shows great potential for leadership," according to Andreoli, acting dean for the School of Allied Health Sciences.

To qualify for membership in the National Identification Program, women must hold high administrative positions. Besides serv-

ing as acting dean, Andreoli also is the president's special assistant for educational affairs. Swort is the dean for the School of Nursing.

"Our membership list runs into the hundreds," according to Emily Taylor, director of the National Identification Program. National forums are held, as well as ones on the state level.

"Our objective is to get more women in high administrative positions," Taylor stressed.

Among the 2,722 colleges and universities accredited by major regional associations, only 214 have female presidents or chief executives, according to Donna Shavlik, associate director of the American Council on Education's office of women.

She said approximately 40 percent of these women head all-female institutions. And only 16 women head individual state colleges and universities.

Shavlik also told the *Chronicle of Higher Education* that if women are to rise professionally, search committees and governing boards

have got to stop thinking women are incapable of handling budgeting and fund-raising jobs.

People like Andreoli, Swort and Henley have managed to knock down some of these hurdles. All three women are innovators in their fields.

Andreoli is a major leader in coronary care nursing. Her book, *Comprehensive Cardiac Care*, recently has gone into its fifth edition. In addition, she was named a fellow of the American Academy of Nursing in 1980.

Swort has provided leadership for the Nursing School and its faculty since her appointment as dean in 1977. She is the author of a book on the history of the nursing organization and the socio-economic problems that nurses face during their early years in the profession.

Henley was the instigator of the nutrition clinic here. Her goals were to meet the expanding needs of the Health Science Center and to give students practical experience.

Austin meeting to focus on nursing homes

By Barbara Short

A symposium on medical, legal and community responses to nursing homes will be co-sponsored by the Medical School's Department of Psychiatry and Behavioral Sciences and the Attorney General of Texas on Friday, March 6, in Austin.

The conference, titled "A Place To Come Home," is free and open to the public. It will be held in the Lyndon B. Johnson Auditorium on the UT campus.

For more information contact Dr. Larry R. Kimsey at the Medical School, 6410 Fannin, Suite 600, 792-4847.

In defining the goal of the conference, Mark White, attorney general of Texas, said it is to provide a forum for positive and concrete proposals to make certain that neglect is no longer a problem in Texas nursing homes. The aim of the conference is to offer constructive suggestions for improving the quality of life of Texas nursing home residents, White said.

Dr. Louis A. Faillace, professor and chairman of psychiatry and behavioral sciences in the Medical School, explains the reasons for an interdisciplinary approach. "Though an elderly person may

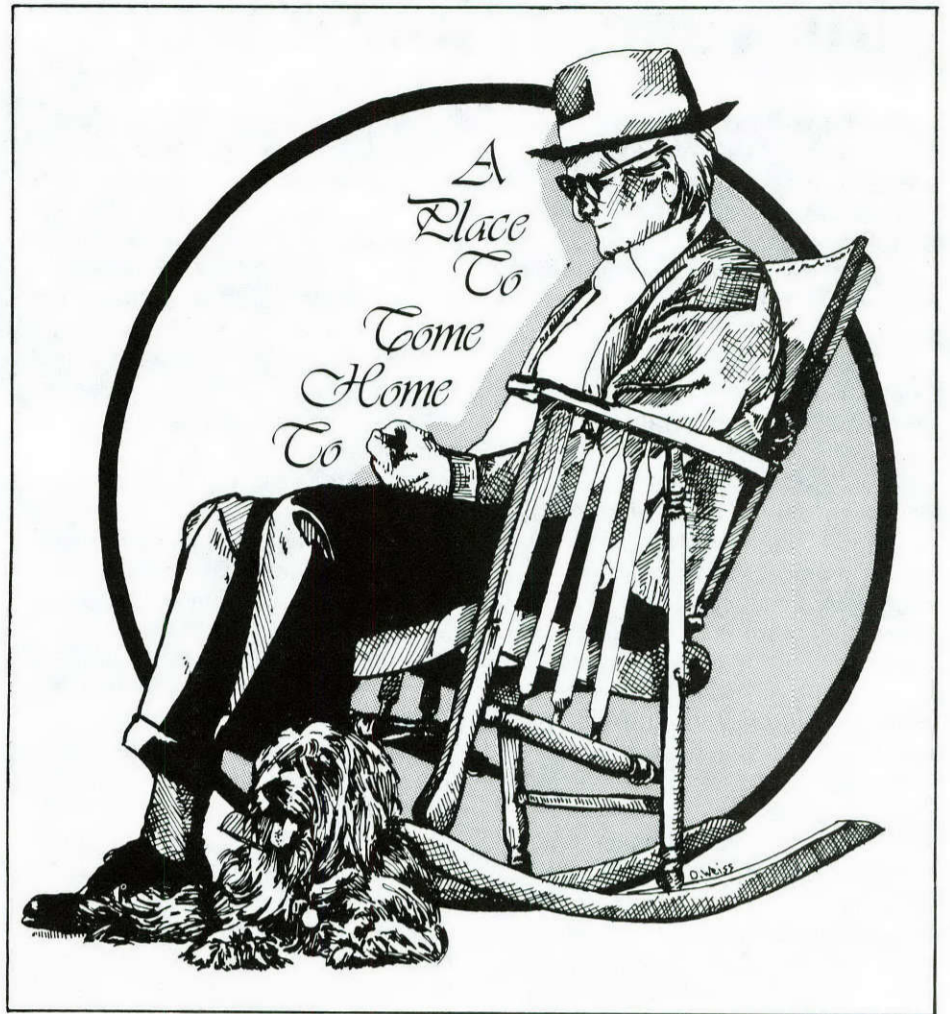
reside in a nursing home," Faillace said, "this does not mean the spiritual, fiscal, legal and educational aspects of his life disappear. Excepting their more intense medical needs, nursing home residents have the same concerns and needs as anyone else."

People need to understand the difference between neglect and abuse, said Dr. Larry Kimsey, associate professor of psychiatry and behavioral sciences at the Medical School. "Neglect is subtle, while abuse is overt. A general lack of care, improper diet, lack of cleanliness and fear of complaining are types of neglect," Kimsey said.

Dr. Arthur R. Tarbox, assistant professor of psychiatry and behavioral sciences at the Medical School, said there are potentially numerous categories of neglect. The main ones are physical, psychological, fiscal and material, Tarbox said. A few examples of fiscal neglect are economic deprivation, thievery and mismanagement of money.

Society's moral and ethical obligations toward nursing home residents will be the subject of a talk by Dr. Kenneth L. Chafin,

(Continued on page 13)



Women talk to women needing help

By Susan Fox

On the fourth floor of the School of Public Health is an office with barely enough room left to walk. Desks, filing cabinets, stacks of papers and other departmental paraphernalia clutter the classroom-turned-to-office.

Although quarters are inundated with supplies and people, nothing gets in the way of Nikki Van Hightower, her staff and volunteers and the board of directors. Together they have established the Houston Area Women's Center.

The center merged with the Houston Rape Coalition and the Women's Information, Referral and Exchange Center in 1977, and has been housed at the UT School of Public Health for just about that long.

Word of the Women's Center spread quickly. And before long, people began to volunteer and telephones began to ring.

Phones rang at the rate of about 53 times a day last month. Volunteers—most are women—supplied callers with information that ranged from getting rape counseling, to finding a lawyer, to obtaining temporary refuge from a sadistic husband.

All in all, the last several years have been successful ones for the Women's Center. But that's not the end of the story. There's still more to do and more to accomplish, according to Van Hightower.

With the help of two professors at the School of Public Health, Van Hightower and her staff are trying to add another vital



service—an Alcohol and Drug Rehabilitation Center.

If funding is obtained, the rehabilitation center would become one of the few in the country that permits children to stay with their mother, while she recovers from alcohol and drug abuse.

According to Van Hightower, there's been almost no research done on alcoholic women. Dr. Dave Martin, professor of behavioral sciences, and Dr. Arthur Littell, professor of biometry, are interested in obtaining more information about the alcoholic woman.

"Their involvement drew us over here (to the School of Public Health)," Van Hightower said, adding that if the rehabilitation center is built, the two men will serve on

its advisory board. In addition, they would supervise day to day operations there.

A former women's advocate for the city, Van Hightower realizes the importance of the Women's Center and the rehabilitation center to many women. "I was amazed that as soon as my appointment was made (public), the telephone began to ring," she said, recalling the position handed to her by a former Houston mayor.

But the position was later abolished, with not much resulting from her efforts to improve conditions in the city for women.

"I had found out that the city ran an alcohol center, but not one for women. The city was in pathetic shape. And women kept running into deadends," she said.

"Our goal here is to provide services in the area where the needs of women are not being met. Until the Houston Area Women's Center became active, greater Houston had no coordination of services for women," she said.

The rehabilitation center is only one of many more services the Women's Center hopes to provide. A resources library, a child care center, a job bank and a transportation system are some of the services planned for the future.

Finding a larger office is also another step the Women's Center will soon need to take. "We want to bring other groups together and provide organized services," she said, explaining that women lost a lot of energy before the center was established trying to find appropriate groups to help them.

When the Women's Center

opened, Van Hightower remembers they "lived month by month," not knowing whether it would stay open or close. "When we opened, we had almost no money."

Now the Women's Center receives money from federal, state and local agencies, one of those being the United Way. "We raise the rest of the money," Van Hightower added.

Volunteers do the bulk of the work. Students, housewives, anyone can volunteer. They are screened and then trained to help answer some of the phone calls the center receives. Volunteers staff telephones Monday through Friday from 9 a.m. to 9 p.m. That number is 792-4664.

Phones rang at the rate of about 53 times a day last month.

On weekends or after office hours, people seeking information can call Crisis Hotline at 228-1505.

Persons who would like to help, but cannot volunteer their time can become members of the Houston Area Women's Center. Membership dues are \$25 and go toward meeting operational costs.

Van Hightower noted that a new hotline for rape victims was installed at the Women's Center recently. The hotline is a 24-hour number (792-RAPE).

The emergency shelter for abused women and children is open 24 hours, seven days a week. The shelter a year ago accommodated 14 women. It now can provide refuge for 30 women and children.

Bird-watching hobby aids researcher's work

By Barbara Short

It is true birds don't have teeth. So what is a bird watcher doing as an associate professor of anatomy at the Dental Branch?

Well, everyone needs a hobby, and for Dr. Barry Hinderstein, bird watching is it.

Hinderstein recently joined the Dental Branch anatomy faculty to blend his environmental and anatomical interests better.

On the faculty at Texas Southern University for five years, he taught anatomy, physiology and environmental biology. He was especially concerned with the St. Louis encephalitis (SLE) virus. He says the virus is caught by the *Culex quinquefasciatus* (culex) mosquito when feeding on infectious birds, such as house sparrows, which are quite numerous in the Houston area.

Not only is Hinderstein a bird watcher, but also a bird bander. "There are several areas around Houston designated as catching sites. Netting is set up for the capture. After the birds are caught, the City Health Department performs blood tests to check for antibodies which suggest the presence of virus or disease. Then a metal band with an identification number is placed around a leg of the bird. The bird is then let loose," Hinderstein said.

The band allows ready identification of a bird should it be recaptured. The number will tell when and where the bird was originally caught and the results of the tests for virus antibodies.

If the blood test is positive for SLE virus antibodies, then the bird is said to have a viremia.

"Probably over the last 10-12 years, 20,000 birds have been

caught, bled to check for viremia, banded, let loose and then monitored," Hinderstein said.

The house sparrow is the target of much suspicion as the carrier of SLE, Hinderstein said. "They are the most abundant bird in Houston and they are fairly stationary. To my knowledge, all house sparrows but one that have been recaptured were within a quarter to half mile radius of where they were initially caught," Hinderstein said.

