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UA28/1 The Personnel File

WKU Human Resources

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The Personnel File



Dr. Lois Layne, an associate professor in the Department of Psychology, brings the study of gerontology to the forefront of the field with the help of a \$100,000+ grant. The work done at WKU is expected to have regional importance.

Dr. Lois Layne and Gerontology: "Getting Older is Getting Better!"

Getting older. It's something that we do every day, like eating, sleeping, and working, but it is a topic that the youth-oriented American public does not often discuss in positive terms. Associate professor of psychology Dr. Lois Layne hopes to change this by developing a multi-disciplinary curriculum in gerontology at WKU. As director of the program, Layne wants to increase the dissemination of information about the aging process, along with taking the time to develop and strengthen the expertise of participating WKU faculty members in the field of gerontology.

"The trend is for people to stay at home as long as possible, rather than

filing in to the nursing homes or hospitals. This creates the need for families to have more knowledge about the aging process and the special needs of the elderly," Layne said.

"Families need courses in stress management for the times when they think they can't handle caring for their elderly family member anymore. They need specific information about the resources that are available to make life a little more pleasant and a lot easier for the elderly. And, they need some health care skills," she continued.

It is not uncommon for people to live in to their 70's, leading normal lives.

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WKU Post Office Puts Stamp on DUC

The plans for a post office in Downing University Center have been on paper for 10 or 12 years, but it is just this month that the move from Garrett Conference Center is becoming a reality for Emily Kitchens, Manager of Postal Services, and her staff.

Kitchens, who is a 15 year WKU veteran, is very excited about the move although she will miss her neighbors. "I'm finally going to get to meet the other half of the campus. I know all their names and where they work, but now I'll have the opportunity to match the faces with the names," Kitchens said.

Euell Scott, Superintendent of Building Trades, said that renovating the 35 feet by 48 feet space has been easy, with the exception of having to wait for some special paneling. Scott said that the cost will be between \$6,000-\$8,000, and the Thanksgiving move will mark the end of about two months of work.

Kitchens said that the move will be expensive, but worth it. There will be more space to sort the mail, more service window area, counter space for customers, and a private lobby. Kitchens is also very happy that for the

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Geography and Geology Maps, Rocks, and Everything Under the Sun!

The Department of Geography and Geology represents much more than a few maps and scattered rock collections. Comprised of the largest group of earth science professionals in the state, this department has so many irons in the fire that Department Head Wayne Hoffman almost needs briefings to keep track of all the exciting things that the faculty members are doing.

To dispel all confusion, Hoffman explains that "geography is not the study of strange sounding places, but the study of spatial relationships and distributions." More directly—it is the study of why things are located where they are. Geology is "the study of the earth's composition, processes, and history."

Hoffman proudly said that WKU has the greatest number of majors in the country and ranks 30th for total geography enrollment, and the faculty consists of 13 of the best geographers ever put together—a totally unbiased opinion. Even though the geology area is relatively smaller with four geologists, Hoffman said there are a respectable number of majors, along with a fair enrollment.

"Coal remains Kentucky's most valuable resource, outside of its people...."

The department "is into everything." But throughout, the entire faculty takes great pride in its teaching and strives to reach new heights in research. Most of the faculty have received doctorates or specialized in a particular field. Hoffman said that students benefit from the mix of professors, the research opportunities, and the public service projects. He points out that the local environment provides many real opportunities for students to apply their course work.

Hoffman expounded upon several of the interesting faculty members that make up the department. These are just a few of the professors that make this department not only one of the best in the University, but "the best north of the University of Georgia, and south of the Ohio."

The Center for Cave and Karst Studies was founded in 1978 by Nick Crawford, who was the 1985 winner of the University Award for Research. Crawford, who was featured in the September **Personnel File**, constantly probes new areas in a variety of water studies. As the premiere center of its kind, Crawford and his students concentrate on landscapes which have infrequent streams and a well integrated sub-surface drainage system through caves and underlying bedrock. This type landscape makes up

A recent highlight for climatologist Michael Trapasso was writing and producing a recent segment for the popular science television show "Mr. Wizard." Put together with the assistance of Tom Foster and Joe Fulmer of ETV, the "Eclipse Weather" segment aired on 144 TV stations nationwide in September.

