

# Impact

Volume 24, Number 5

March 6, 2000

A semimonthly newsletter for and about UTMB employees

East Texas AHEC  
supports 15 disciplines  
at 25 schools

Allied health

Dentistry

Dietetics

Health care  
administration

Medicine

Medical technology

Nurse midwifery

Nurse practitioner

Nursing, RN and LVN

Occupational therapy

Optometry

Phlebotomy

Physical therapy

Physician assistant

Public health

There are 405 continuing education and distance education programs with 5,695 participants and 1,138 hours of programming.

#### Distance education programs

- Interactive televideo: 208
- Live audience: 108
- Multimedia: 69
- Satellite: 17
- Other: 3

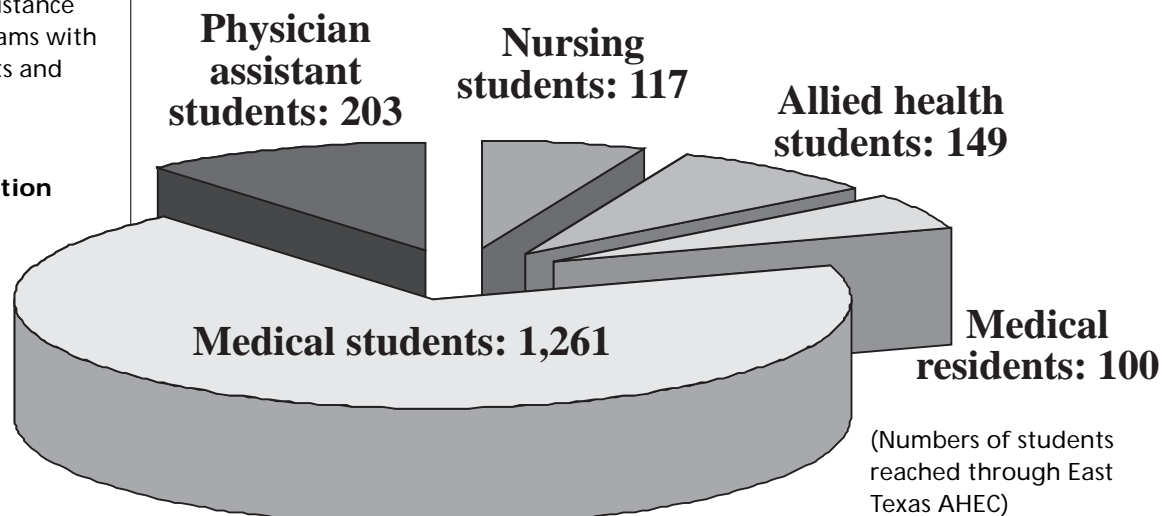
## 'Hidden treasure'

Advisory council members of the East Texas Area Health Education Center met in Austin Feb. 17 to discuss current health care concerns and share the creative programs each regional office has designed to bring health education to underserved communities. Eight regional offices, serving 111 counties, comprise the East Texas AHEC.

*Continued on Page 2*

### Community-based education

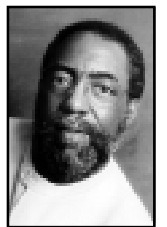
AHEC provided community orientation, housing and other educational support such as laptop computers.



### UPCOMING EVENTS

#### Undergraduate symposium

Dr. Ronald L. Braithwaite, professor in the Department of Behavioral Sciences and Health Education at the Emory University Rollins School of Public Health, will present the keynote address at the 14th annual Undergraduate Research Symposium awards dinner on March 10.



#### Homecoming

Astronaut and physician Dr. Yvonne Darlene Cagle will be the keynote speaker during UTMB homecoming ceremonies on March 24-25.

Cagle is a certified FAA senior aviation medical examiner, a qualified ACLS instructor and has taught physical fitness courses. She is also a clinical assistant professor at UTMB.

Information about specific events is on the web at [www2.utmb.edu/alumni/homecoming%202000/homecomi00.htm](http://www2.utmb.edu/alumni/homecoming%202000/homecomi00.htm)

#### Deadlines

Deadline for submissions to be considered for the People and Briefs sections of the **March 20th Impact** is **noon, March 14**.

