

# The WHISTLE

## Use it or lose it: Could this be the key to memory maintenance?

Amanda Hainsworth  
 Institute Communications and Public Affairs

Many people believe it's inevitable that their memory will worsen as they grow older, but there may be ways of maintaining an effective, well functioning memory as you age, according to Georgia Tech's Christopher Hertzog, professor of psychology.

Hertzog's research on memory and aging is attempting to understand how much variation there is between people as they age and the causes of those differences.

He was recently selected by the National Advisory Council on Aging to receive a MERIT (Method to Extend Research in Time) Award of the National Institutes of Health. The award, which provides long-term support to outstanding, experienced investigators, recognizes Hertzog's record of scientific achievements as a principal investigator on research projects funded by the National Institute on Aging (NIA).

MERIT awards are initiated by the NIA and by the National Advisory Council on Aging. The researcher does not apply for the award.

Since 1990, the percentage of Americans aged 65 and over has more than tripled, and in 1997, they made up 12.7 percent of the population. According to the Department of Health and Human Services, the older population will grow significantly between 2010 and 2030 when the baby boomer generation reaches age 65.

People aged 65 and over are projected to represent 13 percent of the population next year, but by 2030, they will account for 20 percent of Americans.

A person's memory can decline by as much as 40 percent between the ages of 25 and 65. The most dramatic changes associated with normal aging involve the working memory, active thinking that involves processing, storing and recalling things, and episodic memory, recalling a past experience. The effects of degenerative diseases, such as Alzheimer's Disease, are more profound but much less common.

Hertzog said one of the challenges of researching the progress and impact of aging is that there is no experimental control over the aging process and how fast it happens. "We can only watch it happen over time, or we can compare older people with younger people," he said.

Hertzog believes that individual differences in effects of aging on memory almost certainly exist. People differ in how much memory change they will experience as they grow older. "But there's little conclusive proof because it is so difficult to measure the effects."

Some of the first definitive evidence of differential rates of change in aging is presented in *Memory Change in the Aged*, a recently published book which Hertzog co-authored with David Hultsch and other colleagues from the Victoria Longitudinal Study, as well as other reports from that project. They were able to show that people differ in their rates of memory change in old age.

"We've also identified some evidence that if an older person exercises his or her mind, their memory may decline less in old age," he said. Self-reported intellectual activities are associated with lower rates of change in memory.

The evidence is consistent with the adage, "use it or lose it." "Being socially active by itself has little effect. Stimulating intellectual activity is what matters, even if it is something as seemingly simple as reading, solving crossword puzzles or playing bridge."

However, researchers in the field face a "chicken and egg" problem. Although continuing regular intellectual activity may have protective benefits, the evidence in the Victoria Longitudinal Study can also be interpreted differently.

As Hertzog said, "Another possibility is that older people, as they begin to experience declines in cognitive functioning, cease what they consider to be their more demanding intellectual activities."

With his current NIA-funded project, Hertzog is collaborating with John Dunlosky, assistant professor of psychology at the University of North Carolina-Greensboro. They are aiming to develop a unique training program for older adults that restructures negative beliefs about age and learning, while teaching them strategies for learning and for self-testing during learning. This research could also provide valuable information on how to construct training and intervention programs to help older adults optimize learning in everyday situations.

They are particularly interested in ways in which older people can protect or improve the functioning of their memory. "There's no doubt that older, healthy people in general perform worse than younger people on memory testing. There is a cognitive decline. But an older person's ability to monitor their own performance doesn't appear to change," Hertzog said.

"They still have the ability to look inside their own mind as accurately as they used to, if not more so. Their subjective experience or self-awareness apparently doesn't change with aging."

Hertzog and his colleagues have applied techniques for measuring this self-awareness to study older adults, and are now beginning to test a new training program for teaching the use of self-awareness.

"This ability to self-monitor may be an important tool an older person can use to overcome some memory loss."

They believe that older people can be helped to develop new, but simple skills to overcome their declining memory. For example, an older person may not easily remember the numbered location where they have parked their car in a multilevel parking deck. They should look carefully at the surroundings and also look back at the car several times as they walk away. By remembering to pay attention to the location, they are more likely to remember where the car is parked when they return.

"A younger adult might remember the location without even consciously attending to it. Older adults often won't, so they



A person's memory can decline by as much as 40 percent between the ages of 25 and 65.