Trapasso heads the College Heights Weather Station, which gathers daily weather conditions in the area. He provides daily weather reports on WKYU-FM, as well as monitoring the



17% of the country, but went unstudied and undocumented until the center was created. The center has received many significant grants in the past, and spawned a summer program at Mammoth Cave that attracts students and faculty world-wide.

Appointed State Climatologist in 1978, Glen Conner, who won the 1984 Faculty Award for Ogden College, operates the Kentucky Climate Center on the third floor of the Environmental Science and Technology building. Through an agreement with the National Weather Service, Conner administers the state's climate data program, providing a service to the entire state when information regarding weather records and statistics are needed.

weather station radar for the community warning system network during severe weather. He has also contributed several entries to the *Encyclopedia of Climatology*.

A lab filled with photographs—a hobby—and a lot of really fascinating "things" clutter the lab, office, and home away from home of Al Petersen, who Hoffman describes as a "really interesting guy." Petersen, who built his own log cabin, travels the state trying to pinpoint buildings that have historical value and should be placed on the state's historical register. He also serves on the Governor's Historic Preservation Review Council.

The newest member of the department is coal geologist Ken Kuehn, who is operating out of a new lab,

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Minding Your PPOs and HMOs

In previous issues we have reviewed Western's present medical insurance, considered strengths and weaknesses in the coverage, and examined some cost-saving features available in today's market. As you will recall, the first article described our present indemnity type of insurance consisting of hospital benefits fully paid for up to 120 days, a surgical fee schedule which pays only approximately 40 percent of charges, and a major medical provision paying after a deductible is satisfied. The last issue covered possible cost-saving features available to supplement our present coverage or to be included in future insurance.

There are a number of recent and innovative programs designed to assist the individual employee in the payment of medical expenses while holding down costs. Two such programs are Preferred Provider Organizations (PPOs) and Health Maintenance Organizations (HMOs). First let's examine the concept of a PPO.

A Preferred Provider Organization (PPO) is a variation of the traditional health care arrangement that provides a service for a predetermined fee. Under a PPO, a group of physicians, dentists, and/or hospitals (who make up the PPO) contract with employers or carriers to provide employees with services at competitive rates.

But employees retain freedom of choice - they can choose any physician in the PPO arrangement, or they can continue to use their regular physician without penalty, even if that physician does not participate in the PPO.

A PPO is unlike an insurance plan or a Health Maintenance organization in that the PPO generally has no membership card and does not impose a monthly fee. Rather a PPO is an alternative provider of health care services that can be chosen on a voluntary basis by consumers.

Incentives, instead of penalties, are the method by which a PPO achieves its goal of cost containment. The incentives encourage consumers to select the PPO service. For example, the arrangement can offer competitive rate structures leading to co-payment savings for employees who visit a PPO member physician. Or the plan may provide for 100 percent payment of PPO services under the rate structure, while the same payment may cover only 80 percent of the fee charged by an independent physician.

The main advantage for the employer is reduced medical benefits costs, and there is typically greater employee satisfaction because of savings provided by the PPO.

A more attractive program is the Health Maintenance Organization (HMO). As the name suggests, the emphasis is on preventative medicine. Under this concept the HMO renders the medical service itself, either directly through its own staff or by contracting for the services, in exchange for a prepaid fee. An HMO may be defined as a group of physicians and/or clinics, hospitals, or other providers of medical services who contract with an employer to furnish medical care to an employee group for a prepaid premium.

Typically, an HMO will provide prepaid medical care such as office calls, hospitalizations, hospitalization, in-hospital surgical and associated treatment. There could be a small fee for office calls and prescriptions, but other medical and hospital expenses would be without limit and fully prepaid. Emergency care outside the immediate geographical area of the HMO would also be prepaid.

While the advantages of an HMO arrangement are obvious, there are some disadvantages. Disadvantages include:

1. The individual may not be able to select his or her personal physician.
2. The selection of a hospital could be limited.
3. The physician determines the type and amount of care to be delivered.