Items may be submitted to Impact, route 0802, via the Internet at <http://www2.utmb.edu/impact/feedback.htm> or by e-mail: [impact@oua.utmb.edu](mailto:impact@oua.utmb.edu)

**UTMB**

THE UNIVERSITY OF TEXAS MEDICAL BRANCH

## Reminders

### **SUPPORT STAFF CONFERENCE:**

Registration is now under way for the Tenth Annual UTMB Office/Administrative Support Staff Conference. The daylong event will be offered on both April 4–5 at Moody Gardens Hotel. For more information, visit [www.utmb.edu/oassc2000](http://www.utmb.edu/oassc2000), or call Organizational Training and Development at ext. 27900.

**FOTOFEST:** The Moody Medical Library will serve as one of the Galveston locations for Fotofest 2000 when it hosts "On the Line: Arte Digital del Ecuador." The exhibition features four young art photographers from Ecuador and will be on view during March in the library lobby.

**HEALTH EXPO:** UTMB's Community Outreach Department will be sponsoring a one-day Health Expo during the 12<sup>th</sup> Annual Home & Garden Show on March 19, 9 a.m.–4 p.m. at the Galveston Island Convention Center at Moody Gardens.

# Impact

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# AHEC meets to share its successes, discuss key health care concerns

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The meeting highlighted the manner in which AHEC, with UTMB as lead agency, is successfully reaching East Texas communities with innovative programs aimed at improving the quality of health care in the state. The depth and breadth of programs undertaken by AHEC is of strategic importance to UTMB as it seeks to reach beyond Galveston to fulfill its mission.

Termed "a hidden treasure" by several of the advisory council members, AHEC creates partnerships with local businesses and health care and educational facilities to heighten awareness of health issues and address health workforce development needs. In addition, AHEC works in various community health information initiatives to enhance people's understanding of their own health. AHEC is also increasingly called upon to convene and facilitate processes responding to and effecting change in community health systems. All of these efforts are designed to improve the lives of those who live in areas with fewer health resources.

"I am extremely pleased with the thought and diligence the regional offices have put into their outreach programs," said Steven R. Shelton, East Texas AHEC's executive director. "Because of their hard work and sensitivities to the needs of the citizens in each of their areas, we are working to achieve the AHEC vision of optimal health care for all Texans."

Several regional directors presented their successful programs. The Piney Woods AHEC office, headquartered in Lufkin, discussed its Community-based Cancer Prevention and Control program. Since identifying four counties with a high cancer rate, AHEC representatives travel to worksites within that area to educate employees on ways they can lower their risk of cancer.

AHEC's Pecan Valley office from Victoria introduced its Science and Technology Targeted at Rural Schools (S.T.T.A.R.S) program. Because rural schools have historically had less money for a strong science curriculum, S.T.T.A.R.S. provides staff development to strengthen teachers' science and math knowledge and creates fun activities designed to pique students' interest.

The Prairie AHEC office, located in Denton, targets students in grades K-6 for its AKA Science (All Kids Are Scientists) program. The eight-week program uses hands-on science activities in the hopes of making science fun, thereby encouraging enrollment in those courses as students progress in their education.

The meeting concluded with group discussions on key issues facing today's health care industry. Challenges in the workforce, health professions education, policy and community health care systems were discussed, and each member was able to offer their ideas for change in those areas. All advisory council members' thoughts on these challenges were collected on worksheets to be compiled and redistributed to the entire group in the near future.—John Tyler

