

## Terrific Teaching

Meet this year's Kemper Award winners for outstanding teaching. **Page 6**

## Workplace Reflections

A staff award winner discusses the impact that MU has had on her life. **Page 4**

April 28, 2005

University of Missouri-Columbia

# Musical rapport

## ENDURING ENSEMBLE

Singers and repertoire have changed over 30 years, but Choral Union is going strong

**M**arilyn Cheetham's first rehearsal with the University Choral Union worked as a narcotic. "I was hooked," says Cheetham, who has sung with the group for 29 years. "I have enjoyed everything about my time in Choral Union — meeting others who share my love of singing and music, developing some rapport with the younger students, being

challenged to learn new music, learning how to sing it better, and being able to use my voice for something worthwhile to me."

On April 30, she will be among the more than 300 students, faculty and staff and community members marking the chorus' 30th anniversary with a celebratory performance at 8 p.m. in Jesse Auditorium. Tickets are available through the University Concert Series at (573) 882-3875 or online at [concertseries.org/performances](http://concertseries.org/performances).

Teaming up with the Choral Union and conductor Paul Crabb to perform Guiseppi

Verdi's masterpiece, *Requiem*, will be four guest soloists, along with MU's University Singers, Concert Chorale and Chamber Singers, and the Columbia Civic Orchestra. Three of the soloists appeared on the DVD of Franco Zeffirelli's production of *Aida*: Soprano Adina Aaron, who sang the title role in *Aida*; bass Paolo Pecchioli, who sang the role of the King in *Aida* and performs regularly at major European opera houses; and tenor Scott Piper, who sang the role of Radames in *Aida*. Mezzo-soprano Dorothy Byrne is a regular singer with Lyric Opera of Chicago.

The Choral Union is a 200-member, multitalented, nonauditioned choir that serves

as a vocal link between MU and the community. Half of its members are MU students, and half of them are from the surrounding region. The ensemble rehearses two hours a week and presents one major program each semester. MU students earn credit hours toward their degrees through the weekly rehearsals and appearances with Choral Union. The rest of the performers join simply for the opportunity to sing.

"That a student and community organization work toward a common goal to accomplish something together is worthwhile," says Crabb, director of choral activities at MU. "There are many talents and abilities in this group and each person contributes in a special, unique way. The people who volunteer their time weekly to rehearse obviously are doing it for love of music and art, and the way they want to contribute culturally to Columbia. We sing some of the best music written in Western European tradition, so we sustain a culture and an art that has been celebrated for

centuries, and that is important."

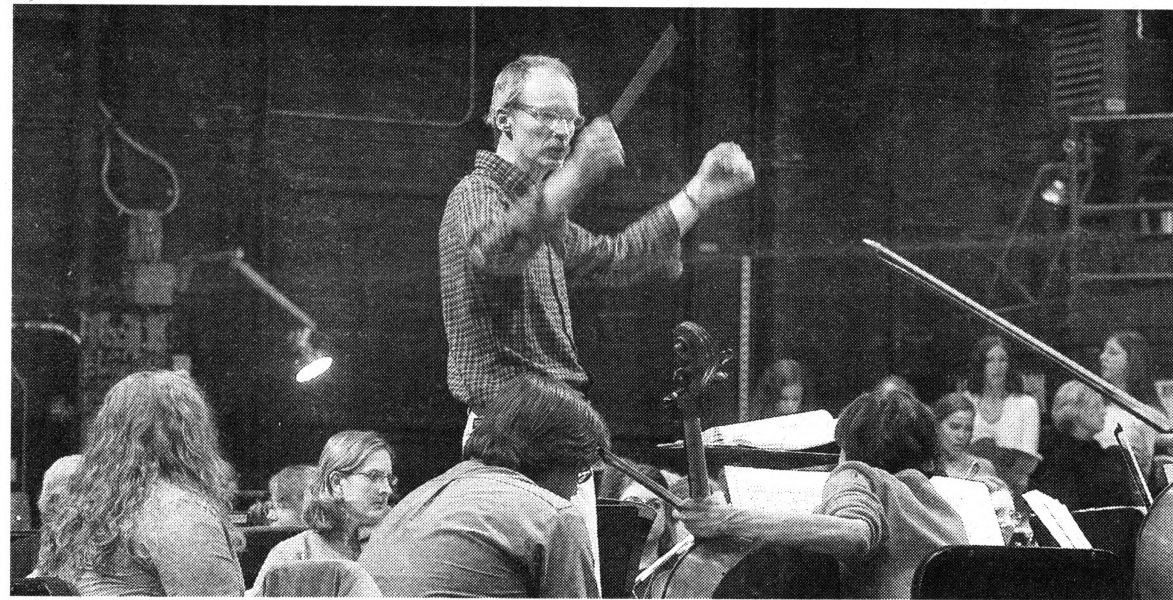
Over the years, the singers have been challenged with a varied repertoire of music that has included Handel's *Messiah*; the Requiems of Mozart, Brahms, and Verdi; Beethoven's *Ninth Symphony*; and *Carmina Barona*.