Under the Health Maintenance Organization Act of 1973, the University must provide an HMO option if a qualified HMO makes a written request to be included in our benefits plan. HMO of Kentucky is scheduled to become operational in this area in December, and we will probably offer this option in the near future.

The next issue of **The Personnel File** will contain the changes and improvements in our medical insurance which will be proposed for consideration by the Insurance Committee. Stay tuned.

Holiday Payroll Schedule

November 27	administrative staff and semi-monthly payrolls
December 6	bi-weekly payroll
December 9	student payroll
December 13	faculty and semi-monthly payrolls
December 19	administrative staff and bi-weekly payrolls
January 2	semi-monthly payroll
January 6	bi-weekly payroll
January 7	student payroll

Exercise and the Winter's Nap Syndrome

by Richard W. Wilson, D.H.Sc.

Do you enjoy living in a seasonal climate? Is it a place where inclement temperature and weather hampers most outdoor activity for one-fourth to one-third of the year? Perhaps then you are one of millions that have an annual cycle governing your exercise habits. During the warmer months you make the effort to stay physically active; perhaps you really enjoy exercise activities. Fair climate encourages individual outdoor exercise. In most communities there are a variety of organized group activities while many social doings feature exercise opportunities.

However, with the arrival of the apple harvest, the World Series, and Halloween, all our good intentions for fitness fritter away with the falling, flying leaves. Mother Nature is no longer issuing weather woeings and so it's easy to hunker down into exercise hibernation.

The consequences of this on-again off-again exercise pattern are several. First is one that most people recognize: gaining weight over the winter leading to the familiar dieting with the spring thaw. Accomplish this syndrome is the rich food often associated with holiday festivities and winter socializing as opposed to the tendency to more fresh produce and lighter meals in the summer season.

Another consequence is that the continuous pattern of health and well-being is interrupted. All the benefits, such as increased resistance to illness, emotional tranquility, more restful sleep and higher energy levels diminish as the weeks of inactivity go by.

Finally, when the activity pattern is interrupted for 4 or 5 months every year, it is difficult ever to improve. Much time is lost in trying to regain prior levels of fitness before any real growth can occur.

This is all a very familiar scenario. How many broken resolutions there must be to make amends to our ignored bodies. The good news is that it does not need to be so hard to enjoy non-stop fitness all through the year. Here's how.

To begin with, throughout the year try to increase unplanned exercise in your life. It has become a national pastime to avoid movement at all costs. The goal of many seems to be to obtain a rocking chair with cruise control.



The Couch Slouch always tunes in his favorite exercise show.

Take the stairs. Park your car a distance from the store in order to walk a bit further. If possible take short trips on foot rather than driving. Try to avoid the long sedentary periods of TV viewing. Instead find things to do to be busy and moving.

Next, remember exercise opportunities that can be done indoors. Many people enjoy mall walking. Some shopping malls actually have marked out distances to help and encourage people. Don't forget roller skating and bowling. Also consider television exercise programs. You can follow these programs and enjoy a sense of group participation in your own home. Other possibilities include jumping rope, aerobic calisthenics, and the stationary bicycle.

Consider organized groups and classes offered through health clubs, civic recreation agencies, and adult education facilities. Most communities have these groups operating on a continuous basis. More and more companies are providing exercise facilities to their employees and families.

The final option is to challenge the weather. Don't allow the weather to cower you into exercise sedation. This may take some grit and gumption, but on the other hand it can stimulate a sense of mastery and accomplishment. It is not true that cold air is harmful to the lungs. It is important though to dress properly.

It is best to wear multiple layers of clothing rather than one heavy layer. The goal is to insulate the body's warmth with these multiple thin layers. As the body heats up with exertion, some of the layers can be removed. Many find that clothing made of natural fibers such as cotton and wool are best because they permit the

skin to breathe more fully, dissipating excess heat and moisture. Dryness will help prevent chilling. The top layer should once again permit natural skin "breathing" to occur while breaking the cooling action of the wind. There are materials well suited for this, including wool, leather, and several synthetics such as a type marketed under the name Gore-tex. Many of these offer the additional advantage of being waterproof.

Remember that the head, hands, and feet are not only the body parts that feel cold most quickly but they are also most prone to hypothermia and injury due to low temperatures. You will want to invest in clothing adequate to keep these warm and dry.