## Health profession students

**Alderson-Broadus College of West Virginia:** Two physician assistants.

**Baylor College of Medicine:** 72 physician assistants, 75 medical students and one resident.

**Driscoll Children's Hospital:** One medical student and six residents.

**Lady Hardinge Medical College:** One medical student.

**Lee College:** 19 nursing students.

**MCP Hahnemann University:** One physician assistant

**Midwestern University:** Two physician assistants.

**Prairie View A&M:** One allied health student.

**Simmons College–Maine:** One allied health student.

**Stephen F. Austin:** One allied health student and 10 interns.

**Southwestern University:** 12 physician assistants.

**Texas A&M:** Two medical and two nursing students, one allied health student and one intern.

**Texas City High School:** Four health occupation students.

**Texas Woman's University:** One nursing student, 58 allied health students and one physical therapy student.

**The University of Texas Southwestern Medical Center:** One physician assistant and 48 residents.

**Transworld Academy:** Two vocational students

**UTPA–Edinburg:** One physician assistant and two physical therapy students.

**University of North Texas Health Science Center:** 10 medical students, 5 physician assistants and two residents.

**University of Oklahoma:** One undergraduate.

**UT–El Paso:** One allied health student.

**UT Houston Dental School:** 69 dentistry students.

**UT Tyler/Texas Tech:** Three nurse practitioners.

**University of Texas Houston Health Science Center–Houston:** 115 medical students, one resident and one undergraduate.

**University of Texas Houston Health Science Center–San Antonio:** One medical student and six physical therapy students.

**University of Texas Medical Branch:** 1,057 medical students, 107 physician assistants, 42 residents, 31 advanced practice nursing students, 62 nursing students and four allied health students.

# C-2000 taking a broader approach

In preparation for becoming the health care professionals of tomorrow, students in UTMB's School of Allied Health Sciences all train to be the best practitioners they can be in their chosen areas of concentration. In addition, they will soon be required to take a broader look at the overall field of allied health.

After defining a group of general competencies all its graduates should take from the classroom to the workforce, the SAHS has announced a plan that will require students to master eleven areas common to every discipline the school covers before graduation.

Titled Curriculum 2000, the program will ensure graduates have a handle on basic issues common to all health-care professions. Areas covered will include cross-cultural competencies, legal and ethical issues, research, management, critical thinking, communication, and professional role development.

After a thorough study of core competencies and curricular approaches in health professions education in 1996, the Pew Health Professions Commission found that although these approaches were badly needed, almost no such initiatives had been successfully developed across the nation.

Responding to that need, a task force of 18 UTMB faculty members met for 18 months to develop Curriculum 2000. Within two years SAHS plans to have systems in place to teach, apply and evaluate the competencies as well as document mastery on the transcript of every graduate. Part of the plan is to provide interdisciplinary capstone learning experiences aimed at providing practical, team-oriented opportunities for gaining and demonstrating the competencies.

"We spend a great deal of time training students to be proficient in their particular type of therapy," said Helen Rogers, assistant professor of physical therapy. "We've needed to find a way to show they are part of a team. The students will learn that their discipline is just a small piece in a much larger puzzle. Our hope is that we not only turn out excellent therapists, but great members of the healthcare team as well."

Curriculum 2000 will use outside-the-classroom experiences to weave the competencies into the students' learning at UTMB.

Instead of simply combining the subjects into a required course, students may use technologies like the Internet or CD-ROMs or participate as a group in special learning opportunities to absorb the required information.



Christiansen

Charles H. Christiansen, SAHS dean, said, "The health care systems of the future will

## Curriculum 2000 Categories

### Legal, Ethical, and Moral Actions

Graduates are expected to exhibit behaviors that reflect a consistent upholding of ethical principles and legislative guidelines in all professional roles.

### Cultural Competence

Graduates must be able to understand and appreciate cultural differences that influence health-related behaviors and compliance with therapeutic interventions.

### Establishment of a Caring Environment

Graduates must appreciate that effective health care is holistic, person-centered and compassionate, and exhibit behaviors and practices that engender a sense of trust and satisfaction in patients.

### Professional Role Development

Graduates must understand and accept the responsibilities of health care professionals who place the interests of others before themselves; practice competently, compassionately and collegially; appreciate the importance of evidence-based clinical reasoning; and accept the responsibility for lifelong learning.

### Management

Graduates must have a basic understanding of the functions of a manager, including planning, organizing, coordinating, budgeting and providing continuous quality improvement.