Photo by Gary Meek, Institute Communications and Public Affairs

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## Campaign hosts Roll Out for in-house audience



Photo by Alan David

Marta Garcia, director of development in the College of Engineering, shared with fellow faculty and staff some of her history with Georgia Tech at the Faculty/Staff Roll Out held Nov. 11. She explained how over the years she has grown to feel more a part of the Georgia Tech family and as such feels a greater responsibility to contribute to Tech's future. The Roll Out began with a presentation by President Wayne Clough who touched on Tech's many accomplishments made possible by faculty and staff. He said there is more to be achieved, and The Campaign for Georgia Tech will make reaching those goals possible. To date the Campaign has raised \$429.7 million toward its \$500 million goal.

## Did you know

### Toys for Tots

The Office of Student Financial Planning and Services (OSFPS) will be a collection site for this year's Toys for Tots Campaign. The United States Marine Corps has conducted the Toys for Tots program over the last decade to help disadvantaged families. If you would like to donate toys, please bring unwrapped toys to OSFPS, located on the third floor of the Bill Moore Student Success Center, from Nov. 29 to Dec. 22. OSFPS is open from 8 a.m. - 5 p.m., Monday through Friday. If you would like to make a cash donation to the Toys for Tots program you can do so by sending a check (payable to Toys for Tots) to: Commanding Officer, Marine Air Group 42, NAS Atlanta, Marietta, GA 30060-5099, Attention: Toys for Tots Assistant Coordinator.

Help is also needed at the main collection center at Dobbins Air Force Base. To volunteer, contact Dave Fasano, Office of Student Financial Planning and Services, at 894-1962.

### Angel Tree

The Institute of Paper Science and Technology's Activities Association is sponsoring a Salvation Army Angel Tree,

which provides gifts for needy children at holiday time.

Through the Angel Tree Program, participants choose a specific child, an "angel," to help. You can choose an angel in two ways: 1) Visit IPST and pick your angel from the tree; or 2) see IPST's web site

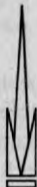
(<http://inside.ipst.edu/iaa/angeltree.html>), select an angel, and wait to receive the tag via campus mail.

IPST is also accepting tax deductible donations which will be turned over to a personal shopper who will shop for an angel and return a receipt to you. For more information, see the above site or e-mail [stan.hearn@ipst.edu](mailto:stan.hearn@ipst.edu).

### Atlanta Food Bank Award

Georgia Tech has won the Atlanta Community Food Bank Volunteer College/University Award for 1999. The award recognizes strong support for and participation in the Food Bank throughout the year. The Food Bank collects non-perishable food to be distributed to agencies who serve the homeless and hungry.

**Georgia  
Tech**



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## Dog days of autumn



Photo by Samantha Adams, Institute Communications and Public Affairs

Tech faculty and staff showed off their favorite furry friends Nov. 12 at the Tech Pet Fest, sponsored by the Georgia Tech Bookstore. The Bookstore's Gigi Weinrich (far left) and husband Mike (third from left) brought Penny and Ralph, while Donna Baldwin (second from left), Post Office mail clerk, attended with her golden retriever Katie, and Sally Hammock, associate director, Student Center, brought Sophie. The event, held at the cybercafe deck, featured experts on alternative pet health care, nutrition, dog training and pet products. For more information on pet health care, products and services, tune in to The Pet Files on Saturdays from 10-11 a.m. on WGUN Power 1010 AM.



# Spotlight

## Meet Scott Walker

**Full Name:** Scott C. Walker

**Age:** 37

**Occupation:** Director of Football Academics

**Current projects and/or research:** Spring registration

**Years at Tech:** 4

**Education:** Princeton '84, Geology

**Marital Status:** Married to Michelle

**Children:** Kyle 4

**Pets:** Dalmation - Blaze

**The last book I read, and enjoyed, was:** *Baseball Mouse*

**One CD in my stereo is:** *Cake - Fashion Nugget*

**My ideal weekend would include:**  
Sun/water/wife/friends/no kids (not in that order!)

**What brought you to Georgia Tech?** Tired of freezing my butt off in Maine and a chance to work with George O'Leary

**One thing I would like to improve about Georgia Tech is:** Replace "boot camp" mentality with one where students are encouraged to succeed.