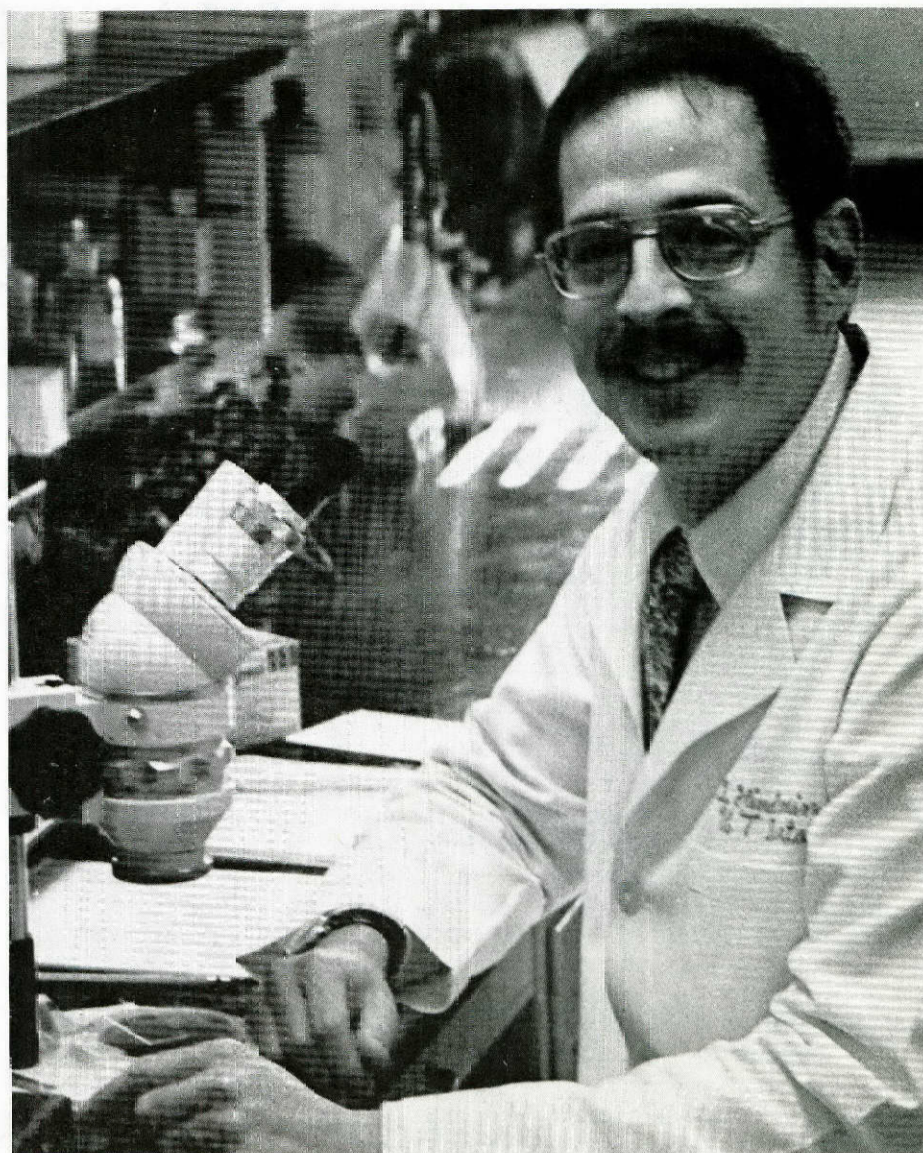
Why does all of the evidence point to the house sparrow as the SLE culprit? "Mosquitos like to feed on what is abundant and what is stationary," Hinderstein said. "House sparrows nest everywhere and anywhere. The nestlings, or chicks, make excellent feeding sources for the culex mosquito since they do not move at all and have no feathers."

The SLE cycle multiplies the virus's spread when a mosquito contracts the virus from an infectious bird, and then infects a healthy bird. Birds not only give the virus, but also are victims of it.

One of the most baffling questions for researchers is what happens to the virus in the winter? There is speculation that it either becomes inactive, hides in the birds or may be brought in anew each year.

Hinderstein feels the latter to be highly unlikely. "We just don't find evidence of SLE in birds which are seasonal to or migrate through the Houston area.

"The goals of my research in this area, and that of other researchers, is to develop predictive models. We must first find the missing link: what happens to the virus? Hopefully, a model can be



AN AVID BIRD-WATCHER, Dr. Barry Hinderstein combined his hobby and work when he researched the relationship between St. Louis encephalitis and house sparrows while at Texas Southern University. Hinderstein joined The University of Texas Dental Branch anatomy faculty as an associate professor last fall. (Photo by Gary Parker)

developed which will aid in stemming the next SLE tide," Hinderstein said.

Besides the presence of the virus to begin with, Hinderstein says the other essential elements for an SLE outbreak are high densities of humans, mosquitos and birds, and the presence of standing organic waste water. Organic waste water is a favorite breeding environment of mosquitos.

Houston often satisfies all of these requirements, as the city did last summer.

If the virus is present, the most effective method of controlling a potential outbreak of SLE is to rid the community of open and standing organic waste water, Hinderstein said. Then it is less likely the culex mosquito will breed so profusely.

UT

New office helps locate research funds

When President Ronald Reagan talks about cutting the federal budget, researchers understandably become concerned about funding from such agencies as the National Institutes of Health and the National Science Foundation. If their grants are cut or eliminated, where will they go for the funds to support their research?

A new office has been established to help faculty locate sources of funds for their research projects. The goal of the Office of Research Services (ORS) is "to give everyone the best opportunity for funding a particular project," according to its director Bob Davis. It is designed to assist faculty members in locating appropriate private foundations, private associations and unfamiliar federal sources.

Davis comes to the Health Science Center after 14 years at the University of California at Santa Barbara, where he headed the Office of Contract and Grant Administration. The program services



Bob Davis, Director Office of Research Services

specialist Diane Hicks is familiar with the UT System since she worked at M.D. Anderson Hospital for six years.

They currently are ordering resource materials, reading and codifying the information, and beginning data entries into a computerized information system. Until the computerized system is more complete, they will do manual searches of the material.

All materials will be available in a reading room at the Graduate School of Biomedical Sciences for researchers who would like to look through them.

The data system will be based on key words, Davis explained. Anyone requesting a search should submit a written request, listing key words and briefly describing the research in terms an educated layperson can understand. Researchers also will be asked to list any sources they have already contacted, so the ORS won't duplicate their efforts.

Other ORS services will include:

- A monthly newsletter of funding opportunities, national trends, program deadlines, new sources of research funds, etc.

-A faculty research profile which can be used to alert faculty to appropriate funding opportunities which may have short funding deadlines and to possibilities for collaborative efforts.

-Providing information on the most advantageous approaches to new funding sources, including assistance with preliminary contacts, informal proposals and formal proposals.

-Providing up-to-date information on successful proposal writing techniques.

"We want to reinforce to the faculty our very strong willingness to go to their domain," Davis said. "Whether they just want to meet me or they have an idea to discuss, they don't have to leave their office or lab. We'll be happy to go to them. We're here to help. We often have a better understanding about the people we're trying to help and what they're trying to do if we go to their labs."

For more information call 792-4689.

UT

Visiting Committee to consult with Bulger

The Health Science Center's Visiting Committee, composed of 20 noted individuals from throughout the United States who represent various health care fields, will meet with President Bulger and other representatives of the HSC's eight components March 12 and 13.

The committee, which serves as an advisory group on ongoing and proposed programs, was formed last year by President Bulger.

Dr. Robert G. Petersdorf, president of Brigham and Women's Hospital in Boston and professor of medicine at Harvard Medical School, is again serving as committee chairman.

Other committee members are Dr. Lester Breslow, professor of public health at the University of California in Los Angeles; Dr. Philip Caper, research fellow in the Center for Health Policy and Management, John F. Kennedy School of Government at Harvard University; Dr. Rheba de Tornyay, dean of the School of Nursing at the University of Washington; Dr. Clifton O. Dummett, professor of dentistry at the University of Southern California; Dr. Christopher C. Fordham III, chancellor of The University of North Carolina at Chapel Hill.

Also, Dr. David A. Hamburg, professor of health policy, School of Medicine, Government and Public Health at Harvard University and director of the Harvard Univer-

sity/Division of Health Policy Research and Education; Dr. Arthur L. Herbst, professor and chairman of the Department of Biological Sciences at Pritzker School of Medicine, University of Chicago; Dr. Ernst Knobil, chairman of the Department of Physiology in the School of Medicine at the University of Pittsburgh; Walter J. McNerney, president of Blue Cross and Blue Shield Associations; Dr. Mario E. Ramirez, past president of the Texas Medical Association.

Also, Dr. Arnold S. Relman, professor of medicine at Harvard Medical School and editor of The New England Journal of Medicine; Dr. Lewis Thomas, chancellor of Memorial Sloan-Kettering Cancer Center in New York; Dr. Daniel C. Tosteson, dean of the faculty of

medicine at Harvard University and president of Harvard Medical Center; Dr. Ira D. Trail Adams, professor in the College of Nursing at the University of Tulsa; and Dr. Joseph F. Volker, chancellor of The University of Alabama System.

Added to the committee this year are: Dr. William G. Anlyan, vice president for health affairs at Duke University; Anne R. Somers, professor in the Department of Environmental and Community Medicine in the College of Medicine and Dentistry of New Jersey-Rutgers Medical School; Dr. Nathan J. Stark, senior vice chancellor for health sciences at the University of Pittsburgh; and Dr. Arleigh B. Templeton, president and chairman of the board of trustees of the Texas Educational Foundation.

UT

Disaster committee planning for big one

By Ina Fried

"The biggest hurricane of the century is coming! Tape your windows. Buy canned food and bottled water. Prepare to evacuate."

If you were living in the Houston-Galveston area last summer you remember those warnings when Hurricane Allen was headed this way. That hurricane missed us, but the threat of wind and water damage will return.

The Health Science Center is taking steps to insure that it will be prepared for any disaster through the efforts of a Disaster Preparedness Committee chaired by Alan Ladd, executive director of the Medical School's Medical Service Research and Development Plan (MSRDP).

Ladd headed a similar group at the UT Medical Branch in Galveston before moving to Houston and is also the official HSC representative to the Texas Medical Center Disaster Committee.

The committee's first step has been to ask the dean or director of each of the HSC's eight operating units to appoint a three-to-five member committee for that unit. These must be people who can and will be available to respond to a

disaster and who preferably have expertise in either hazardous materials or animal care. Each committee will share a beeper and rotate the responsibility for it.

"The biggest concern right up front is the evacuation of animals in case of disaster because the impact on research could be significant if the animals are lost," Ladd said. Not only would some research work have to be repeated, but replacing the animals would be difficult and costly.

A lot of flood control work has been done around the HSC since

the flood of 1976, but if the levee system fails, the animals in the basement of the Medical School would be in danger. Planning for their evacuation must include provisions for food and sanitation, Ladd pointed out.

Another major goal of the committee is to develop an inventory of every lab and the hazards it contains, he said. Multiple copies of the inventory will be available in case of a fire or explosion.

"We're also trying to find a sign system to put on the wall outside each lab to identify the hazards," he said. The system would be similar to that used on trucks but the labels need to be more specific.

"In most cases there are multiple types of hazards," he said. "For instance, some materials give off a toxic gas when they burn, so it wouldn't be enough just to label the materials as flammable." The labeling project will be coordinated with the biohazards and radiation safety offices and with the HSC safety office, he said.

The committee would also like to expand firefighting training and cardiopulmonary resuscitation (CPR) training throughout the HSC.

"We'd like to make firefighting mandatory for people who work with hazardous materials and available to others who are interested," Ladd said. "Fire evacuation procedures need to be familiar to everyone. What happens to an employee in a wheelchair above the first floor when you're not sup-

posed to use an elevator during a fire? Can we get several people in the department to learn fireman carries?"

"We'd like to make firefighting mandatory for people who work with hazardous materials and available to others who are interested."

At Galveston everyone who works in patient areas and all supervisors are required to take CPR training, he said. He would like to implement a similar program here.

Another goal is to designate a controlled bulletin board in every building for emergency information. The committee will also cooperate with the HoUTexan to publish articles on such topics as the hazards of lightning, work safety, environmental hazards and hurricane plans.

Besides Ladd, the HSC committee includes two other HSC-General representatives, Tim Parker, director of administrative services, and Bob Bowman, director of auxiliary enterprises, and one representative from each of the HSC operating units: Dr. Richard B. Clark, Graduate School of Biomedical Sciences; Dr. Charles Mitchell, Speech and Hearing Institute; Dr. Paul McFarland, Dental Branch; Dr. Stanley M. Pier, School of Public Health; Dr. John C. Ribble, Medical School; Dr. Valerie Knotts, Division of Continuing Education; Dr. Doris Ross, School of Allied Health Sciences; and Iola Siegfried, School of Nursing.