### Research

Graduates must possess the basic skills to be critical consumers of research outcomes and demonstrate the ability to locate, read,

analyze and evaluate research findings in order to determine their significance.

### Knowledge of Health Care Delivery Systems

Graduates must understand the organization of health care systems, including the functions of each system component, how components interact and how health care delivery is affected by the patient's environment and the local health care system.

### Documentation

Graduates must appreciate the importance of documentation, and understand and apply the principles of effective documentation and adherence to policies and legal requirements.

### Communication

Graduates must have a fundamental knowledge of the principles of effective communication, including nonverbal behavior, group dynamics and factors that impede the effective flow of communication.

### Foundational Knowledge

Graduates must have a mastery of necessary foundational knowledge in the basic and clinical sciences to enable their continued application and refinement of practice skills and participation in lifelong learning related to practice.

### Critical Thinking

Graduates must be able to demonstrate mastery of the skills necessary to analyze problems, identify possible solutions and apply the best choice solution based on the circumstances of the situation.

"We will give students a list of required competency lessons they must complete during each year here," said Marilyn Childers, assistant professor in the respiratory care department. "They can get together in groups, work at someone's home or the library, and learn from one another as they complete the lessons. They will learn the same teamwork skills necessary for success after graduation while they are still students."

require professionals who work together for the benefit of the patient, are effective communicators and understand that patients expect to be involved in health care decisions affecting them.

"For this reason, providers of tomorrow must be prepared to offer informed options to their patients," Christiansen added. "They must recognize that doing things right and doing the right things always are different sides to the same coin. The workforce will increasingly require more than simply a degree specifying technical proficiency in a given discipline."—John Tyler

(Here is a sample of where UTMB was mentioned in local and national media in January.)

Dr. Ben Raimer, UTMB pediatrician and vice president for community outreach, discusses UTMB's telemedicine program in the Jan. 20 edition of the *Austin Business Journal*. UTMB has conducted nearly 20,000 telemedicine visits since 1993, serving patients as diverse as TDCJ inmates, the elderly in rural nursing homes and special-needs children in underserved parts of the state.

UTMB is embarking on a study to learn what concerns are important to Texans of all ages, ethnic origins and health conditions when it comes to facing terminal illness and end of life. Grants from the Robert Wood Johnson Foundation, the Harris and Eliza Kempner Fund and the Hogg Foundation for Mental Health will enable researchers to conduct focus groups and town meetings on these issues (*Galveston County Daily News*, Jan. 9).

In the January edition of *OBG Management*, Dr. Andrea G. Witlin, assistant professor of ob/gyn, refutes myths about pre-eclampsia, a potentially dangerous condition in pregnant women.

UTMB has fashioned the world's leading team of scientists in tropical and emerging infectious disease research in the nation's first World Health Organization Collaborating Center for Tropical Diseases. The center is working with UTMB's Sealy Center for Structural Biology in making significant strides against such diseases as malaria, encephalitis, hepatitis C and AIDS. The Robert J. Kleberg Jr. and Helen C. Kleberg Foundation has awarded a \$500,000 grant for the centers' research (*Galveston County Daily News*, Jan. 9; *Galveston Fax*, Jan. 3; KGBC, Jan. 11).

A study of couples in which one partner was infected with the AIDS virus and the other was not showed that condoms reduced the risk of AIDS infection by 87 percent over a long period of sexual contact. The study, conducted by Dr. Susan Weller of UTMB, was originally published in *Family Planning Perspectives* (*Chicago Tribune*, Jan. 30).

A story about a La Marque mother who donated one of her kidneys to her teenage son because she wanted "to give my child a normal life" is featured in the Jan. 18 *Galveston County Daily News*.

Patients who are indigent, terminally ill or suffer from pulmonary diseases will benefit from three one-year grants totaling \$130,000 awarded by UTMB's President's Council (*Galveston County Daily News*, Jan. 28).

Dr. Ed Brooks of UTMB's Pediatric Child Research Center was interviewed on *Weeknight Edition*, on KUHT-TV, about Camp RAD (reactive airway disease), the annual weeklong asthma camp held at UTMB for children and their parents.

