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News Letter

Dec. 8, 1983

OFFICE OF UNIVERSITY RELATIONS • NEWS BUREAU • MARSHALL UNIVERSITY • HUNTINGTON, WEST VIRGINIA 25701

HPER to test state troopers' fitness

The West Virginia Department of Public Safety and Marshall University have entered into a working agreement under which the university's Health, Physical Education and Recreation Department (HPER) will evaluate the physical fitness of state troopers.

Announcement of the \$79,300 grant to Marshall was made last week by Department of Public Safety Superintendent John W. O'Rourke and Dr. W. Donald Williams, HPER acting chairman.

The fitness evaluation program developed by Marshall calls for assessment of the cardiovascular-respiratory system under exercise stress, determination of body composition (fat), flexibility, muscular strength and endurance and pulmonary function.

All 543 of West Virginia's state troopers, regardless of their assignments, will be tested. The Human Performance Laboratory in MU's Henderson Center will be the testing site and evaluations will begin tomorrow (Dec. 9) and continue weekly through May.

The fitness testing program is part of a medical screening/fitness evaluation called for in a recent ruling by U.S. District Judge Dennis R. Knapp. His decision was an outgrowth of a 1982 suit challenging the 1945 state law establishing age 55 as the mandatory retirement age for state police employees.

Ruling that the state statute had been superseded by

Congress' passage of the Age Discrimination in Employment Act of 1967, Knapp ordered that state police employees be allowed to remain on the job until age 70 unless physically or mentally unable to meet fitness standards. He then called for the Department of Public Safety to establish a committee to determine such standards.

The seven-member Committee on Physical Fitness Standards, chaired by Lt. Col. H.C. Beverley, studied various fitness programs of other states and reviewed testing program costs at other sites prior to recommending Marshall's proposal to Judge Knapp.

"Many of the programs in other states were based on national norms which might or might not have been accurate measurements for this department at this time," Col. O'Rourke said. "The methodology used by most was, to a great extent, outmoded. Marshall's plan not only uses the most up-to-date methodology but is cost efficient," he said.

"More importantly, we think this program will result in improving the troopers' own personal well-being and their professional productivity," he said. "I can not emphasize enough that this program is not designed to penalize anyone, but troopers will be expected to follow the provisions of their prescribed regimes," O'Rourke said.

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JMMS auxiliary sponsors 'Care Tree'

A holiday "Care Tree" sponsored by the John Marshall Medical Services Auxiliary will aid cancer patients who need help paying for chemotherapy drugs.

"A lot of cancer patients just can't afford the drugs they need, and although they're not turned away if they can't pay, we think this is a more personal way to help them. It shows people care," said Anna Jones, the auxiliary's treasurer and coordinator of volunteers.

"The holiday season seemed like a perfect time to get this fund started," she said. "We've put up a tree in the lobby, and for every \$1 someone gives, we are adding a cutout decoration with the name of the donor or anyone he or she chooses. We've set a goal of \$500 to get the fund started. We hope people throughout the area will come by to see the tree and help us make it a success."

Children in particular would benefit from the fund, according to Dr. Dorothy Ganick, the pediatric cancer specialist at JMMS, which is affiliated with the Marshall University School of Medicine.

"We tend to do a lot of chemotherapy on an outpatient basis because it's so much better for the kids—they're not as frightened, they feel safer, and if they're going to be sick, they don't feel as bad if they can go home to their own beds," she said.

"So much of a child's life is school, and if he's at home

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ACF ASSISTS MARSHALL

Frank Pulcrano, left, plant manager of the Huntington Division of ACF Industries, Inc., presents a \$1,800 check to Dr. Bernard Queen, executive director of the Marshall University Foundation, Inc. The company's annual gift to Marshall has been earmarked for the "University's Greatest Needs" account, Queen said. (Marshall University photo by Rick Hays)

MU faculty, staff achievements, activities

DR. CAROLE VICKERS, Home Economics Department chairman, addressed the Cooperative Extension Home Economists of Wisconsin at the group's annual meeting in Madison on Dec. 1. Her topic was "Human Capital: Yours, Theirs, Ours."