Cheetham says she the University does "a great thing in continuing to support the tradition of this wonderful group," and to "continue strengthening the rapport with townspeople and the community." In addition to providing opportunities to learn from and perform under some of MU's finest conductors, she says, "We have enjoyed the challenge and stimulating experience of singing under the direction of some well-known professional conductors such as Margaret Hillis, Otto Werner-Mueller and Robert Shaw. We also have had the privilege of hearing some wonderful soloists and of singing with orchestras such as the St. Louis Symphony Orchestra and the Kansas City Symphony as well as our own University Philharmonic Orchestra."

The University Choral Union is open to anyone who wants to join at the beginning of each semester.

"It is effective therapy for me," Cheetham says, "and a great way to spend two hours every Thursday evening."

**MUSIC IN THE AIR** Conductor Paul Crabb strikes up the band in rehearsal for MU's Choral Union. The 200-voice, town-gown chorus of University and area community members, will celebrate its 30<sup>th</sup> anniversary April 30 in Jesse Auditorium. Rob Hill photo



# There's no failure to communicate here

## SUCCESS FACTORS

Communication department receives accolades for graduate education

**G**raduate and professional education is one thing that sets MU apart as the flagship public research university in Missouri, and improving graduate education is one of MU's most important strategic goals.

Each year, the campus honors an academic department for its success in graduate education. Earlier this month, the Department of Communication was selected as the outstanding

department in graduate education.

The department has a lot of successes to communicate:

- A study by the National Association of Graduate and Professional Students found that students in the department had the highest overall satisfaction of any communication PhD program in the nation and the highest satisfaction of any graduate program at MU.

- The department has a completion rate of 96 percent for doctoral students who completed their coursework, nearly twice the national rate of about 50 percent for "all-but-dissertation"

students.

- Over the past three years, 87 percent — all but three — of the department's PhD graduates landed tenure-track positions, and 44 percent of them were hired at schools with graduate programs.

- A 2004 doctoral graduate, Maria Dixon, was selected last year by *The Chronicle of Higher Education* as one of four "rising stars" in academia.

- A recent study published in *Communication Quarterly* ranked the department as fourth in the nation in research activity over the last five years.

"It's just a remarkable list of

accomplishments," says Chancellor Brady Deaton. "In an academic institution that salutes excellence and has as its first priority in strategic planning the improvement of graduate and professional programs, I think that's quite an accolade."

What's the secret of the department's success? "I'm not entirely sure there is a simple, straightforward answer to that question," says Jon Hess, associate professor and director of graduate studies. "I don't think it's one single thing, but a combination of a bunch of smaller factors."

For one thing, the Department of Communication, with 11 full-time faculty members and 40 to 45 graduate

students, is a relatively small department, Hess says. "We have taken advantage of the things you can do as a result of being smaller."

It is the communication department, after all, so those "things" include emphasizing personal communication with grad students and growing a collegial and supportive atmosphere, Hess says.

Communication faculty also emphasize career development with grad students, says Michael Kramer, department chair and associate professor. There is a weekly colloquium program for doctoral students where they discuss current journal articles, teaching topics and career issues

**SEE Communicate on Page 11**

**Art in Bloom**

They say that art imitates life, but the Museum of Art and Archaeology is teaming up with local florists to turn that truism on its head. This weekend, the museum will showcase 14 fresh-cut floral arrangements by eight mid-Missouri florists who have chosen artwork from the museum's collections to inspire their creative floral design.

The special weekend event, "Art in Bloom," combines fine art and artifacts with the majestic art of nature in bloom. The event will be open to the public from noon to 4 p.m. Saturday and Sunday, April 30

and May 1, at the museum. Visitors will be asked to vote on various categories of floral design, and the "People's Choice Awards" will be presented at 3:30 p.m. May 1 in the Cast Gallery in Pickard Hall.

**Tried and Truman**

MU junior Annie Morrison hopes someday to make a difference in the lives of less fortunate women. Her dream could come true sooner than expected because of unique opportunities now available to her as a newly selected Truman Scholar.