On Jan. 28, the *Galveston County Daily News* ran an editorial on a new laparoscopic kidney donation technique, first performed at UTMB in November. The new technique requires only a small incision, allowing for a drastically reduced recovery time.

UTMB's Dr. Arny Ferrando is quoted regarding John Glenn's health status following his 1998 space flight. At a symposium at the National Institutes of Health in Bethesda, Md., Ferrando said that Glenn exhibited slightly altered hormonal levels, typical of elderly people experiencing some stress (*Denver Post*, Jan. 29; *Tacoma, Wash. News Tribune*, Jan. 29; *Lansing (Mich.) State Journal*, Jan. 29).

## Museum of Fine Arts Houston to screen desegregation video

The Museum of Fine Arts Houston will screen the documentary *The Strange Demise of Jim Crow: How Houston Integrated Its Public Accommodations* at 2 p.m. Sunday, April 2, in Houston.

The production tells the long-suppressed story of how sit-ins and demonstrations in Houston resulted in desegregation of restaurants, stores, hotels and movie theaters, over several years in the early 1960s. Those in control of Houston's communications media withheld all mention of the civil disobedience and the forces behind it. At the front of the nonviolent civil rights movement was a group of Texas Southern University students calling themselves the Progressive Youth Association, led by a young Galvestonian, Eldrewey Stearns.

The hour-long documentary grew out of the book *No Color Is My Kind: The Life of Eldrewey Stearns and the Integration of Houston* by cultural historian Dr. Thomas R. Cole, professor at UTMB's Institute for the Medical Humanities.

Cole met Stearns at UTMB during a

weekly psychiatry case conference in which Stearns was the case study for the week's review of manic-depressive illness. Stearns told the room he was the "original integration leader in Texas" and Cole, intrigued, investigated. The book and video resulted from 10 years of work, during which Harris L. Kempner Sr. personally gave Stearns a monthly stipend for living expenses.

The book and video were produced with grants from a number of other Galveston and Houston foundations and philanthropists, the first of which was the Harris and Eliza Kempner Fund of Galveston.

Other contributors to the video project, which has won a number of local and national awards, are Michael and Jeanne Klein, the Powell Foundation, J. A. Elkins, Jr., Wilhelmina R. Smith, the Trull Foundation, the Taub Foundation, the Samuels Foundation, the Summerlee Foundation, Houston Endowment, the Cottonwood Foundation and the Brown Foundation.—  
Joanna Bremer

## Doctors in waiting: Students sweat out life-changing residency assignments

The day is almost here when senior medical students will learn where they will spend the next three to seven years of their lives. At precisely 11 a.m. March 16, at an annual ritual known as Match Day, members of the UTMB graduating medical school class will learn their futures.

Match Day is a national event that links graduating medical students to training positions at teaching hospitals across the country. Earlier this year, students picked which residency programs they wanted to join, listing them in order of preference. Officials of each program, meanwhile, listed their picks of students. Then a computer operated by the National Resident Matching Program (NRMP) matched up the two lists. All across the United States, seniors at their respective schools learn their fate at noon Eastern Standard Time.

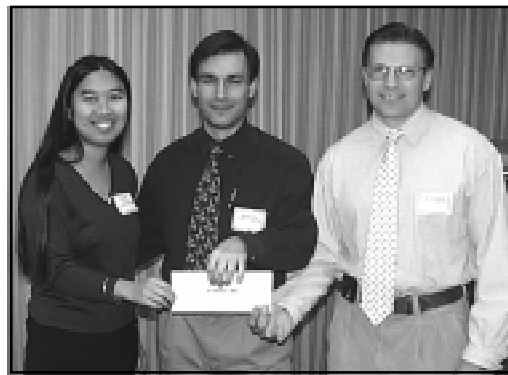
The annual rite of passage produces

keen competition among medical students for the most coveted and prestigious residency programs. In 1999, UTMB graduates received one of their top three choices of teaching hospitals 88 percent of the time, beating the national average of 80.5 percent.