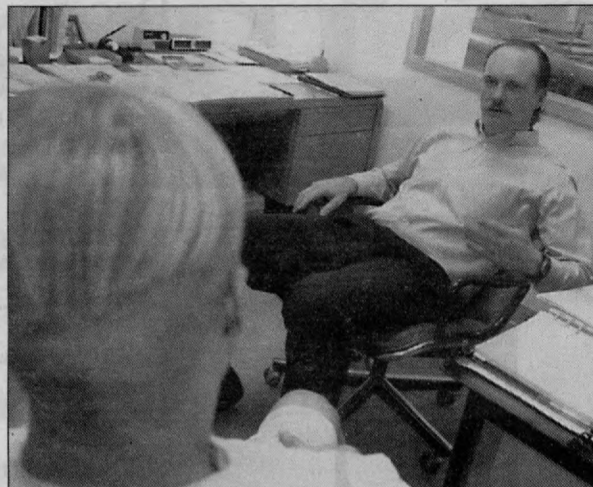


Photo by Stanley Leary, Institute Communications and Public Affairs

**One job I had that is not on my resume:** Chicken-Fried Steak cook at Alamo Cafe (San Antonio)

**When I was younger I wanted to be:** An independent petroleum geologist

**Briefly describe your most memorable vacation:**  
Spending a week with Michelle in Maui (before son was born) just sitting around the pool/beach reading.

**My daily routine would be incomplete without:**  
Drinking a cup of coffee and reading the newspaper first thing in the morning.

The next home game is at 1 p.m. this Saturday against Georgia. The following areas have been designated as reserved parking areas for guests of the Institute on home

football game days. Faculty, staff and students should remove their vehicles by the time indicated.

### Parking guidelines for home football games

#### Parking area

- R01 Peters Parking Deck
- A07 Gate 5, AA lot on Bobby Dodd Way
- B01 Administration Building Lot
- B02 Wardlaw Garage
- B03 SST Card Lot
- B04 Library Card Lot
- A01 Alumni Faculty House Lot
- A02 North Avenue Lot, Deck Level 1 and 2
- A02 McAfee Street Lot
- A03 North Avenue Lot
- A08 Power Plant Drive, between Bobby Dodd Way and Gate 4
- A14 O'Keefe East Lot
- Techwood Drive between North Avenue and Bobby Dodd Way
- Bobby Dodd Way between Fowler Street and Techwood Drive
- Cherry Street between North Avenue and Bobby Dodd Way
- Brittain Drive
- Fowler Street between Bobby Dodd Way and Fourth Street

#### Move cars by

- 10 hours before game time
- 7 hours before
- 3 hours before
- 3 hours before
- 3 hours before
- 3 hours before
- 3 hours before
- 3 hours before
- 3 hours before
- 3 hours before
- 7 hours before
- 6 hours before
- 6 hours before
- 6 hours before
- 6 hours before
- 6 hours before
- 6 hours before

#### A05 Student Deck

About 900 spaces are needed in this area. Faculty, staff and student vehicles do not need to be moved. Access will be controlled and space reserved for special pass holders as necessary.

#### Street closures, three hours before game time:

- Techwood Drive between North Avenue and Bobby Dodd Way
- Bobby Dodd Way between Fowler Street and Techwood Drive

The Parking Office suggests parking in A09-Architecture/FF, A11-CE/Chemistry, R03 gravel, remote lots and the Physics lot.

### Aging, *continued from page 1*

need to change their approach to remembering.

"What we are trying to do is use the person's intact awareness as a scaffold on which to hang their memory," he said. "It's a way of getting around their less effective memory by being mindful and strategic in their use of memory."

Georgia Tech's School of Psychology includes the largest group of cognitive psychologists in the world studying the critically important area of aging. Most of the faculty have funded research projects, and the program is supported by an NIA training grant that provides graduate and postgraduate fellowships for study of cognitive aging. For more information, see [www.psych.gatech.edu](http://www.psych.gatech.edu).

# Campus EVENTS

## Arts/Culture

### Nov. 30

**Music of the Season**, featuring WGST's Keith Kalland and Tech's Jazz Ensemble, Orchestra, Chorale and Symphonic Band. 8 p.m., Robert Ferst Center for the Arts. Call 894-9600.

### Dec. 5

**"Artistic Perceptions,"** showcase of artistic works and talents to benefit the Hammonds House Galleries. 6 p.m., Student Center Ballroom. For more information or to submit art, contact Joi, joijoy@hotmail.com or 206-4078.

## Brown Bags/Lectures

### Dec. 3

**Cognitive Science Brown Bag Series.** Speaker: Christopher Hertzog. Noon - 1 p.m., Student Center, Rm. 321. Contact: Susan Jackson, susanj@cc.gatech.edu or 894-7865.

**"Relationship between Atmospheric Phenomena and Chemistry Measurements,"** by Dr. Reginald Newell, MIT. 3 - 4 p.m., Student Success Center, Clary Theatre. Contact: Susan Ryan, 894-3893.

## Courses/Workshops

### Dec. 4

**Diversity Training**, offered by the Office of Diversity Issues and the Office of Equal Opportunity and Diversity Programs. 9 a.m. - 4 p.m. Contact: 894-6367.