It may also be important to consider the hazards of icy surfaces. This may require careful selection of skid resistant footwear or simply avoiding activity in places and at times when falling is an immediate hazard.

Activities that can be done outdoors in winter include all of the typical winter sports such as downhill or cross-country skiing, ice-skating, sledding, and snow shoeing or hiking. Other possibilities include walking, running, and biking, once again with special care to avoid slipping and falls.

When you take a full and honest look it becomes clear that you can be fit and conditioned all throughout the year. More detailed information can be gotten from published material and local experts in your community. Take the challenge! See if you don't feel better, more continuously vibrant, and more in charge of your life.

Richard W. Wilson, D.H.Sc. is an Associate Professor in the Department of Health and Safety, Western Kentucky University.

Hilltopper Healthtopics

'2 MINUTES' OF EXERCISE CAN GET YOU IN SHAPE

Whenever you're feeling too lazy to exercise, simply make a contract with yourself to walk, jog, or bicycle for *two minutes*. Tell yourself that as soon as your two minutes are up, you can quit.

What's likely to happen is that you'll stay with it for 30 minutes or an hour *once you're underway*. Overcoming the initial inertia is the hardest part of getting regular exercise.

SOURCE: *The Bob Hope International Heart Research Institute, Seattle, WA.*

REDUCE STRESS — ANY PLACE, ANY TIME

Whenever you feel "under the gun," you can relax almost instantly by taking several deep breaths. Concentrate on in-haling and exhaling *slowly* (mouth closed). Slowly breathe in until you can't take in any more air, and slowly exhale until you've squeezed every last bit of air from your lungs.

People under stress tend to breathe in short, shallow breaths. Deep breathing provides you with maximum oxygen and forces you to relax.

SOURCE: *The Bob Hope International Heart Research Institute, Seattle, WA.*

'PULLING THE PLUG'

According to surveys, the average American family watches *four to six* hours of TV a day.

Yet we complain that we don't have enough time to exercise.

The best way to "wean" yourself away from the tube is to sit down with your TV schedule and a pen once a week and mark the TV programs you *really* want to see. Then, at the appropriate times, you simply turn your set on the moment the program begins, and turn it off the moment the program ends.

With a little planning, you could have literally hundreds of extra hours for yourself and your family this coming year.

SOURCE: *The Bob Hope International Heart Research Institute, Seattle, WA.*



Head Hillwalkers for October are Charmaine Mosby, reigning roadrunner; Bettie Flener, head hare; and Ann Brown, top turtle.

OCTOBER "HILLWALKER" WINNERS

Pictured are Reigning Roadrunner - Dr. Charmaine Mosby, English Department, 129.1 miles; Head Hare - Bettie Flener, Department of Personnel Services, 48.5 miles; and Top Turtle - Ann Brown, Library Automation and Technical Services, 22.5 miles.

The fall season has been stirring with the enthusiasm of many WKU faculty/staff participating in the new "Hillwalkers - Walking for Wellness" program. A total of 2,084.05 miles was officially walked by club members during October! In addition to the top category winners, special recognition is given to Susan McChesney of Independent Study with 119.6 miles and Phyllis Causey of Independent Study with 100.5 miles. We commend everyone who walked and turned in their recorded mileage cards. Remember—to receive credit for your November miles walked, mail or bring your card to the Department of Personnel Services, ground floor, WAB by December 5.

Hillwalker fun prize winners were: Turtle Club - Sue Miller, Alumni Affairs; Hare Club - Chandra Carter, History; and Roadrunner Club - Susan McChesney, Independent Study.

Get Activated for Health

Health Action—a medical self-care course is coming in January! Don't miss out! Read all about it in the December **Personnel File**.