While medical schools around the country have developed their own traditions for distributing residency assignments, UTMB has chosen to continue with its customary Match Day ceremony. There, demonstrating emotions that run the gamut between anxiety and elation, students await their names to be called and walk down the aisles to learn their fate. Tradition has it that students drop a dollar into a large china bowl as they receive their envelopes. As consolation for sitting on the edge of their seats throughout the ceremony, the last student called receives the bounty.—Alicia Simmons

## Heath Fair recognition

The Galveston County Health Week Student Organization recently held a luncheon to highlight the success of its November 1999 events. Proceeds from the week's activities were donated to four local social service agencies, and a certificate of appreciation was given to the sponsoring business, Wal-Mart Supercenter. Angela Hewlett and Mammen Sam are pictured below with Belinda Ware of Wal-Mart.



CLOCKWISE FROM TOP LEFT: Cynthia Chi presented a check to Trudy Davis of the Advocacy Center for Children. Linh Ho presented a check to Kevin Silva and Rex Russell of the St. Vincent's Episcopal House Medical Clinic, which is staffed by UTMB faculty and medical students. Hewlett and Sam presented a check to Sally Galbraith of the Ronald McDonald House, and Jennifer Wren and Courtney Crowell presented a check to Happy Spillar of the Women's Resource and Crisis Center.

The health fair, held at Wal-Mart, is a fun way for the community to benefit from Galveston's vast medical resources through information on safety education, health maintenance, disease prevention, free health tests and screenings provided by UTMB health care providers and students. The fair culminated the 1999 Galveston County Health Week, during which UTMB students of all disciplines joined together to inform the community of the importance of health management, and included a fun run and other family activities.

## Smoking cessation classes available beginning April 11

Are you ready to quit smoking? Do you have a friend or relative who needs help quitting? If so, sign up now for UTMB's Commit to Quit program. The next session begins on Tuesday, April 11 from 11:30 a.m.-1 p.m. Classes meet once a week for six weeks through May 16.

The fee is \$45 and the program is open to the public. Classes are in Ewing Hall, Room 2.106. Deadline to sign up is April 3. Call Annette Wallfisch at 747-6653 for additional information.

## Mark your calendars for the 2000 Earth Day Celebration

UTMB's 2000 Earth Day Exposition will be held Wednesday, April 19, in the Moody Medical Library Plaza from 10 a.m.-2 p.m. Several exhibitors will be on hand to offer information about how to recycle everything from eyeglasses to household items. Participants will even have the opportunity to adopt a pet from a local animal shelter.

This year's event will include a lunch and live entertainment, including a day-care parade. Employees will also have an opportunity to exchange unwanted office supplies at the swap shop.

Volunteers are still needed to help with the Earth Day Expo. To find out how you can help, contact De'Anne Meeh at ext.

28134 or [dmeeh@utmb.edu](mailto:dmeeh@utmb.edu). Volunteers will receive a newly designed Earth Day T-shirt or tote bag.

The 2000 Texas Beach Clean Up is scheduled for Saturday, April 29. To volunteer for UTMB's beach clean up team, contact Gayle Mardis at ext. 76530. Drinks and T-shirts or tote bags will be provided for beach clean up participants.

Read more about Earth Day activities in the April 10 edition of *Impact*.

## Information technology conference registration opens

Registration is now open for The University of Texas System, Information Technology & Distance Education Conference to be held at UTMB on May 16-18.

This year's theme is "Share the Experience." On-line registration can be found at the conference Web site: <http://www.utmb.edu/titc/>

A printable form is also available on the site should attendees decide not to take advantage of on-line registration. Early bird registration will continue through March 14.

New information is available each day on the conference web site. Please visit frequently for updated information. Questions can be directed via e-mail at [is.titc@utmb.edu](mailto:is.titc@utmb.edu).

## Deadline for application for Sealy fund is May 5

The deadline for the John Sealy Memorial Fund for Biomedical Research applications has been extended to Monday, May 5. Applications for submissions should be delivered to room 4.429 in Levin Hall

Applications for all three types of grants supported by the fund—research development grants, recruitment grants and bridging grants—will be accepted.