### Dec. 8

**Intro to Alias Studio**, a Scientific Visualization Lab ([www.scivis.gatech.edu/](http://www.scivis.gatech.edu/)) seminar to introduce Alias Wavefront Studio for 3-D design, modeling and animation. 4 - 6 p.m., College of Computing, Rm. 259 (GVU Center). Register with markus.deshon@oit.gatech.edu.

## Faculty Governance

### Nov. 30

**Academic Senate Meeting**, 3 p.m., Student Center Theater. Proceedings include consideration of a proposed change in the policy on final exams for graduating students (see previous article in Oct. 11 issue, available in *The Whistle Archives* online at [www.whistle.gatech.edu](http://www.whistle.gatech.edu)). Agenda is available at [www.facultysenate.gatech.edu/asagen30nov.html](http://www.facultysenate.gatech.edu/asagen30nov.html).

## Sports

### Nov. 26

**Women's basketball**, Tech vs. Elon, 2 p.m., Alexander Memorial Coliseum.

**Women's volleyball**, Tech vs. Georgia, 7:30 p.m., O'Keefe Gymnasium.

### Nov. 27

**Football**, Tech hosts Georgia, 1 p.m. Game to be aired on ABC.

## Miscellaneous

### Nov. 27

**Georgia Tech Women's Forum Cookbook Sale**, 9 a.m. - 2 p.m., Bookstore Mall, prior to the football game (Tech vs. Georgia).

### Dec. 1 - 3

The Georgia Tech Bookstore hosts **Customer Appreciation Days**, offering 20 percent off clothing, sundries, trade books and school supplies. Students, faculty and staff can sign up for door prizes including Tech jackets, sweatshirts, golf shirts, a color TV, mountain bike, cordless phone and more. Dec. 1, 8 a.m. - 6 p.m.; Dec. 2, 8 a.m. - 6 p.m.; and Dec. 3, 8 a.m. - 5 p.m.

## Classifieds

### AUTOMOBILES

1986 Mustang LX, maroon ext., gray int., cloth seats, 4-spd, 4 cyl., clean, runs great. \$1,800 OBO. Call Gary, 875-5743.

1989 Toyota 4-wd pickup, 113K miles. V-6, new paint, new tires, cd, cold a/c, new bed-liner. Looks, runs great. \$5,600. Contact 377-5563 or john.bailey@conted.gatech.edu.

1989 Lincoln Continental. Power everything, leather, air bags, ABS, CD, 79K miles, great shape inside and out. Blue book value \$5,040. Will take \$4,000. Call Mark, 894-4584.

1989 Ford Escort GT, 116K miles, 4 new tires, \$600 OBO. Contact Pete, 894-1835 or pete.ludovice@che.gatech.edu.

1989 Subaru Justy, 65K miles, auto transmission a/c, am/fm, silver, sunroof, new muffler, all records, \$1,500 (Bluebook) OBO. Contact gt7700a@prism.gatech.edu or Christine, 894-9387 (day).

1992 Toyota Previa, 2-dr deluxe passenger van, 5-spd, dual a/c, 130K miles, power everything, anti lock brakes, tilt steering wheel, AM/FM/tape, 10-CD changer. Asking \$6,495. Call 678-461-6712.

1992 Ford Tempo GL, only 53K miles, white, auto, 4-dr, a/c, am/fm/cass, pwr steering/door lock, \$2,950 OBO. Call 894-9987.

1995 Honda Accord LX. White, auto transmission, pwr windows/locks, am/fm/cass. \$6,500. All maintenance records. 160K "road miles." Contact 770-663-4289 or deborah.smith@success.gatech.edu.

1995 Dodge Intrepid ES. Metallic gray, am/fm/cass, a/c, ps, pb, pw, pdl, auto tilt, auto seat, dual air bags, 111K miles, \$6,000. Contact Marie, 894-0870, 770-987-2247 (eve) or marie.mcvay@icpa.gatech.edu.

1996 Saab 900 SE, 3-dr, red with black interior, less than 36K miles. Turbo, sun roof, heated seats, alarm, fold down rear seat, many extras. \$20,500. Contact Al Moloff, 892-3099 ext. 270 or 255-4608.

1996 Chevrolet Cavalier, red, stereo, new brakes and battery, dual air bags, 64K miles, automatic, \$6,900. Call 770-254-9157.

1998 Toyota Camry LE, 4-dr, gold, 26 mpg highway, 23 mpg city, pw, pl, auto, am/fm, a/c, cruise, synthetic oil (24K mi. change), all records, 22K miles, \$16,500. Contact Debbie, 678-290-1273 or gagator97@juno.com.