"FIRST OF ALL, LET ME SAY I'M VERY GLAD TO BE HERE TEACHING THIS COURSE."

American Red Cross

Grants administrator moves to new post at Galveston

Opportunity knocked at Marjorie Forster's door, and she answered it.

Her caller? The University of Texas Medical Branch in Galveston.

The grants administrator at the School of Public Health joined the UT Medical Branch in January as its new director of sponsored programs-academic.

"I'm really excited about this opportunity in Galveston, even though I accepted the position with mixed feelings," she said.

Forster came to UT in 1969 from the University of Michigan School of Public Health, where she was an administrator in the department of biostatistics.

From 1969 to 1973, Forster served as administrative assistant to the associate dean for research at the UT School of Public Health. In 1973, she became assistant to the dean for research here.

In Galveston, Forster will be responsible for developing a faculty-research profile, identifying potential sources for research funding, developing contacts with private foundations and conducting grantsmanship workshops.

In addition, she will supervise an office of six and will act as liaison between the Medical Branch and federal agencies. Forster also will staff the Institute Review Board there.

Spring into action, join the fun, Sportathon '81

Get ready, get set, and be sure to go to Sportathon '81. The full day of sports and health promotion events is set for April 11, with April 12 as the rain date.

Contenders will be drawn from all branches of the Health Science Center, Baylor, M.D. Anderson and Texas Woman's University. Faculty, staff and students will be competing in events running the gamut from track and field to games purely for fun.

The entire medical center community and other interested Houstonians are invited to come spend a day watching the events and visiting the various health promo-

tion events and screenings being sponsored by organizations in the medical center and the Houston health care community.

Dr. James A. Chappell, director of the HSC Student Health Service, will serve as official physician for the activities.

For early birds, events start at 8 a.m. and will continue until 5 p.m.

Sportathon '81 will be held at the Rice University playing field.

Volunteers are needed to help supervise activities at the Sportathon. If you'd like to help, call Beverly Wright at 792-5255.



You rob only

By Susan Fox

March is Nutrition Month. So, what better time is there than now to pass along information that can help tantalize tastebuds and keep you healthy, too?

Camille Kappus, nutrition student at the Graduate School of Biomedical Sciences, says Texans are lucky to live in a state that has an ample supply and variety of vegetables and fruits.

However, many persons don't know enough to reap the nutritional benefits of these foods. So, thanks to Kappus and the book, *Let's Talk About Food*, we're able to share a few cooking tips.

Just imagine this: It's summer

Good health: proper diet, no smoking, physic

By Barbara Short

The doctor recommends a triple by-pass procedure. You panic and ask yourself: Am I in such bad shape that the doctor feels this is necessary?

Luckily, the triple by-pass procedure advised by Dr. Herbert L. Fred, director of medical education at St. Joseph's Hospital, is to by-pass inactivity, overeating and smoking.

Following Fred's triple by-pass procedure may forestall undergoing by-pass heart surgery required because of coronary arteriosclerosis (blockage of the main arteries supplying the heart), he said.

Psychological benefits from regular exercise include a natural tranquilizing effect, decreased stress, better habits (refraining from alcohol, cigarettes and poor diet), better sexual function and delayed aging.

Fred was one of several panel members at the second of a series of health promotion lectures sponsored by the Associates of the Health Science Center. The lecture, titled "Exercise and How It Affects Your Health," was chaired by Dr. Louis Roddy, pulmonary fellow in internal medicine at the Medical School.

Fred remarked that the main factors affecting fatal vascular (blood vessel) disease are heredity, smoking, inactivity, diabetes, high cholesterol intake, high blood pressure, obesity, stress and dietary indiscretion (too many calories and too much animal fat).

When choosing a physical activity to enhance health, Fred suggested jogging, which has been highly rated by sports medicine specialists for physical fitness and general well-being.

Dr. H. Thomas Blair, clinical faculty member of internal medicine at the Medical School, stressed three factors to be considered before embarking on an ex-

ercise program such as regular jogging.

"A person must consider his present state of health, what his goal is and how much physical exertion his muscles are ready for," he said.

Blair explained that if a person has been ill, his goal should be rehabilitation; a person who wishes to maintain wellness should work toward conditioning or fitness; and then there is "madness," those individuals who are training for specific events.

Regular exercise (three times per week for 30 minutes with a heart rate of 80 percent of the maximum for any given age) allows an individual to develop and maintain cardiovascular endurance and musculoskeletal fitness, and to gain psychological benefits, Blair said.

Psychological benefits from regular exercise include a natural tranquilizing effect, decreased stress, better habits (refraining from alcohol, cigarettes and poor diet), better sexual function and delayed aging, Blair said.

Activities recommended for developing cardiovascular endurance are swimming, running and bicycling. Racquetball, handball, tennis and walking are especially suited to the development and maintenance of musculoskeletal fitness.

Though golf and bowling alone are not strenuous enough to develop and maintain cardiovascular fitness, they do provide psychological benefits, help muscle tone and fulfill the need for competition, Blair said.

Does exercise prevent disease? Dr. Walter M. Kirkendall, professor of internal medicine at the Medical School, believes it does.

"Though the perfect experiment to test this theory is impossible, evidence does suggest that regular exercise increases high density lipoproteins (HDL) in the blood, which prevents the buildup of cholesterol in the arteries thus lessening the likelihood of heart disease," Kirkendall said.

Kirkendall quoted the results of a study which pitted a group of

regular runners (at least 25 miles per week) against a group of sedentary people.

Citing another study, Kirkendall said the evidence suggests that running may lower blood pressure of hypertensive individuals. The study is somewhat controversial, he said, because weight loss and diet changes were not accounted for.

Claiming that the nutritional needs of the very active don't vary much from that of the inactive, Dr. Carolyn Moore, assistant professor of nutrition and dietetics at the School of Allied Health Sciences, said that any nutritional deficiency will be more pronounced in an active person. People who are suffering from a vitamin deficiency may find their performance improved when taking supplements, but only up to the level expected of healthy people, she said.

"The main dietary difference between the active and inactive is the amount of calories one needs to maintain a high level of activity. This depends on body size, metabolic rate (rate at which food is turned into energy), and the in-

tensity and duration of the exercise," Moore explained.

Contrary to popular belief, Moore said that protein requirements don't increase with exercise. "Protein intake maybe should be increased when the specific purpose is body building. Otherwise, Americans consume twice the Recommended Dietary Allowance of protein," she said.

Moore also pointed out that vitamin and mineral supplements don't improve the performance of a healthy person. "In fact, too much of certain vitamins or minerals can actually be harmful," she said. "Vitamin C in excess may cause the formation of kidney stones and interfere with the metabolism of vitamin B12."

Carbohydrates, such as fresh fruit, are the best energy source, Moore said. They are readily absorbed through the intestinal walls and are digested about two hours after ingestion. Also, carbohydrates increase muscle glycogen (muscle energy) which will improve work performance, Moore explained.

Not only is what you put in



EXERCISE AND HOW IT AFFECTS YOUR HEALTH was the title of the second in a series of health promotion lectures sponsored by the Associates of the Health Science Center. Three of the panelists were (left to right) Dr. H. Thomas Blair, Division of Pulmonary Medicine at the Medical School; Dr. Herbert L. Fred, director of medical education at St. Joseph's Hospital; and Dr. Donald E. Baxter, an orthopedic surgeon and chairman of sports medicine for the Harris County Medical Society. (Photo by Gary Parker)

yourself when vegetables overcook

and your garden is flourishing with a bountiful supply of fresh vegetables. You've just picked and cleaned a bunch of carrots, and placed them in a glass of water.

Most likely they'll be sweet and crunchy, but probably will lack many nutrients. The water that's been keeping them fresh actually has robbed the carrots of their vitamin C and other water-soluble nutrients.

Although it requires a long period of time to deplete them of all their vitamins, it's best to sprinkle water over the carrots (onions, peppers or celery) and wrap them up in a damp cloth.

It may be a little early for

homegrown vegetables, but "there are numerous fruit and vegetable stands in the city. Just look in the Yellow Pages," according to Kappus.

No matter where you get your vegetables, there will be a few bad ones. If you decide to keep the slightly bruised ones, don't store them with the fresh ones.

Salad greens and leafy vegetables should be washed before refrigeration. And carrots, beets and radishes stay fresher longer if the tops and roots are cut first.

As for potatoes, dry onions and cucumbers, they stay fresher if you keep them in a cool-not refrigerated-well-ventilated place.

The way food looks is just as important as the way it tastes. A pinch of cream of tartar added to cooking water can help prevent potatoes, cauliflower, onions and rice from turning off-white in soft water.

"I think raw fruit and vegetables should be included in everyone's meal," Kappus said, adding that overcooking exhausts vegetables of many nutrients.

She cooks broccoli, for instance, not over five minutes. But first, she splits the thick broccoli stalks and cuts them into smaller pieces so they will cook more evenly.

Kappus also noted that too much water will absorb the vegetables' nutrients. "Cook vegetables in the least amount of water and for the shortest time possible," she said, adding that it's not necessary to bring the water to a boil.

Steaming and cooking in a microwave are the two best methods to cook vegetables, since both ways retain more of the vegetables' nutrients.

If fresh vegetables aren't available, the next best nutritional buy might be frozen foods. Frozen spinach, for example, has larger amounts of nutrients than does canned spinach.

Canned spinach with liquid has 23 mg. of thiamine, 120 mg. of

riboflavin and 16 mg. of vitamin C; whereas, frozen leaf spinach has 80 mg. of thiamine, 140 mg. of riboflavin and 28 mg. of vitamin C.

The secret to keeping leftovers from spoiling is to adjust the refrigerator thermostat to 42 degrees Fahrenheit. Enzymatic action, which causes food to deteriorate, is stopped at that temperature.

Refrigeration prevents spoilage, but not indefinitely. Cooked meats can be stored safely for only a week. Nutrient loss is minimal if the meat is served cold.

Cooked vegetables, however, lose vitamin C when they're refrigerated. They shouldn't be kept longer than one or two days.

Commercially canned vegetables can be stored almost indefinitely in cool places. The Department of Agriculture reports that canned vegetables stored at 65 F lost up to 15 percent of their thiamine in a year.

Canned fruits lose about 10 percent of their vitamin C in a year, and both fruits and vegetables lose more nutrients if the temperature is hotter. **UT**

al activity

your body an important consideration, but also what you put on your body while engaging in physical activity.

Dr. Donald E. Baxter, an orthopedic surgeon and chairman of sports medicine for the Harris County Medical Society, said shoes are the first item to consider before embarking on a jogging program.

There are basically two types of running shoes: the racing shoe and the training shoe. For everyday jogging, the training shoe is the type which should be worn. One with a wide heel provides more stability, Baxter said.

Should a person develop an arch, hip or other leg/foot problem, Baxter recommends orthoses or orthotic devices. Orthoses are variously shaped devices which fit inside jogging shoes to support or brace the foot, Baxter explained.

The type of surface on which a jogger runs is almost as important as the shoe he wears on his foot, Baxter said, adding that synthetic and concrete surfaces grab the foot, putting a torquing force on the knees and hips, possibly injuring a joint. He recommends grass or cindertrack running surfaces.

In response to a question about muscle cramps, Baxter said they may be caused by a calcium, potassium or glycogen deficiency, or by an imbalance in the pull of the muscle.

And speaking from personal experience, Baxter advised potential runners to be sure and buy shoes which are long enough for their feet!

The next Associates lecture, scheduled for March 18, is titled "Blood Pressure and Social Pressure." The speaker will be Dr. Reuel A. Stallones, dean of the School of Public Health. The lecture, which is free and open to the public, will be held in the School of Public Health auditorium at 7:30 p.m.

For more information about the Associates or the lecture series, call the Development Office at 792-4279. **UT**

Preparing tasty vegetables

When Camille Kappus isn't working part-time at the Graduate School or studying, she's in the kitchen cooking. Fresh fruits and vegetables are some of her favorite foods.

Here are some recipes she gave us to share with *HoUTexan* readers.

Vegetable Vinegarette

1 cup white distilled vinegar
½ cup oil plus 2 tbsp.
3 cloves, crushed garlic
2 tbsp. sugar
Pinch salt, pepper

Shake and pour over vegetables and marinate overnight.