Salute to Hillwalkers

Turtles

Louis Beck
Darlene Bieber
Mary Boemker
Sally Boswell
LySandra Bowles
Ann Brown
Mike Dale
Linda Davis
Tina El-Amouri
Doris Farley
Janet Gentry
Dorothy Graves

Joyce Harrison
Barbara Johnson
Lisa Kirby
Gilda Lee
Sue Miller
Greg Mills
Ivy Roberson
Nelda Steen
Leslie Tinsley
Jenetta Whaten
Elaine Young

Hares

Linda Brumit
Jeannie Butler
Chandra Carter
Belle Chandler
Torie Cockriel
Libby Downs
Joy Beth Eastin
Bettie Flener
Osburn Flener
Anita Madison
Melanie Owens
Edith Parker
Pat Pearson
Freddie Rone
Elizabeth Runner
Mary Sample
Helen Skees
Judy Sprouse
Nellie Taylor
Linda Tweedy

Roadrunners

Phyllis Causey
Ann Handy
Susan McChesney
Charmaine Mosby
Bob Napier
Judy Owen
Earl Pearson
Fannie Spears
Teresa Taylor
Peggy Thompson
Donald R. Tuck
Lee Watkins
Garth Whicker
Linda White

Welcome to WKU

The Personnel File would like to welcome the following new employees to the university.

Cathy Cardwell—Teacher, Training and Technical Assistance Services-Head Start

Jane Daniel—Senior Cook, Food Services

Michele Douglas—Development and Public Information Officer, Library Special Collections

Paula Garrett—Building Services Attendant, Physical Plant

Archie Glass—Auto Mechanic, Physical Plant

John Gregory—Bookstore Clerk, College Heights Bookstore

Lesla Harris—Painter II, Physical Plant

Linda Livers—Administrative Secretary, Admissions

Douglas Mings—School Psychologist, Diagnostic Network Coordination Center

Susan Morris—Senior Secretary, Extended Campus Programs

Retirement

The Personnel File would like to recognize the following Western employee who retired in September. We hope that you enjoy your new found leisure time.

Dorothy Share retired from the Department of Public Service as a principal secretary on September 30 with 19 years of service to the University.

Holiday Closing Schedule

For the Christmas holidays, all offices will close at 4:00 p.m. on Friday, December 20, 1985.

Offices will reopen at 8:00 a.m. on Thursday, January 2, 1986.

Offices will close at 4:00 p.m. during the period January 2, 1986 through January 10, 1986.

Best wishes are extended to all faculty and staff during this holiday season.

Moving Up!

The Personnel File would like to extend sincere congratulations to the following University employees who were recently promoted or transferred.

David Beckley from Communications Programmer, to Supervisor of Data Communications, Computer and Informational Services.

Peggy Meredith from Departmental Secretary, to Senior Departmental Secretary, Allied Health

Lorie Poole from Departmental Secretary, Philosophy and Religion, to Senior Departmental Secretary Home Economics and Family Living.

Sheila Whalen from Building Services Attendant, Physical Plant, to Library Assistant III, Library Public Services.

Get Your Season Tickets

One of the benefits offered to full-time faculty and staff is the opportunity to purchase football and basketball season tickets at half the cost (a maximum of two per sport).

Although football season is almost over, it's about time to think about getting tickets for all the basketball home games, excluding tournaments and special events. The cost is \$22.50 for a bleacher seat for the men's games and \$12.50 for the Lady Topper games.

Ticket Sales Manager Bobby Houk encourages all full-time faculty and staff to take advantage of this opportunity to be a part of some of the most exciting afternoons and evenings of the winter season. "This is a benefit available to you and your immediate family. Support Western athletics and save money at the same time."

For more information contact:
Ticket Office
Main Lobby, Diddle Arena
745-5222

Faculty and staff must present their WKU I.D. when purchasing season tickets for the first time.

Service Anniversaries

The Personnel File would like to congratulate the following employees who celebrated service anniversaries during the month of November. Congratulations!