Morrison is among 75

students selected from a national pool of more than 600 applicants to be selected as a Truman Scholar. The award, established by Congress in 1975 as a memorial to the 33rd president, carries a \$30,000 scholarship for graduate study and priority admission to top graduate institutions across the country.

Morrison is majoring in biology and English, and plans to attend medical school. She is a founder and coordinator of Women of Worth, a mentoring program that pairs college women with young girls and teen mothers to encourage health and education.

Mizzou is one of only 17 institutions in the country to receive Truman, Udall and Goldwater awards in the same year. Over the past six years, MU has had 12 finalists and four winners of the Truman Award. Junior Jared Cole also represented MU as a Truman Scholar finalist this year.

**Best of Mizzou**

Each year, the MU Alumni Association honors alumni and faculty members for their contributions to the University of Missouri. The winner of the 2004 Distinguished Alumnus Award is Larry L. McMullen, BA

'53, JD '59, of Shawnee Mission, Kan., an attorney with Blackwell Sanders Peper Martin. John Faaborg, professor of biological sciences, was selected to receive the Distinguished Faculty Award. The awards will be presented at a dinner Oct. 21 in the Reynolds Alumni Center.

Recipients of the faculty awards are: Michael Diamond, professor in the Truman School of Public Affairs; Kenneth Evans, professor and associate dean of business; Lawrence Ganong, PhD '77, M Ed '86, professor of nursing; Nigel Kalton, professor of

**Food pyramid personalizes healthy food choices**

**FEEDBACK** Eating guide balances calories with physical activity

**A** healthy weight is not just dependant on how much you eat, but also how active you are. The new food pyramid system can help people take some of the guesswork out of balancing food and activity, according to a University of Missouri nutrition expert.

MyPyramid - the U.S. Department of Agriculture's food guidance system - is built on 12 calorie levels. Size, age, gender and activity level determine an individual's daily calorie needs

from each of the five food groups.

"It's not some preconceived pie-in-the sky formula," says Ellen Schuster, curriculum and training coordinator with the MU Extension Family Nutrition Education Program. "People can really get feedback about their diets that is customized and personal."

Whether you want to shed extra pounds or keep from putting them on, "the key is to get adequate nutrition within your calorie needs, and to balance those calories with activity," says MU nutritionist Candy Gabel.

Using the MyPyramid Web site, [mypyramid.gov/](http://mypyramid.gov/), individuals get personalized eating recommendations by entering their age, gender and daily physical activity. That personal approach will make it easier to meet their nutritional needs and stay within the total recommended calories, says Gabel, who also works with extension's family nutrition programs.

For in-depth information, try MyPyramid Tracker, another Web site feature, Schuster says. "The MyPyramid tracker provides more detailed information on your diet quality

and physical activity by comparing one day's food intake with the current recommendations," she says.

Physical activity is important in determining daily calorie intake. "The more you move, the more you can eat," Gabel says. "If people want to add more food to their daily eating, they can by increasing their activity level."

MyPyramid is built on the 2005 Dietary Guidelines released earlier this year. In addition to calling for Americans to be more active, those guidelines recommend eating more whole grains, fruits, dark-green and orange vegetables, and low-fat

dairy products, while cutting back on fats, sugars and sodium.

Each of the five food groups - grains, vegetables, fruits, milk, and meat and beans - plus oils are represented by colored, vertical bands in the new pyramid. For good health, people must eat foods from all the groups. "We need different amounts of each food group every day," Schuster says. "This is represented by the different widths of the food-group bands. The widest band is grains; oils are the skinniest band."

Even within the food groups, people should select foods with little or no solid fats, added sugars or caloric sweeteners. "The more nutrient-dense foods are at the bottom of the pyramid and the high calorie foods are at the top," Schuster says.

The flexibility and emphasis on moderation makes the food pyramid an easy-to-follow plan. "It gets to where people are," she says. "The pyramid is something you can live with for the rest of your life."



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**MizzouWeekly**

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**Writer/designer** Sue Richardson

mathematics; K.C. Morrison, professor of political science; and Michael Nolan, professor of rural sociology and director of the Division of Applied Social Sciences.

Winners of the 2005 Alumni Awards are:

- Mark Burkhart of St. Louis, BS BA '76, president and CEO of Colliers Turley Martin Tucker
- Caroline Davis, BSN '65, MS '90, of Columbia
- Stuart Fraser, BA '83, of Armonk, N.Y., vice chairman of Cantor Fitzgerald
- Sarah Gehlert of Chicago, MA '79, MSW '82, associate professor and deputy dean for research at the University of

Chicago

- Linda Godwin of Houston, MS '76, PhD '80, a NASA astronaut
- Charles Lovelace of Elsberry, Mo., BS '58, general manager of Forrest Keeling Nursery
- William Miller, BA '51, of Washington, Mo., president, editor and publisher of the *Washington Missourian*
- Randall Smith, BJ '74, of Kansas City, Mo., deputy managing editor of *The Kansas City Star*
- Sonja Steptoe, BA, BJ '82, of Los Angeles, senior correspondent for Time Warner Inc.