Vegetable suggestions: broccoli, squash, zucchini, cherry tomatoes, red onion, carrots, mushrooms, green beans, green pepper, cauliflower and spinach. (Parboil green beans)

Crepes

1 cup flour (sifted)
1/8 tsp. salt
3 large eggs
½ cup water
½ cup milk
2 tbsp. melted butter

Put all ingredients in blender and blend for a minute, stopping once or twice to scrape down unblended batter.

Let batter sit at least an hour or make day ahead and chill. (Bring to room temperature before using.)

Thin with milk or water if needed, adding 1 tsp. at a time.

Use seasoned crepe pan or non-stick skillet pan. (Makes 18 6-7 inch crepes. Each has about 53 calories if whole milk is used.)

Put steamed vegetables in crepe and pour cheese sauce over them.

Cheese Sauce

4 tbsp. butter or margarine
4 tbsp. flour
2½ cup milk (lowfat)
Salt and pepper to taste
¼ to ½ cup grated Swiss or Parmesan cheese

Heat milk to scalding point and remove from heat. Melt margarine in heavy sauce pan. Blend in flour and cook over low heat for about 3 to 5 minutes. Do not let flour brown. Add hot milk, whisk until smooth and cook until thickened. Season with salt and pepper. Add grated cheese and heat just until cheese is melted. (Approx. 30 calories per tbsp.)

News notes

Intramural Champions

Congratulations to the Recreation Center Intramurals champions: flag football—the "Ramblin' Roids," medical students; volleyball—"Controversy," second-year medical students; ping pong—John McNeely, second-year anesthesiology resident; women's pool—Deborah Crumbaker, medical student; and men's pool—Ron McDonald, Allied Health faculty member.

Rec Center Events

With spring just around the corner, the HSC Recreation Center has stepped up its Intramural Sports program. Following is a calendar of events. Any questions should be directed to Doug Franklin, Recreation Center direc-

tor, at 792-5885.

Ping Pong Doubles: play will take place on Saturday, March 7, at 9 a.m. at the Recreation Center. There will be men's women's and co-recreational leagues.

Golf Tournament: the tournament will occur on Sunday, March 15, at 9 a.m. with registration continuing through March 12. There will be a \$5 green fee payable the day of the tournament.

Tennis Mixed Doubles: play will begin at 9 a.m. on Saturday, March 21, on the Houston Main Building courts.

Pool Doubles: Saturday, March 28, 9 a.m.

Softball: registration continues through March 31. Play begins on Saturday, April 4, and continues

every weekend through May, except April 11, which is the date of the Sportathon.

Offices Move

The Medical School and South Main expeditors are now located in the Houston Main Building (Old Prudential), room 610, the Purchasing Department. Phone numbers for either expeditor are 792-4252, -4385 and -4386.

The Admissions-Student Affairs Offices for the Medical School moved to the Medical School Main Building, room G.024, near the Leather Lounge. The new phone numbers are Dr. Albert Gunn, 792-4711 (admissions) and Betty "Mom" Murphy, 792-5511 (student records).

Eye Shop gives discount

The Hermann Eye Center Optical Shop, located just inside the entrance to the Eye Center on the seventh floor of Hermann Hospital, provides a convenient service for HSC employees and students.

Wendy Keough, a certified optician, manages the shop. She said that the shop is not owned by Hermann, but by 11/11 Optical, which also has a store across the street from the Medical School Main Building.

The shop offers a 10 percent discount to HSC employees and students. Most of the prescriptions filled at the shop come from Hermann doctors, but outside prescriptions are also accepted, Keough said.

The primary service they provide is making glasses. Almost all makes of frames are in stock or can be ordered through the shop from catalogues. Lenses are ground across the street, and the usual

turnaround time for a new pair of glasses is one to two weeks. They can be made faster in case of an emergency, Keough added. They also repair and adjust glasses.

Prices of frames start at around \$25. Lenses start at \$37. Tints, photo gray or other special features will increase the price.

The shop also sells low vision aids such as magnifying glasses and telescopes not commonly found in optical shops, Keough said.

Although the shop does not make contact lenses, on Mondays and Wednesdays a contact lens specialist comes in to fit new lenses or polish and clean older ones.

The shop is open weekdays from 9 a.m. - 5 p.m. A deposit is usually required when glasses are ordered, and the balance is due when the glasses are picked up.

Master Card and Visa are accepted.



CABLE NEWS NETWORK INC. (CNN) from Atlanta videotapes a visit to the Mobile Hearing Clinic of the Speech and Hearing Institute. Dr. T. Walter Carlin (right) of the institute explained testing procedures and performed a thorough hearing examination with CNN medical correspondent Jerry Liddell as the "patient." Liddell also interviewed Carlin about noise pollution and how it affects everyday living. (Photo by Gary Parker)

Monkeys provide insight to amblyopia

(Continued from page 1)

amblyopia with young, rhesus monkeys since the monkeys' visual system is most similar to that in humans.

To study the conditions which lead to amblyopia, strabismus was produced in monkeys, according to Crawford. Surgery (using anesthesia) was one way it was developed. The other way involved placing an aluminum helmet encasing optical prisms on the infant monkey for various lengths of time. Data from these experiments then were generalized to fit human con-

ditions and applied toward human infants.

Research still is being done to determine the function of the visual brain and the exact length of time a child can go untreated before the eye problem is uncorrectable. Preliminary studies show that time for correction is very short, and that any type of abnormality or symptom-like head tilting—should be investigated immediately.

Head tilting, however, is only one of several indicators of visual problems which could lead to

amblyopia. According to Crawford, a child who bumps into objects, holds items close to the face or has abnormal eye movements also may become amblyopic.

Amblyopia can be caused by improper eye alignment (where one eye turns in) or unequal refractions (where one eye can see clearly and the other cannot), he said.

In Melissa's situation, she could not get her eyes to focus together on the same object. When this happens, children do one of two things: they may suppress the

image of one eye and rely on the other, or they may alternate by looking first with one eye and then the other.

"If you alternate, acuity develops in both eyes," Crawford said. Otherwise, the eyes may never learn to see together, and the eye not being used is soon "ignored" by the brain.

Amblyopia is "brain blindness." The brain does not respond to the information sent to it by the eye, Crawford explained, adding that if this condition is not corrected, the binocular cells of the visual brain are then irrevocably lost and amblyopia develops in the eye.

Steps to correct the eye problem actually should start when the child is only a few months old. A regular schedule which involves patching the good eye and forcing the bad eye to see might be one way a doctor will help correct the problem, Crawford said.

If a misalignment problem goes untreated, it will get worse until the child reaches visual maturity. Negligence then can cause the child to experience difficulty in completing some very simple tasks, such as threading a needle.

"It takes practice and experience to see," Crawford explained. And this experience must begin way before the child reaches visual maturity, which usually arrives by age 7.

"We know that if an eye is crossed in a human, as a teenager or an adult, it does not become amblyopic," Crawford added. Amblyopia rarely develops after age 10.

Ophthalmologists recommend that children have their eyes examined by the time they're several months old. And he also encourages parents to report any unusual eye alignment problems in their children. That way, problems like Melissa's will be discovered in time.

Technical talk

Radiology of Acutely Ill

"Radiology of the Acutely Ill and Injured Patient—Update 1981" is the title of the third annual course in emergency room radiology presented by the Medical School's Department of Radiology.

The program, scheduled for March 5-7 at the Galleria Plaza Hotel, is designed for practicing radiologists, emergency care physicians and other physicians involved in the care of emergency room patients.

Dr. Richard G. Lester, professor and chairman of radiology, is the program chairman. The program director is Dr. Carl M. Sandler, assistant professor of radiology. Medical School faculty and guest faculty will present workshops and lectures.

For more information call Sandler at 797-2834.

Lung Hazards

An interdisciplinary occupational lung hazards conference for industrial hygienists, occupational health nurses and safety engineers in the southwest United States will be held March 13-15 at the Galleria Plaza. The conference is co-sponsored by the School of Public

Health, the American Lung Association of Texas and ALA-San Jacinto Area.

The focus will be on the health team and management roles in identifying hazards in the environment, assessing employee respiratory health, and encouraging prevention of lung problems through improved employee health practices.

Speakers from UT include Dr. Patricia Buffler, associate dean for research and associate professor of epidemiology, Public Health, and Dr. Catherine J. Damme, assistant professor of community medicine, Medical School.

For information contact Mildred Hayes, ALA-San Jacinto Area, P.O. Box 13584, Houston 77019; phone 521-9561.

Nutrition in Medicine

Diet and Cancer Prevention, Public Concern over Diet Issues, Nutritional Assessment in the Office, Pediatrics and Nutrition, and other topics will be discussed by faculty from the HSC and the UT System Cancer Center at the Shamrock Hilton Hotel, 6900 Main at Holcombe, on March 14.

The UT Division of Continuing Education and Human Nutrition Center, and the UT System Cancer Center Department of Cancer Prevention will sponsor the refresher course on "Nutrition in Medicine" from 8:30 a.m. - 4:30 p.m.

Registration begins at 8 a.m. and costs \$40 for physicians and \$20 for UT faculty members to attend. The fee will be waived for full-time students and residents.

For information call the Division of Continuing Education at 792-4671.

Trauma Radiology

A "first-of-its-kind" Trauma Radiology Club has been organized in Houston by Dr. Yoram Ben-Menachem and Dr. John H. Harris, both professors of radiology at the Medical School, and Dr. Richard G. Fisher, professor of surgery, Baylor College of Medicine.

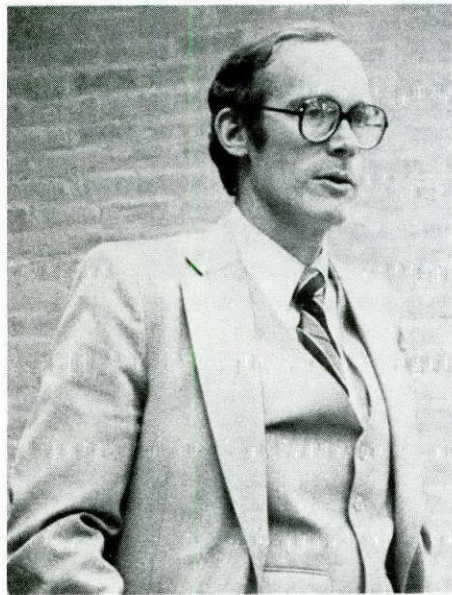
Participation is extended to radiologists, surgeons, emergency room physicians, paramedical, technical and nursing personnel. The club meets the second Tuesday of each month in room 2103 MSMB at 7:30 p.m.

Games, toys help treat speech problems

By Barbara Short

Two children sit attentively at a small table in what appears to be a playroom. The boy begins to read aloud and the girl listens.

And Ruth Haberkorn listens, too. Reading aloud is one tool Haberkorn employs during treat-



COMMUNICATION SYSTEM—Dr. Franklin Owen Black, associate professor and vice chairman of otolaryngology at the University of Pittsburgh School of Medicine, was a guest speaker at the Speech and Hearing Institute. Black spoke to the institute's faculty and staff about "Human Vestibular Function Viewed as a Communication System," Jan. 22. (Photo by Gary Parker)

ment as a certified speech pathologist at the Speech and Hearing Institute.

The children, 6-year-old Adam and 5-year-old Honee, are undergoing treatment for articulation problems. Adam has been in treatment for four years since his parents became concerned when Adam was not talking at all. Honee began treatment last year after corrective surgery for a cleft palate.

"There are many types of speech problems and causes of incorrect articulation," Haberkorn said. "I treat children who are language delayed, tongue thrusters, stutterers and those rehabilitating from corrective oral surgery. Adults also may be treated for these problems as well as for vocal nodules, aphonia (loss of voice), laryngitis, hoarseness, nasal and falsetto voices."

The more serious speech problems Haberkorn encounters are related to stroke, laryngectomy, encephalitis and meningitis.

Though usually she treats people individually, Ruth occasionally finds two patients have a similar problem and attention span, which is an important consideration when treating children.

"Because a child's attention span is short, pairing certain children will increase each child's

attention span," Haberkorn said.

Haberkorn treats Honee and Adam two or three times a week, each session lasting 20-30 minutes. "I will work with these children until they no longer need my help," she said. "It may take a few months or even several years."

During the session Haberkorn uses many visual, tactile and auditory aids. "I may at times have Honee and Adam read a book aloud, concentrating on the sounds with which they have the most difficulty," she said. These are s, g (as in angel), sh, ch, th and z sounds.