- **Research Development Grants**, to stimulate new research initiatives by

established investigators through supporting pilot projects with a very high probability to attract new extramural biomedical research grants to UTMB;

- **Recruitment Grants** for newly recruited faculty; and
- **Bridging Grants** for faculty whose renewal applications to national agencies were not funded.

For an application or additional information about the Sealy Grant Program, contact Pam Bass, institutional coordinator, at ext. 22574 or e-mail [pbass@utmb.edu](mailto:pbass@utmb.edu). Sealy Endowment application forms are available at <http://www.utmb.edu/avpr/research/jsmefbr/>

## people

**Dr. Alice Speer**, interim director of the Division of General Internal Medicine, has been selected for the special Millennium Edition of *Who's Who in Medicine and Healthcare*. This will profile the most influential and important people in the fields of medicine and healthcare from around the world.

**Dr. Sumita Gokhale** (Pathology) was awarded second place in the poster competition of the John. R. Rainey, M.D., Residents/Fellows Seminar at the 79th Annual Meeting of the Texas Society of Pathologists, in Houston, Feb. 11-13. Her paper was "Pulmonary Changes In Sick Cell Hemoglobinopathy: An Autopsy Study."

## When kids' sniffles are more than a cold

Children seem to pick up colds as quickly as they latch on to the latest trendy toy. It seems that sneezing and sniffles are just a part of childhood. But when the runny nose and sneezing last longer than a week or recur frequently, an allergic reaction could be to blame.

More than 35 million Americans suffer from some type of allergy, and in most people, these allergies first appear during infancy or childhood. Today, nearly six million children suffer from allergies, which may cause a runny nose, sniffing and sneezing, and itchy, red, watery eyes. Ear infections, nosebleeds or sinus problems are also associated with allergies. Children with allergies often wipe their noses with an upward motion of the hand, sleep poorly and complain of being tired.

This year's warmer winter has created an abundance of outdoor allergens, and the onset of summer could be a particularly frustrating time for parents and children who suffer from seasonal allergies. But identifying triggers will enable parents to make smart choices about family and school activities during this time of year.

There are many airborne allergens that can prompt a child's allergic symptoms, including pollen, dust mites, mold spores, and animal dander (hair or skin particles). An allergy specialist can test your child to see what may be causing the allergies. Such testing can be done with skin tests or blood tests. Unfortunately, the tests can miss important allergies or even suggest an allergy that doesn't exist. For these reasons, testing is typically reserved for those with bothersome chronic symptoms or life-threatening allergic reactions. In these more serious cases, desensitization shots (also called allergy shots or immunotherapy) can be used to help prevent or lessen symptoms.

In most cases shots aren't necessary. As much as possible, limit your child's exposure to suspected allergens. Closing windows and running the air conditioner in warm weather, keeping pets outside (if dander is a problem) and frequently cleaning rugs, curtains, stuffed animals and other dust catchers can help alleviate problems. Also, keep kids away from tobacco smoke, as it's likely to set off allergic attacks. Medicines also are very useful for treating the annoying symptoms, but check with your pediatrician before using any over-the-counter allergy preparations. Prescription medicines may also be an option in some cases.

Allergies do not mean a child is unhealthy or that he or she necessarily has to limit outdoor activities. Don't give in to the temptation to overprotect your allergy-prone child. If you have questions about medicines or avoiding allergens or want to find out about what activities your child can do, talk to your pediatrician.

Leaky pipes, faucets, and toilets cost UTMB money. The following table indicates the average daily costs for various size leaks.



<b>Leak Size</b>	<b>Water Lost</b>	<b>Daily Cost</b>
<i>(diameter in inches)</i>		
1/32	180 gallons	\$0.83
1/16	690 gallons	\$3.18
1/8	2,760 gallons	\$12.72
1/4	11,030 gallons	\$50.87

You can do your part to help us save. Just as in your home, don't leave a faucet running, and if it drips, call Maintenance at Ext. 21586.