20 Years

Russell Cornelius—Internal Auditor, Office of the Internal Auditor

15 Years

Mary Jane Harmon—Staff Accountant, Accounts and Budgetary Control

Paul Keown—Assistant Plumbing Supervisor, Physical Plant

Mattie Montgomery—Food Service Worker, DUC Cafeteria and Grill

Lucy Ritter—Clinical Administrator, Health Services

10 Years

Judith Campbell—Senior Departmental Secretary, Chemistry

Carol Cary—Senior Departmental Secretary, Agriculture

Eugene Hooper—Traffic Lieutenant/Staff Services Supervisor, Public Safety

Paul McDougal—Book Department Manager, College Heights Bookstore

Diane Roberts—Building Services Attendant, Physical Plant

Roberta Simmons—Building Services Attendant, Physical Plant

5 Years

Thomas Bohuski, Jr.—Programmer I, Computer and Informational Services

Marie Hooten—Building Services Attendant, Physical Plant

Paul Joiner—Detective, Public Safety

Jo Ann Mitchell—Technical Services Assistant II, Library Automation and Technical Services

which has remained faultlessly clean, stocked with some \$20,000 in equipment. Hoffman sees the importance in Kuehn's work. "Coal remains Kentucky's most valuable resource, outside of its people, and is therefore of great economic interest.

Sitting behind his desk in a huge office, worry beads in hand, Hoffman recalls how he stumbled into geography. As most, Hoffman was influenced by an "old" professor. He didn't quite know what he wanted and saw geography as a way to explore a vast amount of interests.

The department has received over \$200,000 in grants and contracts during the past two years, a trend which Hoffman and the faculty will work hard to continue.

As the department grows and gets into more field research, the demand for expensive equipment increases. "At one time the labs were very well equipped and had a great equipment base, but things are becoming obsolete and there is no way to get money to replace it." But Hoffman has absolutely no complaints. He claims that the computer capability for the department is one of the best in the University, and probably one of the best in the state.

"...the local environment provides many real opportunities for students to apply their course work."

The number one priority on the "wish list" is a radar system for the meteorology lab, which is required for not only research but to increase public service. As with the majority of scientific equipment, the cost of \$20,000 is almost prohibitive in the University setting.

Hoffman takes pride in EST, which the maintenance people work so hard to keep clean. He will rank the general appearance of the department with anyone in the business.

What does the future hold for geography and geology? The already substantial amount of community service will increase. Grant research activity, and research in general, will be on the

November Spotlights Happy Thanksgiving from 1960

Preparation seemed to go on for months, but the Western Players finally produced the Rodgers and Hammerstein classic "Oklahoma!" boasting a cast of 100+.

The "Rocket Club" launched a two-stage, 6 feet 9½ inch rocket with a range of 15,000 feet and perfect trajectory.

Homecoming memories: The day began with several departmental breakfasts. The annual Homecoming chapel was featured, during which a junior from Hazard was chosen as Homecoming Queen. A parade with 20 gorgeous floats passed through downtown Bowling Green. McLean Hall swept away the prize for dorm decorations. Western lost the big game to Eastern. The day's festivities concluded with a reception in the Garrett Student Center.

"Geniuses are few and far between; the majority of us need to put in time and effort if we expect to succeed."

Kelly Thompson, 1960

Dean Raymond L. Cravens announced that all students would be responsible for filing a degree program with the registrar no later than the first semester of the junior year.

Tickets for the Sadie Hawkins Dance were \$1.50 stag or drag.

Meat and three vegetables at the Chicken Basket on 13th Street went for an unbelievable price of 60¢.

Tickets for the Sadie Hawkins Dance were \$1.50 stag or drag.

"Did you know that an average of one new book about the Civil War has been published every day since 1865?"

The advanced foods class entertained grades 1, 2, and 3 of Potter Home in celebration of Thanksgiving.

The campus deserted the snack bar and filled the library in order to make it during mid-terms. Drugstores near the campus also reported a run on their supplies of no-doze pills.

The Congress Debating Club tossed around the topic of lifting the embargo on Cuba.



Dr. Wayne Hoffman looks on as a student assembles weather data in the Kentucky Climate Center.



When in need of a scientific rock crusher . . . check the geology department.

upswing. And, the quest for a master's in geology will continue.

Geography and geology affect our lives every day, although they are

often taken for granted. Despite the misconception, these sciences are far from boring and are easier to understand than most would believe.

People take better care of themselves now, and health care has vastly improved. A recent report says that in Kentucky 11.6 percent of the population is over 65, and estimates for the year 2030 predict the number will increase to 21 percent.

The gerontology program has the potential to assist 900 persons per year in in-service activities, at least 50 technical assistants from the area agencies on aging and 300 persons seeking completion of courses related to working with the elderly.