DR. MICHAEL E. SEIDEL, associate professor of biological sciences, is author of a paper, "Status of the Trachemyd turtles (Testudines: Emydicae) on Hispaniola," which has been accepted for publication in the **Journal of Herpetology**. The co-author is Sixto J. Inchaustegui on the National Museum of Natural History, Dominican Republic.

DR. JOAN F. GILLILAND, associate professor of English, presented a paper on "Nashe's Dramatic Self-Consciousness" at the Mid-Hudson Modern Language Association meeting Nov. 28-29 at Marist College in Poughkeepsie, N.Y.

DR. HENRY RUMINSKI, associate professor of journalism, has been nominated as vice president-programs for the IABC/River Cities Chapter.

DR. KENNETH AMBROSE, Sociology/Anthropology Department chairman; DR. MAURICE SILL, DR. WILLIAM WESTBROOK, professors, and DR. EDWARD DUFFY, assistant professor, attended the West Virginia Sociological Association meeting in Parkersburg, Nov. 18-19.

JODY GOTTLIEB, assistant professor of social work, attended the National Association of Social Work Professional Seminar in Washington, D.C., Nov. 19-22.

DR. STEBBINS CHANDOR, Pathology Department chairman, conducted sessions on autoimmune disease and histocompatibility during a pathology boards review course in Nashville, Tenn., Nov. 7-12.

Three School of Medicine faculty members and a second year medical student were co-authors of a paper presented at the southeastern section meeting of the Society of Experimental Biology and Medicine, Nov. 14 in Richmond, Va. The paper dealt with kidney damage associated with a fungicide. Presented by the student, Joseph Capito, it was co-authored by DR. R.T. WANG, assistant professor of anatomy; DR. G.O. RANKIN, associate professor of pharmacology, and DR. P.I. BROWN, associate professor of anatomy.

NOTICE

Effective Jan. 1, employees' monthly payments for health and optional insurance will be divided equally between the first and second pay of each month.

Thought. . .

Curiosity is one of the permanent and certain characteristics of a vigorous intellect.

—Samuel Johnson

Evaluations to begin on MU campus Friday

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"We are happy to provide our resources to the state for this project," said Dr. Williams. "Dr. Daniel Shook and Dr. Wayne Taylor of the HPER faculty, who will be working with the state police on this program, have done a great deal of work in the field of fitness evaluation," he added. They will be assisted by Dan Martin, Marshall's head athletic trainer, and Terry Shepherd of the HPER faculty.

"This program may well be a prototype for other states trying to come grips with this problem," Williams said. "In view of Judge Knapp's decision, West Virginia is being looked at for a leadership role in this area," Williams added.

"Our program," Shook said, "not only will measure the state troopers' current level of fitness, but will include a prescription tailored to each trooper for improving that level of fitness."

Once the fitness testing has been completed, according to Shook, the committee will have a basis for determining reasonable standards of fitness for future use.

The medical screening portion of the program will be conducted at the State Police Academy in Institute under the supervision of the Department of Public Safety's physician, Dr. Thomas Horsman, who also will monitor the fitness evaluation program.

Other members of the Committee on Physical Fitness Standards included Lt. R.A. Perry and Sgt. P.L. Ferguson of the state police, Robert E. Holroyd, a Princeton attorney; Dr. Elaine Baker, MU associate professor of psychology, Shook and Horsman.

Funds are sought to help defray chemotherapy expenses

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he can go to school," she added. "We had a 12-year-old who played all football season while he was getting therapy. These things mean so much to kids.

"The problem is that insurance – if there is such a luxury – is about 30 years behind the times in paying for outpatient therapies," she said. "Of the 20 or so chemotherapy patients I have, only two have insurance that covers the treatment. It's hard for the other families to get the money. Even gas money is, unfortunately, a problem for some of them."

For some types of cancer, drugs may cost as much as \$300 every three weeks, she said. Financial help, when available, is usually very limited, she added.

JMMS Executive Director John Zink said that although low-income patients may receive government aid, that doesn't solve every family's problem.

"In some cases, a family might need help for a few weeks until aid is approved," he said. "Sometimes a family doesn't qualify for aid because it owns a home. We don't want anyone to lose a home to pay for medical care."

Donations may be made at the auxiliary's Mini Cafe, located on the first floor of John Marshall Medical Services, 1801 Sixth Ave. More information is available by calling 526-0663.