Games, toys, cassette players and mirrors also are very useful when treating children for speech problems, Haberkorn said.

"Concentration seems to be a popular game with Honee and Adam. When matching picture cards they will repeat the name of the object pictured each time the card is picked," Haberkorn explained.

Cassette players and mirrors are particularly effective tools for this type of treatment. "I will often record a child's speech and then play it back for him, allowing the child to hear for himself where he is making articulation errors," Haberkorn said. "Mirrors are used so the child can observe the movement of his lips and tongue and

compare that movement to mine. I can show him how to move these speech-producing structures to enunciate correctly."

Haberkorn also feels reinforcement is essential to successful treatment. "I will often hug or tickle the children to make them feel loved and rewarded for effort or success," Haberkorn said.

Parents take an active role in their child's speech treatment. They observe each session from a special room with a one-way mirror.

Though parent involvement is vital for ultimate success, Ruth feels school awareness or involvement is equally crucial.

"I keep in touch with the schools my patients attend so we can develop a cohesive program for each child," Haberkorn explained.

Most of Haberkorn's patients are referred to her by physicians, schools, the Texas Institute of Research and Rehabilitation, the Texas Research Institute of Mental Sciences and other parents.

Sometimes parents simply call the Speech and Hearing Institute when concerned about their child's speech development.

Parents who feel their child is experiencing a speech difficulty may contact the Speech and Hearing Institute at 792-4600 for a consultation.

UT

Winning essays focus on chronic disease

Chronic disease is now responsible for more than 80 percent of all deaths and for an even higher percentage of disabilities, according to Kenneth Culver, fourth-year student at the Iowa School of Medicine.

The prevention of chronic disease was the focus of Culver's essay on "The Unmet Health Care Needs of U.S. Children: Directions for the 1980s." Culver was one of two winners of the first annual Roger E. Stevenson Award for Pediatrics Essay sponsored by the Medical School.

The other winner was John Lantos, fourth-year student at the Pittsburgh School of Medicine. He contends that pediatric physicians need to place more emphasis on developmental and biosocial problems: psychological and behavioral problems, and problems associated with chronic diseases.

Behavioral change is the first step toward the prevention of chronic disease, Culver said. Changes should include the cessation of smoking, alcohol and drug abuse; good mental health practices; sex education; accident prevention; proper nutrition; and physical exercise.

Chronic diseases such as arteriosclerosis, arthritis, diabetes, lung disease, cirrhosis of the liver and cancer can be averted with the behavioral changes mentioned above, Culver said.

Culver feels physicians have a responsibility to involve themselves personally with their patients.

Preventive medicine education needs to take place on four levels: with the individual patient, the family, the school and the community at large.

Schools are a good place for preventive medicine education to occur, Culver said, because it would then be available to all children equally. This is one way to circumvent the maldistribution of medical care due to either geographical or financial limitations, Culver said.

Lantos viewed pediatric biosocial problems from five perspectives: the clinic, physician, patient, society and the academy (medical profession arena).

Lantos feels that the hospital as the center of the medical community doesn't fulfill the needs of most patients. Some sort of compromise needs to be made between the hospital environment and housecalls, he said.

Neighborhood clinics or doctors' offices seem to be the best solution, Lantos said. They are more physically and emotionally accessible to the patient. Lantos said these clinics should be staffed with a "new" type of physician skilled at community outreach and sensitive to the needs of his pediatric patients.

Lantos believes that the changes which will enable doctors to meet pediatric needs also will meet the needs of the physicians for finding personal satisfaction in their work.

The patient also has changed,

Lantos said. In the past physicians were primarily concerned with pediatric problems like malnutrition, infectious diseases and other acute illnesses. Today, the focus is different. Children are being treated more often for poisonings, accidents, drug addiction, venereal disease and mental illness.

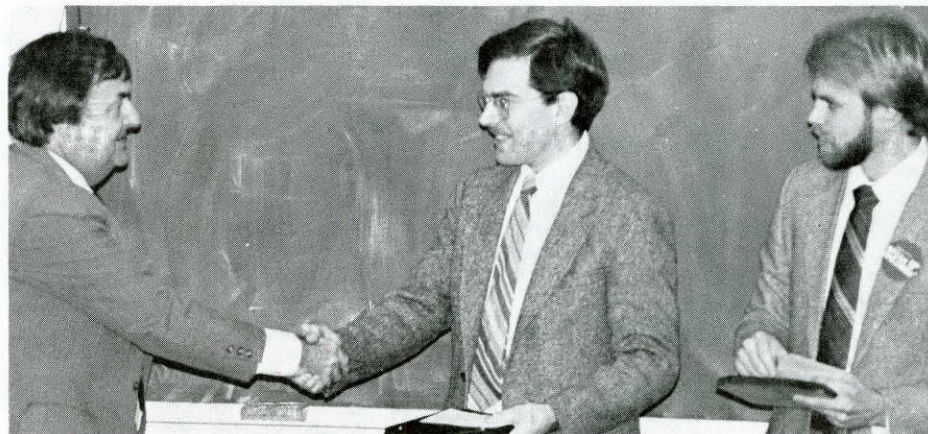
The patient has changed because society has changed, Lantos said. The chosen use of the automobile has led to many traffic fatalities. Attitudes and trends are increasingly more permissive concerning sex and drugs. And woven into the fabric of society are the poor, and all that goes with being poor and doing without, Lantos said.

Concluding with his view on the medical academy, Lantos feels

it can have a definite impact on the attitudes of physicians. The academy can either be a forum for new ideas or simply foster the old concerns. Lantos hopes the academy will come to terms with human suffering and reclaim the humanities for medicine, because medicine really is a synthesis of many disciplines.

The national Stevenson competition is named for the physician who helped shape the Department of Pediatrics at the Medical School. He is now director of the Greenwood Genetic Center and a practicing pediatrician in Greenwood, S.C.

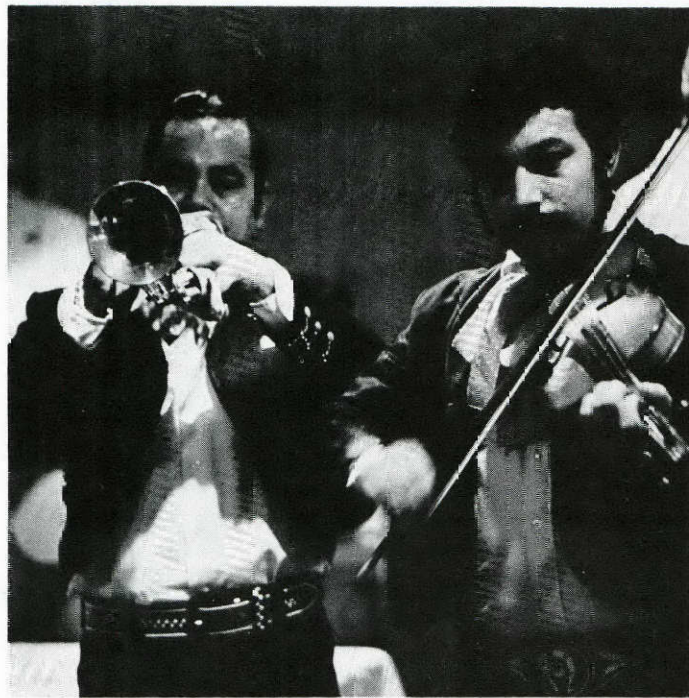
Culver and Lantos were each awarded \$1,300. The Stevenson essay competition is funded by a private, anonymous donor.



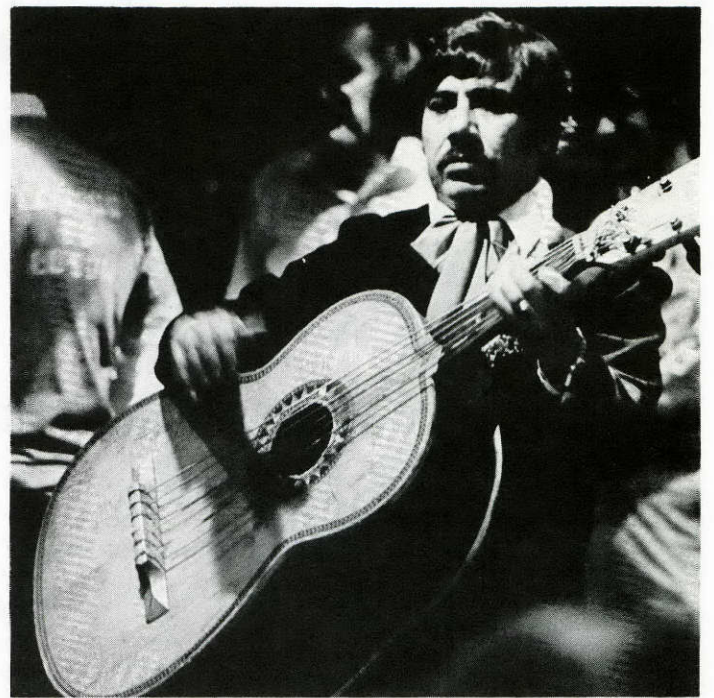
CONGRATULATIONS—Dr. Rodney Howell (left), chairman of pediatrics, congratulates the winners of the first annual Roger E. Stevenson Award for Pediatrics Essay. John Lantos (center), University of Pittsburgh School of Medicine, and Kenneth Culver, University of Iowa School of Medicine, submitted the best essays on "The Unmet Health Care Needs of U.S. Children: Directions for the 1980s." (Photo by Gary Parker)



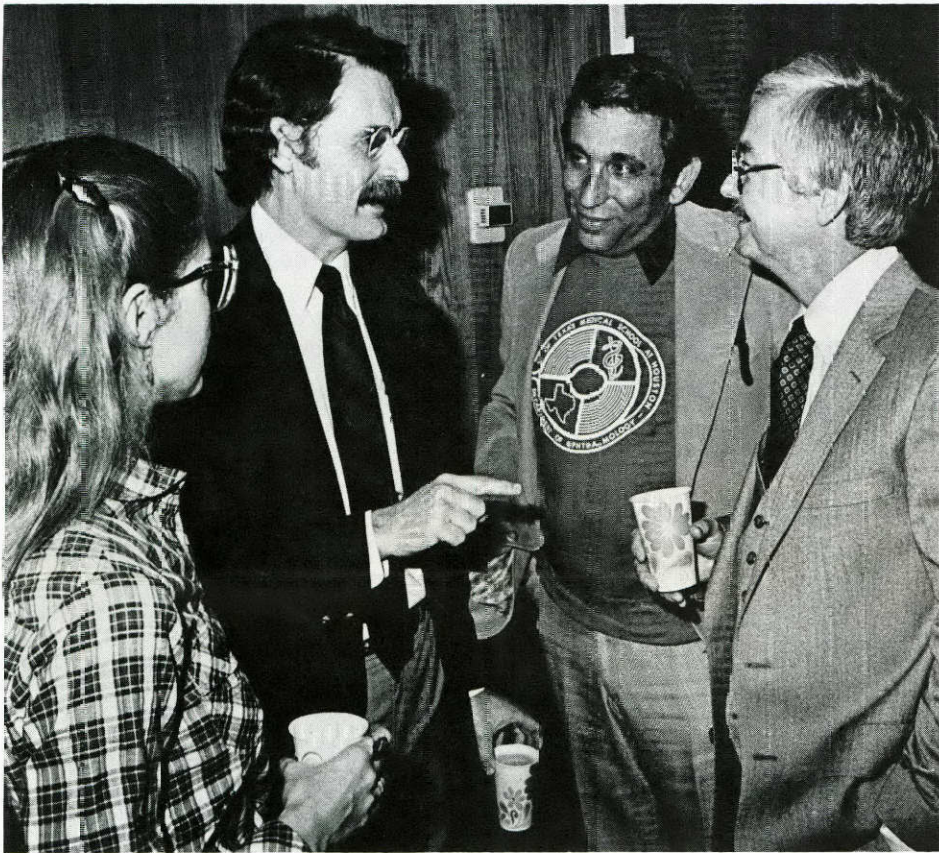
EASY TO IDENTIFY—Terri LaFitte is one of the hosts and hostesses from the Department of Ophthalmology wearing a special T-shirt during a TGIF sponsored by the Medical School Employee Relations Committee in the Medical School Cafeteria. (Photo by Rich Sabo, Department of Ophthalmology)



A LITTLE LIGHT MUSIC—A Mariachi band performs during the



Medical School TGIF in the cafeteria Jan. 23. (Photos by Jim Pastore, Department of Physiology)



EYEING A GOOD TIME—Liz Bashaw, operating room nurse, and Dr. James Duke, surgery, chat with Dr. Malcolm Mazo, ophthalmology, and Dr. Richard Ruiz, chairman of the Department of Ophthalmology, at the TGIF hosted by ophthalmology Jan. 23. (Photo by Rich Sabo, Department of Ophthalmology)



HAPPY HOUR—Marrisa Garcia (left) and Elsy Lopez are among those enjoying the Medical School TGIF hosted by the Department of Ophthalmology. (Photo by Carol Coates, Department of Ophthalmology)

Response to Attitude Survey

(Continued from page 3)

Shelton, First Floor, Main Building, 792-4290.