**Over the long term**

The University of Missouri is changing the company that provides long-term care insurance for University employees. Along with the change to Metropolitan Life Insurance Company, there will be several enhancements and new features in the plan.

The long-term care plan provides coverage for custodial services and assistance with daily activities of living, which are services that are not covered by medical or long-term disability plans. Those services include assisted living, nursing home, adult day care

and home health-care expenses.

Faculty and Staff Benefits office is sponsoring a series of campus meetings May 4, 5 and 6 to provide more information about long-term care plan options. Some meetings will include specific information for active employees who are currently enrolled in the plan. Other meetings will be geared toward retirees and active employees not currently enrolled. To see which meeting would be most appropriate for you, a link to the meeting schedule is posted on the benefits Web site at [www.umsystem.edu/hrs/benefit](http://www.umsystem.edu/hrs/benefit)

s/ltc. Click on "What's New" and then "Long Term Care Plan Changes."

# Provost possibilities

**ACADEMIC EXCHANGE**

Public forums will highlight provost candidates

The first of three candidates for the provost position at MU appeared at a public forum April 25 that drew an overflow crowd to the meeting room in Pickard Hall.

Brian Foster, provost and executive vice president for academic affairs at the University of New Mexico, described himself as "a true believer in higher education" and discussed some of the complicated issues that higher education institutions around the nation face: funding concerns, accessibility for students and faculty retention.

"The critical aspect of a great university is the amount of intellectual excitement there is," Foster said.

In addition to his work at New Mexico, Foster has taught at SUNY-Binghamton, Arizona State University and the University of Nebraska-Lincoln. Foster was dean of the College of Arts and Sciences at Nebraska and dean of the Graduate College at Arizona State.

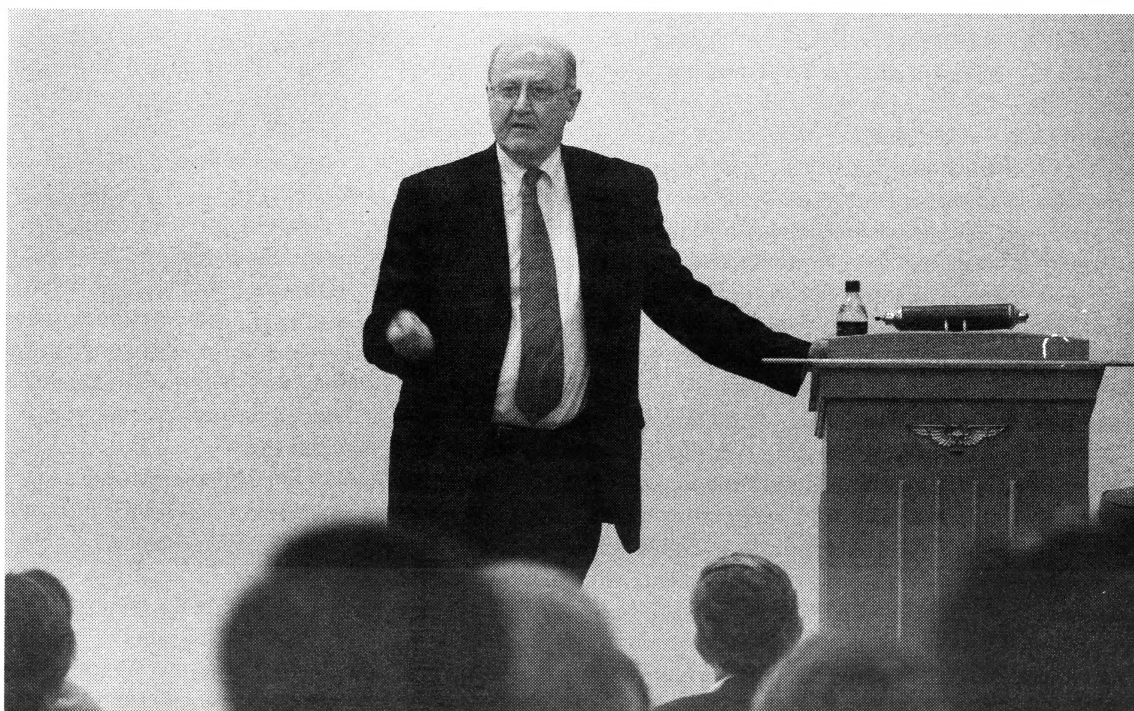
There will be public forums next week to introduce the two remaining provost candidates:

Raymond W. Alden III will visit campus May 1 to 3. He will speak at an open forum that begins at 2:30 p.m. May 2 in 106 Pickard Hall. Alden is the executive vice president and provost at the University of Nevada-Las Vegas, a position in which he serves as the chief operating officer.