1998 Dodge Grand Caravan, misty green, flawless maintenance record, all automatic, 46K miles, \$15K or OBO. Contact Carol York, 894-8048 or carol.york@gtri.gatech.edu.

### COMPUTERS

Apple Power Mac 6500/225. Includes 64MB RAM, 4.3GB hard drive, 33K modem, 12X CD-ROM, 15-inch AV monitor, Apple 4500 Inkjet printer, software. \$950 OBO. Kevin, 894-9842 or kevin.doanes@oit.gatech.edu.

### FURNITURE

Super waveless water bed with mirrored headboard, 8 drawers, 5 other storage spaces. \$500. Greg, 894-3423 or greg.slagle@gtri.gatech.edu.

Moving sale: wood dining table with 4 chairs, \$85 OBO; futon, \$75 OBO; 4-drawer chest, \$10 OBO. Contact 894-5259 (w), 872-4156 (h) or tony.wong@physics.gatech.edu.

TV/stereo cabinet, fits large TV. Side-swing door on right for video tapes, glass doors below. \$50 OBO. Contact 894-3759 or michael.dowling@me.gatech.edu.

French Simplese rose colored sofa, loveseat, chair. Cushions and arms need reupholstering, otherwise in good condition. Asking \$500 for all. Call 678-945-9611, M-F after 6 p.m.

3 dark pine bookcases, each measures 32" x 79" x 16" and has 6 shelves. 1 has cut-out for TV/stereo; 2 have lower shelves enclosed with doors. \$500 for all. Carolyn Mahaffey, carolyn.mahaffey@gtri.gatech.edu or 894-4428.

Black futon with top bed, pillow attachment. Will need to pick up. Asking \$80. Contact carita.reynolds@mgt.gatech.edu.

Lighted etagere, cherry finish, 5 shelves (4 are glass), 31" x 75" x 16". \$200. Roll-top desk, oak finish, 42" tall, 48" wide x 22" deep, \$250. Carolyn Mahaffey, 894-4428 or carolyn.mahaffey@gtri.gatech.edu.

### REAL ESTATE

For rent: Home in historic Kirkwood, 30 Lakeview Dr. NE. 3BR/2BA, bsmt, off-st prkng, a/c, hrdwds, w/d, \$1,275/mo. No pets, non-smoker preferred. Call 770-984-9285.

For sale by owner: 833 Kipling Dr., S. Buckhead. 4 mi. from campus. 3BR, 3BA, "bonus" room, deck, fireplace, Morris Brandon school district. \$349,000, negotiable. Jennifer Hanes, jennifer.hanes@alummi.gatech.edu.

Roommate wanted: Female to share private residence with same in Stone Mountain area, MARTA accessible. Call 299-3285.

For sale: Brick/frame home, Dekalb County, \$139,900. 4BR, 2BA, vaulted ceilings, unfinished basement, well maintained yard, quiet neighborhood. Call Michelle Wilkerson, 871-8540 or 894-1956.

For sale: 3BR, 2BA ranch, Conyers, \$99,900. Deck, 2-car garage, master BR w/vaulted ceiling, garden tub w/ separate shower. Michelle Wilkerson, 871-8540 or 894-1956.

### SPORTS/FITNESS/RECREATION

Bicycle: '99 GT BMX Interceptor, \$150. For photo, see [www.gtbikes.com/tech/bmx/](http://www.gtbikes.com/tech/bmx/); select Interceptor, hit show-me. Used for only 5 months. MSRP: \$262. Contact Jeffrey Bowman, 770-445-6176, or Susan Bowman, 894-8414.

Health Rider and Precor rowing machine in perfect condition. \$75 each. Contact 377-6662 or hmarshall@gatech.campuscwix.net.

### MISCELLANEOUS

7 tickets for Amy Grant concert, Nov. 26 at Philips Arena. Selling for face value. 894-0597, 894-5677 or page.morton@housing.gatech.edu.

Wanted: 6 tickets to GT/UGA football game, Nov. 27. Contact Pam, 894-1740 or pam.rountree@marc.gatech.edu.

Electronic keyboard (box incl.) and stand. \$125. Cordless phone (box incl.), \$30. Contact Janie, 894-4416.

*Editor's note: Faculty and staff may submit classified ads via e-mail to [whistle.ads@icpa.gatech.edu](mailto:whistle.ads@icpa.gatech.edu) or fax to 894-7214. The deadline for submissions is 10 days prior to issue date. Ads run for a maximum of three weeks in the order in which they are received. For more information, call 894-8324.*