The survey was conducted by Lison, Wilson, Ferguson and Winic, a management consulting firm, with assistance in developing the questionnaire from an ad hoc committee consisting of

Dr. Bob Roberts, Bobbe True and Jerry Jones, Medical School; Dr. Ron Lorimar, Paul Callan and Betsy Chadderson, Public Health; Dr. James Foster and Anna Roo, Dental Branch; Nancy Fasano, Nursing School; Bill Crouch, Allied Health Sciences; and Clough Shelton, Judi Booker and Ed Metzger, HSC-General.

HSC quiz answers

(Continued from page 2)

Answers to the HSC-General TGIF Quiz are:

1. Members of the UT System Board of Regents are Jane Weinert Blumberg, Dr. Sterling H. Fly Jr., Jess Hay, Jon P. Newton, James L. Powell, Howard N. Richards, Janey Briscoe, Beryl Milburn and Tom B. Rhodes. The committee also accepted as correct the names of three members whose terms expired in January: Thomas H. Law, Walter G. Sterling and Dan C. Williams.
2. 14
3. E. Don Walker

4. Dr. Charles Berry
5. Dental Branch
6. Dr. Roger J. Bulger
7. UT System Cancer Center M.D. Anderson Hospital and Tumor Institute
8. UT Police
9. Dover
10. Houston Main Building
11. Peter Hurd
12. Eight
13. Physical Plant
14. Midday
15. John P. Porretto
16. Dr. John C. Bartlett
17. Employee Relations

Answers Solutions Knowledge

Compiled by Belinda Parker

Q: With the recent fire in the MGM Grand Hotel in Las Vegas, a lot of employees are concerned about provisions for safety in high rise buildings on our campus.—Concerned Employee

A: Main Building—The Main Building is at present having a new fire alarm system installed. This system will have more audible warning devices, so all occupants will be able to hear the alarm. The new system will have smoke and heat detectors throughout the building. The building has fire hose cabinets located on each floor in various locations and numerous portable extinguishers throughout the building. There are numerous stairwell exits serving each floor and providing exits to the outside at ground level.

Medical School—The UT Medical School is equipped with an alarm system throughout the whole building. This alarm system has audible and visual signals. It is also equipped to sound a building evacuation alarm. The Medical School is equipped with a fire protection system, which includes sprinklers in the basement and ground floor areas and numerous fire hose cabinets located on each floor. There are over 600 portable fire extinguishers located throughout the Medical School. There are more than 200 automatic detecting devices (smoke & heat) located throughout the Medical School. The building has eight enclosed stairwells that serve each floor for exit to ground level.

For those who work above the eighth or ninth floor (the height most fire department ladder trucks can reach), the best protection is your own awareness of your work location. There is fire protection equipment (hose lines and portable fire extinguishers) located on these floors for occupant use. Learn how to use this equipment. Know where the nearest stairwell exit is located and the quickest and easiest way of getting to the exit. **DO NOT USE THE ELEVATORS, unless instructed by authorized personnel.** Follow the instruction from Safety and Fire Department personnel. They will be there to assist you. **DO NOT PANIC.** There is a way out, even from the uppermost floors.

We could not possibly cover every building in detail in this column, but the HSC Administration and the HSC Safety office are continually striving to provide a safe working environment for all staff and visitors. If you have questions about your particular building and environment, please call the Safety Office at ext. 4230. Ron Brown, director, and his staff are always available to answer questions or even set up special group sessions to explain the emergency plan best suited for your area.

Have a question that needs an answer? Send them to ASK Column, Room 1117, Main Building, or call the HoUTexan office at 792-4266, or 792-4278.

'Talky, witty, ageless'— a student at 74

By Susan Fox

After only one meeting, it's often difficult to describe someone. But if first impressions count, Vieno Johnson is talky, witty and ageless—despite her 74 years.

She's also the oldest student enrolled at the School of Public Health. The Massachusetts native currently is working toward a master's degree in nutrition.

Once she completes her thesis and graduates, Johnson hopes to launch into a career as a nutritionist. It will be one of many jobs she has held over the years.

Vieno Johnson wears many hats. She's teacher, nurse, writer, artist, administrator, sociologist, church volunteer and toastmaster. The reason for her varied interests, she explained, is simple. "I do what I'm interested in."

And that's what she's doing now. "I've done a lot of things, but I don't know anything," she professed during the interview.

After thinking about that for a

minute, she shrugged and added, "I like what I'm doing when I'm doing it. It's exciting."

"Besides, I've been interested in nutrition for a long time. Going to school helps me focus my attention on one thing," she explained, jumping suddenly into stories about her classes, professors and fellow students.

Story telling, in fact, is another skill in which she excels. Her favorites are about a school in Harlem, where she taught for 15 years. "People tell me, 'You were so brave.' But actually, it was a beautiful experience, and I wish I had started earlier."

In earlier years, however, Johnson had set her sights on nursing rather than teaching. She trained at Massachusetts General Hospital and decided much later that she'd like to teach school.

A friend suggested she enroll in Radcliff. "I told him, 'I can't do it. I graduated over 19 years ago!'"



PUBLIC HEALTH'S OLDEST STUDENT. Vieno Johnson, is working hard toward a master's degree in nutrition. (Photo by Gary Parker)

she recalled. Although apprehensive about returning to school, the 36-year-old Johnson decided to give it a try.

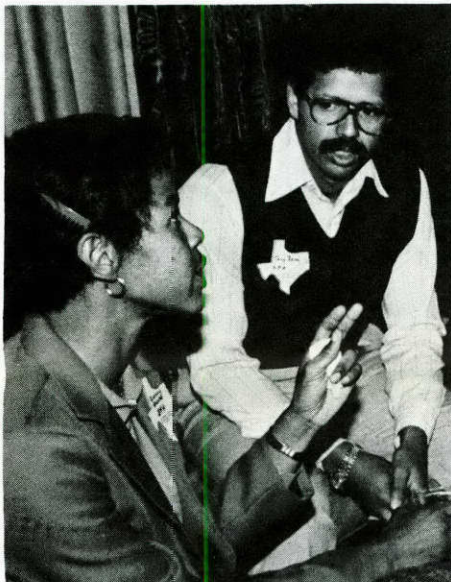
"I think I was one of the first (older women to go back to school)," she said. Radcliff awarded her a bachelor's degree in sociology. She received a master's degree in linguistics from New York University.

Johnson speaks some Spanish, but is fluent in Finnish, her mother's native tongue.

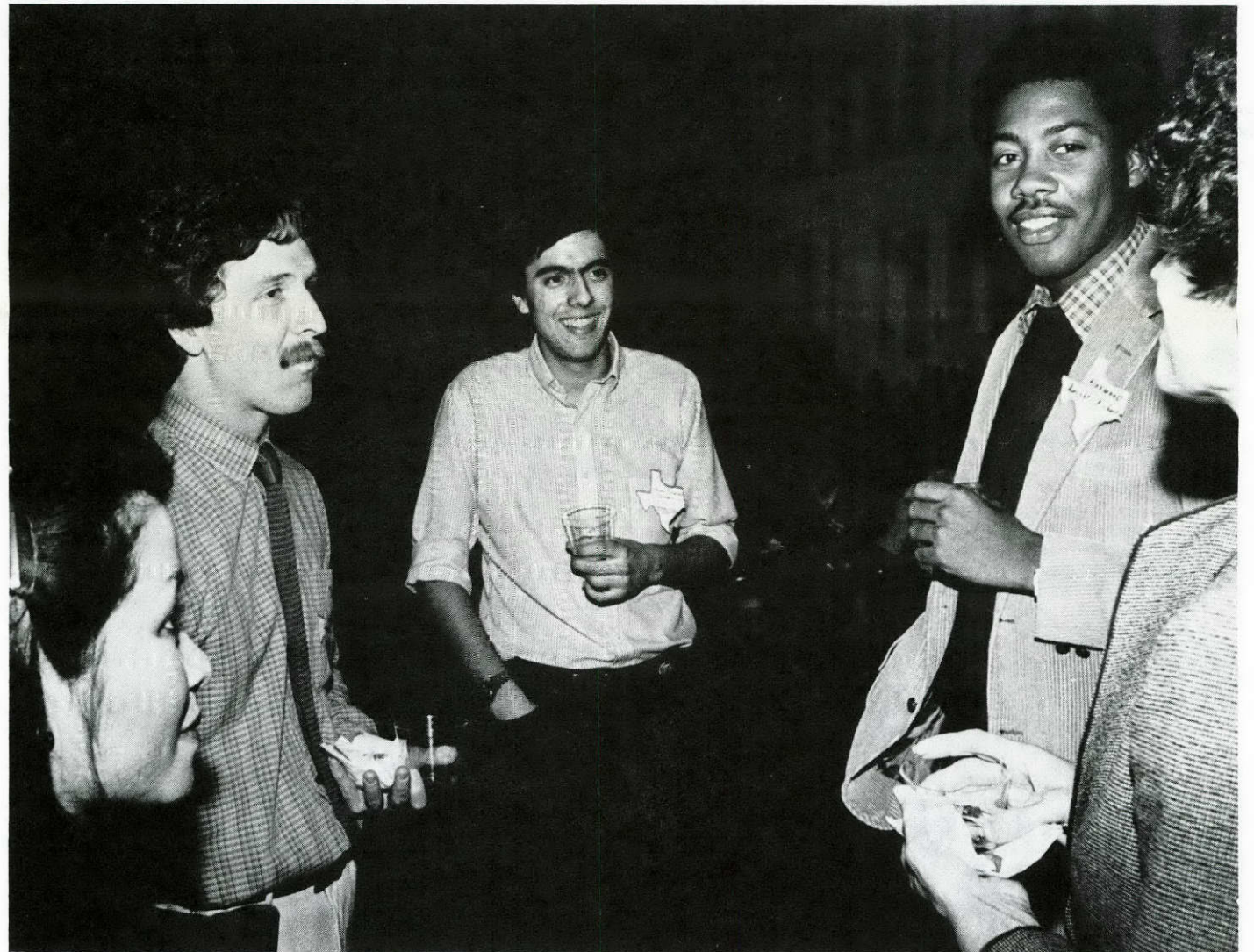
Her name is Finnish. Vieno means balmy sea and her middle name, Tellervo, is a character in a Finnish epic poem.

A resident of Houston for nearly five years, Johnson walks four miles a day, likes to embroider and enjoys reading.

Of all the jobs she's had, she likes teaching best. Maybe that's what she'll do when she graduates, too, she said, adding, "If someone offers me a job, I won't say no."



WINE, CHEESE AND CONVERSATION were featured at a reception sponsored by the Student Intercouncil for the minority students of the Health Science Center, Jan. 8, in the Main Building Lounge. Public Health students Daisy Dixon and Tony Rene were among the guests. (Photos by Gary Parker)



STUDENT INTERCOUNCIL members (left to right) Megumi Yukawa, School of Nursing; Ray Gillespie and Alan Coleman, Dental Branch; and Norwood Knight-Richardson, Medical School, and Marcia Willis

(back to camera), special assistant to the president for community affairs, attended the wine and cheese reception for minority students.

Calendar

(Continued from back cover)

Joseph Fletcher, professor of medical ethics, University of Virginia Medical School. For information call 792-4813.

Friday, March 20

HSC Division of Continuing Education and School of Allied Health Sciences: Seminar on Radiology Management, Marriott Hotel-Astrodome. For information call 792-4457.

Meeting of the Committee for the Protection of Human Subjects. For information call 792-5048.

8 p.m. Rice University Free Concert: Collegium, Rice Memorial Chapel. For information call 527-4933.