The areas of interest are varied, and specific courses are already being considered. Layne gives examples of some of the topics currently being discussed:

Bio-medical ethics: Do the elderly have the right to commit suicide to speed an inevitable death (as with terminal cancer)? Should heroic methods be used to keep someone alive? What kind of penalty should be applied if someone kills an individual or helps him/her to commit suicide?

Exercise and recreation: People can stay healthy longer and the aging process slows down when people exercise. What are the best types of exercise for the elderly, or for those that want to slow the aging process?

Assessment of illness, with respect to insurance coverage and length of hospital stay: Should age influence the length of the hospital stay? Do the elderly recover as quickly as a person in his/her 30's from the same operation? If not, why do many insurance companies expect them to? Who qualifies for homemaker health-aide?

"It's not uncommon for people to live in to their 70's."

Money management: Are people planning properly for their retirements? Are people satisfied with their pensions? Do they make wise insurance and investment decisions?

Mental health care: Why don't the elderly take advantage of mental health care services? Layne explains that there are several issues that mental health care professionals could address to make life easier for the elderly if they better understood their prob-

lems. She said that sleep disorder, depression, *alzheimer's* disease, and bladder control are all areas that could be treated by mental health professionals, if they had the benefit of more training in these areas.

Layne began her interest in gerontology through a two-week course offered by the National Science Foundation on teaching psychology of the aging in 1980. This was a breakthrough for her, because up to that point psychology focused on child psychology when studying the lifespan. She did not have the benefit of any classes in gerontology when pursuing her master's degree, because there were not any offered.

"The gerontology program has the potential to assist 900 persons per year..."

She pursued her interest in aging through personal reading, and attending meetings of the Association for Gerontology in Higher Education to learn more about program development.

With the help of 14 WKU faculty members from 12 campus departments and a \$128,412 grant from the Department of Health and Human Resources, Layne plans to increase research in the field of gerontology, to develop a system for providing training for the western Kentucky region, and to develop a multi-disciplinary minor in gerontology.

She explains that approximately 5000 people working in gerontology programs in six west Kentucky areas will benefit from the program.

Layne received her bachelor's in psychology from the University of South Dakota, and her master's in clinical psychology from the University of Southern Illinois. Since coming to WKU in 1970, one of her positions has been the Psychological Training Clinic Coordinator, which involves selecting the graduate students that will staff the clinic, developing activities, recommending courses, and implementing workshops or training programs. "It's a big responsibility because things could potentially go wrong very easily," she said. The clinic serves students and anyone else that needs help, with the exception of clients that are potentially suic-

"People can stay healthy longer, and the aging process slows down when people exercise."

idal or require hospitalization. Primarily the clinic deals with personality and cognitive assessment therapy.

Extra-curricular activities include the Head Start Health Advisory Board, Chairman of the Agency Services Committee for Big Brothers and Big Sisters, and Vice President and Program Chairman of the Women's Alliance, and she is an at-large member of the faculty senate. She also serves on the Public Policy Committee for the Association of Gerontology in Higher Education.

Layne is very excited about the College of Education's leadership role in this project, and said that much of the credit goes to Dr. Roger Pankratz, who is the executive director of the project and wrote the grant proposal.

Dr. Layne is married to Clinton Layne, who is also a professor in the Department of Psychology, and has two children, Zachary, 14, and Emily, 16.

POST OFFICE cont. from page 1

first time in WKU postal history, the office will have a sink.

"With the post office in DUC, students will be more aware of it and the services that we can offer them. It will also be near the bookstore, so students can buy some of the things that we don't have," she said.

The post office is a full-service contract station and provides such services as mailing packages, registering and certifying letters, express mail, money orders, and aerogrammes for foreign students.

One of the biggest pluses of the new post office is the improved mail box arrangement that will allow the WKU station to keep the revenues from the box rental. Kitchens said that she hopes it will be used to increase or improve services.

Kitchens knows that the move across campus will inconvenience some students and faculty, but she hopes that more students will take advantage of the post office.

The post office hours are and will be Mon.-Fri., 8:30 a.m.-4 p.m.