Friday, March 27

Management Development Workshop: "Motivation and Morale." For information call 792-4911.

8 p.m. Rice University Free Concert: Bloch Sacred Service, Allan Ross, Rice Chorale, Shepherd Singers and the Shepherd Sinfonia, Temple Beth Israel, 5900 North Braeswood.

Tuesday, March 31

8 p.m. Rice University Free Concert: Shepherd Percussion Ensemble, Phil Kraus, conductor, Hamman Hall.

Nursing home symposium

(Continued from page 5) pastor of the South Main Baptist Church in Houston.

The importance of community involvement in nursing homes will be discussed by Dr. Guy Shuttlesworth, associate professor of social work, UT, Austin. "It is very important to create a natural environment in nursing homes, to put as much of the community into the

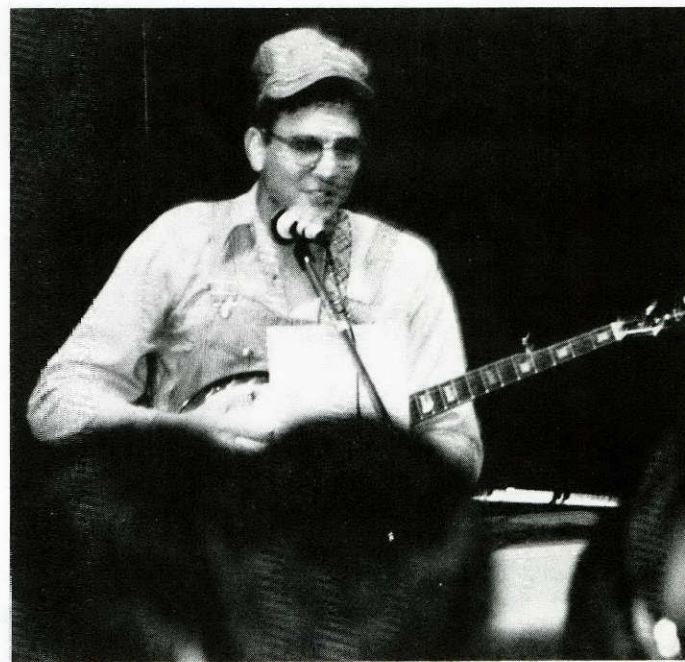
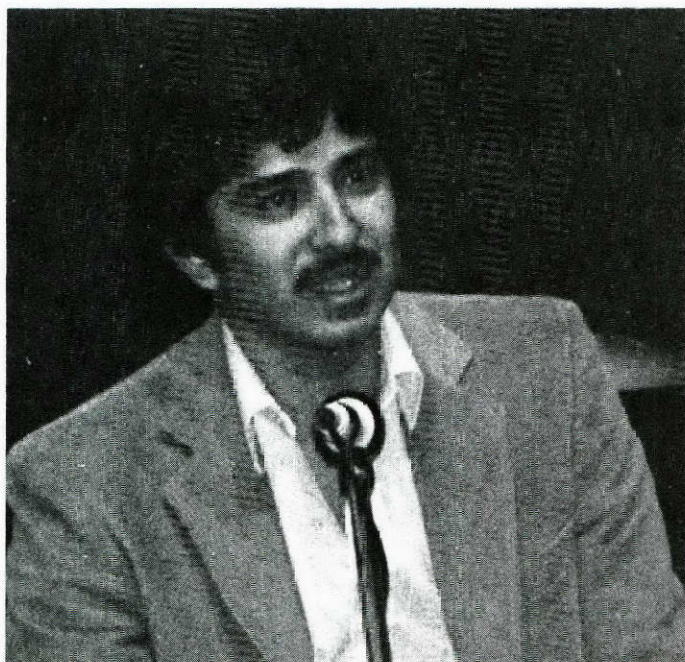
home as possible," Shuttlesworth said. Several ways to create the feeling of community are to have area volunteers, "grandparent adoption," transportation provision to places outside of the nursing home, special events, continuing education and estate planning, Shuttlesworth said.

Dr. Robert Bernstein, commissioner, Texas Department of

Health, said the role of the physician in the care of the elderly is very important. "The more physician involvement there is, the less overmedication and hospitalization of nursing home residents," Bernstein said.

During the morning and afternoon sessions there will be periods for open discussion and questions from the audience.

THE SOPHOMORE MEDICAL STUDENT ART FESTIVAL was a two-week long performing and visual arts event which featured an art exhibition by students and faculty, a gymnastic demonstration and culminated with a talent show on Jan. 17. Two of the more than 20 acts were Amil Soliz (left) and Tim Zboril. Soliz, who organized the event and displayed his own artwork, performed a comedy routine with his trumpet. Zboril, who dressed as a train conductor, played the bongo and performed an original tune called "DMS Blues." For all of you non-medical school types, DMS stands for dermatomusculoskeletal. (Photos by Barbara Short)



Income tax forms don't have to scare you

By Ina Fried

Don't panic.

That's the major advice on preparing your income tax return from two accountants on the staff of the Health Science Center's Office of Internal Audit.

Lee Aberle and Laura Smith believe that many people spend a lot of money unnecessarily to have professional tax preparers do the arithmetic on their income tax returns.

Just follow the instructions on the form or let the Internal Revenue Service (IRS) figure your tax for you, they suggest. To qualify for this service you must use the 1040 short form; all your 1980 income must have come from salaries, tips, interest, dividends or pensions; and your total income cannot be more than \$20,000 if you are single or \$40,000 if you are married and filing a joint return. You must, of course, list your income.

While the IRS will also figure your tax if you are due a refund, you would be wise to send in your return as soon as possible. It takes much less time for your return to be processed if you send it in by early March.

Other tips offered by Aberle and Smith follow:

Students working part-time are usually due a refund.

If you have had a sudden increase in income this year, due to a promotion or change of job, you might want to consider income averaging. This would require meeting certain conditions and attaching a special form to the 1040.

Residents or fellows can

sometimes qualify for special deductions that are often overlooked.

If you itemize your deductions, remember that medical expenses, child care expenses, unreimbursed business expenses and contributions to charitable organizations, such as United Way or a church, are deductible.

Fees for continuing education in your present position are deductible. Courses required for continued licensure as a CPA or MD would qualify, but courses to qualify as a supervisor or administrator may not be deductible since those would qualify you for a new position.

The amounts of thefts or losses not reimbursed by insurance are deductible, usually up to a certain percentage.

Sales taxes on your purchases are deductible. Although you can use the sales tax tables in the IRS forms, if you have unusually large expenses such as furniture or household appliances, you would probably save money by keeping your sales receipts during the year.

Property taxes and interest on your mortgage are deductible if you

own a home. And you can claim the cost of energy improvements as tax credits.

Even if you do not itemize your deductions, you can take a deduction for moving expenses related to a new job. In an area the size of Houston, you may meet the distance qualifications just by changing jobs and moving your household, for example, from Clear Lake City to Spring.

Special forms are necessary for some deductions and credits. For a complete list of deductions, see Publication 17; it's free.

Most banks and post offices have supplies of the basic IRS forms you would need. But an IRS center would have complete supplies of forms and publications. Centers are located at 515 Rusk, 7333 North Freeway, 9809 Rowlett and 4100 Westheimer.

Volunteer Income Tax Assistance centers are available at convenient locations, such as public libraries, or the IRS will answer questions if you can get through the busy signal at 965-0440. It is not necessary to identify yourself either by phone or in person. **UT**

VITA help

If you are lower income, handicapped, or Spanish speaking and having problems filling out your basic Federal tax form, Volunteer Income Tax Assistance — VITA — can help. Call your local IRS office for the location of a VITA center near you.

A public service message from the Internal Revenue Service.

Newsmakers

Dental Branch

Dr. Ira L. Shannon, professor of biochemistry, was elected a Fellow of the American Association for the Advancement of Science. Shannon's research in salivary gland physiology and control mechanisms, saliva biochemistry and chemical preventive dentistry was cited by the association as being "scientifically and socially distinguished."

Dental Science Institute

Dr. Millicent Goldschmidt, associate professor, made presentations at the University of Chile in Santiago on the use of coagglutination techniques to detect oral and other microorganisms; rapid detection systems: automated instrumentation versus miniaturized methods; and the effect of ascorbic acid on phagocytosis and kill of *Actinomyces* and other bacteria, Feb. 2-6.

Goldschmidt attended the annual meeting of the American Society for

Microbiology (ASM) in Dallas, Feb. 28-March 6. As president of the ASM Texas Branch, the host for the meeting, Goldschmidt gave the welcoming remarks. She also was co-convenor of a seminar titled "Perspective for Automated and Semi-Automated Instrumentation" and she presented a lecture, "Microbiology in Your Future" during the High School Career Days.

Medical School

Dr. Marvin E. Chernosky, chairman of the Department of Dermatology was a faculty member for the course "Cutaneous Surgery" and director of the symposium "Cutaneous Tumors" at the annual meeting of the American Academy of Dermatology in New York, Dec. 6-12.

Dr. Ruby Isom, associate professor and acting chairman of community medicine, participated in a site visit to three medical education facilities in the Kansas City area, Jan. 5-8. As a member of the National Cancer In-

stitute's Clinical Cancer Education Committee, she visited the University of Missouri's Kansas City School of Medicine, Kansas City College of Osteopathic Medicine and the University of Kansas Medical Center's College of Medical Science and Hospital.

Dr. Harold M. Jesurun, professor of obstetrics and gynecology, was featured on Channel 2 on a half-hour Spanish program, "Reflejos De Barrio," for the American Cancer Society, Jan. 24.

Dr. George T. Oser, research assistant professor in community medicine, participated in a meeting of the board of the National Committee of Citizens in Education in Washington, D.C., Jan. 25-26.

Dr. John H. Harris Jr., professor of radiology and chief of emergency radiology, was a guest faculty member for Cornell University's post-graduate course, "Trauma with Emphasis on Radiology," in Puer-to Rico, Feb. 8-13. Harris's topics included "Flexion In-

juries of the Cervical Spine," "Extension Trauma of Cervical Spine," "Injuries of the Elbow," and "Lower Urinary Tract Injury."

Dr. Salvatore J. Enna, professor of neurobiology, anatomy and pharmacology, is the recipient of the 1981 Alumni Achievement Award from the University of Missouri in Kansas City, where he will receive the award on March 28. Enna is being recognized primarily for his contributions in the areas of neuropharmacology and neurochemistry.

HSC-General

The HoUTexan won fourth place in the 1980 United Way Editor's Contest sponsored by the Houston Chapter of the International Association of Business Communicators. Materials about United Way were prepared by Ina Fried, editor; Gary Parker, photographer; and Ginger Brown, former staff writer.

Shop repairs equipment —pumps to computers

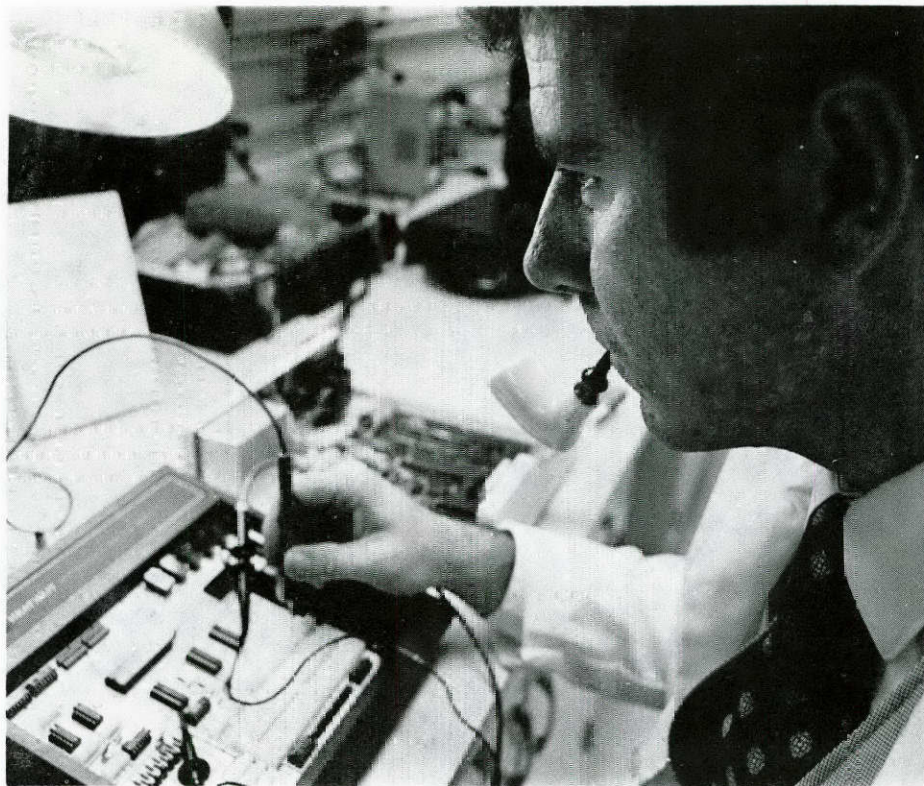
If your tape recorder doesn't record, or your computer won't compute, there exists a relatively inexpensive solution to your problem. The Special Equipment Repair Section was developed to maintain numerous types of electronic and electro-mechanical equipment designated for use within the Health Science Center.

"Our technicians are experienced in many areas and have the ability to repair items ranging from vacuum pumps to computer systems," said Chuck Chovan, maintenance supervisor of the shop. "Compared to \$40-\$100 per hour for a field service representative our rate of \$7 per hour plus parts is a pretty good deal."

If you have any questions

regarding the servicing of equipment, you can call 792-5824 from 7 a.m. to 5 p.m. Monday-Friday. To request repairs, send a Special Equipment Service Order, available through General Stores, to room B504 MSMB. To avoid delays, have the account number, authorization, type of equipment, and description of problem spaces properly filled in.

Normally, a technician will respond within one or two days. In addition to the shop's main quarters in the basement of the Medical School, it has branches in the School of Public Health, the Dental Branch, and the School of Nursing, enabling quick responses in those areas as well.



SPECIAL EQUIPMENT REPAIR—Dan Griggs, electronics technician II, checks waveforms on a microprocessor. (Photo by Gary Parker)

Math disability studied

By Barbara Short

Poor math performance by school children often is mistaken for deficient quantitative language when it actually may be due to a reading problem, reports Dr. Robert Kraner, professor of behavioral sciences at the Speech and Hearing Institute.

Kraner is involved in research concerning the nature of math disabilities and the order in which children learn quantitative, or mathematical, language. He and other researchers have found that there are two types of math disability: a primary disability, dyscalculia (deficient quantitative language or the inability to do math), and a secondary disability, caused by deficient reading skills, which affects the ability to read charts and graphs.

To remedy the latter problem, Kraner says reading skills must be improved. When this is done, the math disability may disappear.

Correcting dyscalculia, though, presents a more complicated problem, and this has been the focus of Kraner's research.

Over the past several years Kraner has been testing and study-



Dr. Robert Kraner
Speech and Hearing Institute

ing children at the elementary school level. Testing methods have included his own nationally used battery of tests, the Kraner Preschool Math Inventory and the

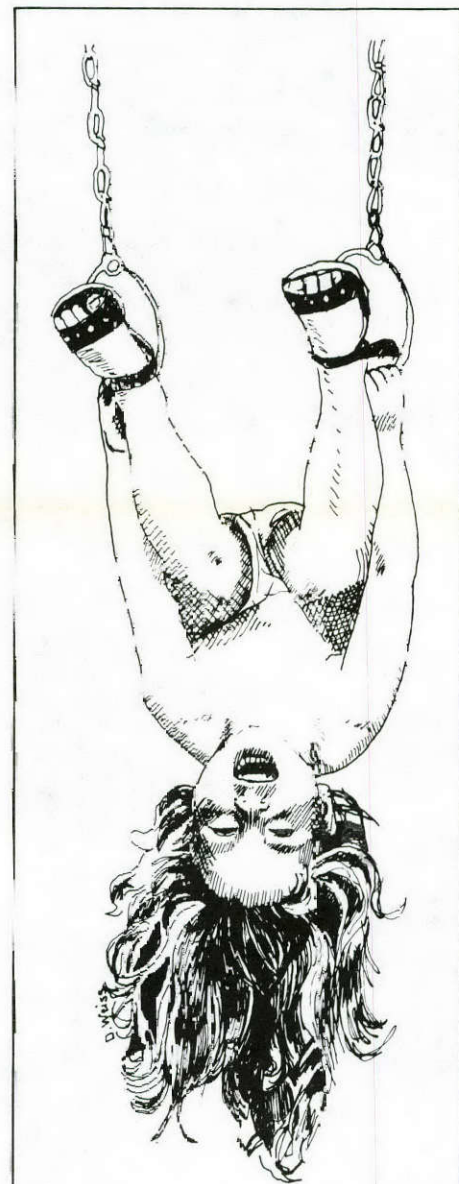
Kraner Tests of Mathematics Mastery.

The preschool test measures in what sequence children learn skills and concepts such as counting, cardinal numbers, quantities, sequence, position, direction, geometry and measurement. The math mastery test determines which of these skills and concepts continue to develop through adulthood, Kraner said.

Testing children in the learning stage and determining the sequence of learning for the normal population produces a measurement guide for adults who have suffered brain damage.

These adults are tested with Kraner's tests to find where they fit in the quantitative language sequence. After discovering that point, therapy can proceed along the learning sequence determined through research on children, Kraner said.

Recently Kraner's article "Math Deficits of Learning Disabled First Graders with Mathematics as a Primary and Secondary Disorder" was published in *Focus on Learning Problems in Mathematics*.



Kiddie korner

If you are an HSC student, or the parent of a teenager, who would like to earn a little spending money by babysitting, send your name, phone number and general location of your home (such as Meyerland, Alief, Missouri City) to "Kiddie Korner," Public Affairs, 11th Floor, Main Building. If you prefer weeknights or weekends, please indicate that.

Information will be published in a future issue of *HoUTexan*.

Some working parent deserves a break today.

Etc.

School of Allied Health Sciences--Program in Nutrition and Dietetics

Congratulations to Roy and Cornell Ealum on the birth of their son, Ashton Lee, on Sept. 9, weighing 6 lbs. 8 oz. Cornell is the administrative secretary for nutrition and dietetics.
Reporter: Cornell Ealum

Dental Branch--Histology

Twelve weeks of long, hard training paid off for Dr. H.S. Skjonsby, chairman of histology, when he finished the Houston Marathon, which occurred on Jan. 10.

Reporter: Eugenie Holman

Dental Branch--Microbiology

Dr. Barbara Boyan-Salyers, formerly an assistant professor of micro-

biology, is now an associate professor of biochemistry and periodontics at the UT Health Science Center in San Antonio.

Reporter: Mary Ruisinger

Division of Continuing Education

Best wishes to Linda Roberts, secretary for continuing education, on the occasion of her marriage to Prince Divine, Dec. 23.

Reporter: Gloria Roberts

HSC General--Printing Services

Nelda Syphrett has been promoted to camera operator/platemaker for the Printing Services, South Main Shop.

Mr. and Mrs. Ed Metoyer are the proud parents of a baby boy, Hunter William, born on Jan. 23, weighing 8

lbs. 2 oz. Ed is the manager of the Print Shop.

Reporter: Cheri Spitzenberger

Medical School--Radiology

Marie McMurrey, administrative secretary, retired as of Jan. 31 after five years at the Medical School. She and her husband, Mack, who has retired from M.D. Anderson, will move to their "cabin in the country." Marie was honored with a luncheon by her co-workers.

Reporter: Susan Westmoreland
Speech and Hearing Institute

Fred Blackburn, electronics engineer at the institute for over 25 years, retired Jan. 31.

Calendar

This calendar lists events open to Health Science Center faculty, staff and students. Notices of events for the April issue can be accepted at Public Affairs, 11th floor, Houston Main Building (Prudential), or 792-4266, no later than March 3.

Monday, March 2

HSC Holiday

The Catholic Student Center, 1703 Bolsover, offers the Liturgy of The Eucharist each weekday at 5 p.m. The Liturgy of The Eucharist also is offered at The Institute of Religion (TMC) each weekday at 12:10 p.m. For more information call 526-3809.

4 p.m. Betty Wheless Trotter Visiting Professor in the Health Sciences: Dr. Lewis Thomas, chancellor of Memorial Sloan-Kettering Cancer Center, "MHC and the Odor of Self," Sammons Aud., Jesse Jones Library Bldg.

Tuesday, March 3

Noon. Trotter Visiting Professor: Dr. Lewis Thomas, "The Possible Role of Bacterial Infection in Rheumatoid Arthritis and Disseminated Lupus," 3001 MSMB.

4 p.m. Grant Taylor Lecturer: Dr. Lewis Thomas, "On Progress in Medicine," Cullen Aud., Baylor College of Medicine.

Wednesday, March 4

34th Annual Symposium on Fundamental Cancer Research: "Molecular Interrelations of Nutrition and Cancer," Shamrock Hilton Hotel. Continues through March 6. For information contact Dr. Yeu-Ming Wang, Department of Pediatrics, M.D. Anderson Hospital.

8 p.m. Rice University President's Lecturer: Dr. Lewis Thomas: "The Value of Science," Rice Memorial Center.

8 p.m. Rice University Free Concert: Ali Forough, violin, and Carolyn Forough, piano, Hamman Hall. For information call 527-4933.

Thursday, March 5

Third Annual Course in Emergency Room Radiology: "Radiology of the Acutely Ill and Injured Patient—Update 1981," Galleria Plaza Hotel. Continues through March 7. For information contact Dr. Carl M. Sandler, Department of Radiology, Medical School, 797-2834.

Friday, March 6

Medical School Dept. of Psychiatry and Texas Attorney General: "A Place To Come Home," Lyndon B. Johnson Aud., UT-Austin. For information call Dr. Larry R. Kimsey, 792-4847.

2 p.m. School of Public Health Colloquium: "Recent Advances in Cancer Epidemiology," SPH Aud. Speaker: Dr. Philip Cole, professor of public health, University of Alabama, Birmingham.

Deadline for submitting research proposals to be reviewed by the Committee for the Protection of Human Subjects. For information call 792-5048.

Alley Theatre Productions: "On Golden Pond." HSC

Employee Relations Program offers discount tickets. For information call 792-4911.

Saturday, March 7

The Catholic Student Center, 1703 Bolsover, offers the Liturgy of The Eucharist every Saturday at 5 p.m. and every Sunday at 9 and 11 a.m. The Sacrament of Reconciliation also is offered each Saturday, from 3:30 to 4:30 or by appointment. For more information call 526-3809.

Sunday, March 8

8 p.m. Rice University Free Concert: Meryl Ettelson, piano, Hamman Hall. For information call 527-4933.

Tuesday, March 10

8 p.m. Rice University Free Concert: Shepherd Sinfonia, Geoffrey Gilbert, conductor, Hamman Hall.

Wednesday, March 11

8 p.m. Rice University Concert: Chilingarian Quartet, Hamman Hall. Co-sponsored by the Houston Friends of Music. For ticket information call 527-4933.

Thursday, March 12

Management Development Workshop: "Performance Evaluation." For information call 792-4911.

2 p.m. Free Home Security Seminar, sponsored by Hermann Hospital and the Houston Police Department. Call 797-4002 or 797-3981 for registration and room location. Open to all employees, medical personnel and visitors to the TMC.

Friday, March 13

American Lung Association and School of Public Health: "Interdisciplinary Occupational Lung Hazards Conference," Galleria Plaza. Continues through March 15. For information call Mildred Hayes, ALA-San Jacinto Area, 521-9561.

2 p.m. School of Public Health Colloquium: "Some Cold-Blooded Economic Facts About Fertility Decline in Developing Nations: Family Planning Versus Industrialization; Chicken or Egg First," SPH Aud. Speaker: Dr. Louis A. DeNino, assistant professor of economics in Human Ecology and Population Studies, SPH.

Saturday, March 14

HSC Division of Continuing Education and UT System Cancer Center: Nutrition in Medical Practice, Shamrock Hilton Hotel. For information call 792-4671.

Wednesday, March 18

7:30 p.m. HSC Associates Health Promotion Lecture: "Blood Pressure and Social Pressure," SPH Aud. Speaker: Dr. Reuel A. Stallones, dean, School of Public Health. For information call 792-4279.

Thursday, March 19

Noon. Health Law Institute Seminar: "Medical Research, Science Policy and Public Interest," 2135 MSMB. Speaker:

(Continued on page 13)

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