Alden came to UNLV in 1997 as professor of biological sciences and dean of the College of Science. He taught previously at Old Dominion University in Norfolk, Va., where he also was director of the Applied Marine Research Laboratory.

Janie Fouke will visit campus May 3 to 5. She will speak at an open forum that begins at 2:30 p.m. May 4 in 106 Pickard Hall. Fouke is the dean of the College of Engineering at Michigan State University and is professor of electrical and computer engineering.

Her previous positions have included bioengineering and environmental division director at the National Science Foundation in the late 1990s, and researcher and faculty member in biomedical engineering at Boston University and Case Western Reserve University.



**CANDIDATE FORUM** Brian Foster, the first of three provost candidates to visit MU, spoke at a crowded forum April 25 in Pickard Hall. Rob Hill photo

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# Reflections on the workplace

*At the April 25 Staff Recognition Award ceremonies in Jesse Hall, Linda Davis, department administrator for the Department of Ophthalmology, was named the winner of the 2005 Barbara S. Uehling Award for Administrative Excellence. At the ceremony, Davis reflected on her 23 years working at MU and how the University has enhanced the quality of her life:*

**W**hen I received a call from a Staff Council member, advising me I was one of four finalists for the Barbara Uehling Award for Administrative Excellence, I was surprised. Then I was thrilled. I didn't know I had been nominated for the award, so getting this wonderful news left me speechless — almost. I could get out only short sentences: "You're kidding!" "Honest?" "I can't believe it." "Really?"

Yes, the dialogue on my part was really quite profound. The news that all finalists are interviewed by a panel brought on the jitters. But my department came through for me one more time with words of reassurance and the advice, "just be yourself." As I headed to my interview, a line of faculty and staff outside my door sent me off with a series of high-fives.

Days later I was absolutely ecstatic when I learned I was the winner of the 2005 award. When I got to my office, other faculty and staff were there and presented me with a big arrangement of beautiful flowers.

## forum

I want to thank The University of Missouri for its programs, such as this annual Staff Recognition event that rewards dedication and hard work.

When our family moved to Columbia in 1982, I wanted to work at the University. I arrived here with a resume that included office management experience, but at that time jobs were hard to come by. I was encouraged by Human Resources to take whatever position was available and work my way up. The advice was good. I chose to do just that, and the choice was one I have never regretted.

I believe the University of Missouri to be the employer of choice in Columbia. With hard work and dedication, the University and, specifically in my case, the Department of Ophthalmology-Mason Eye Institute has provided the opportunity for advancement through the years from secretary to senior secretary, administrative assistant, administrative associate I and II, business/fiscal operations manager, and my current title of department administrator.

Thank you to the University of Missouri for the excellent benefits package, which can equal 25 percent or more of one's salary. They are less tangible dollars, but very real in making employees' lives better.

What would we all do without

our health-care benefits and free life insurance, or our vacation, sick leave, personal days and holidays? What about University tuition benefits for employees and their families, which gave me the opportunity to complete my degree in health services management while working full time? All these and more make the University of Missouri a great place to work.

There is a popular book called, *The Purpose Driven Life*. I believe in that concept. No matter what title is behind one's name at any given period of your life, throw all your energies into the task at hand. Be passionate about your work and care about the people who work with you. Because your work is such a major part of your life, you want to enjoy it.

Years ago the following comment made a deep impression on me: "Pick a job you enjoy, and you'll never have to work another day in your life." The real meaning is, of course, if you enjoy what you do, you enjoy life.

In our department, we call ourselves "the Ophthalmology Family." We do enjoy a supportive, caring environment among our faculty and staff. We realize "life happens — and it happens to us all." We strive to create a work environment that makes going through life's ups and downs just a little easier.

It is with gratefulness I receive this award. May you be the fortunate one to win a future award as a part of this annual event.

## Studies document 'scary' health effects of plastics

**FOOD FIGHT** MU researcher speaks to California lawmakers considering a ban

**T**he bottles used to feed babies or the container holding leftovers in the refrigerator could cause serious harm. Scientific evidence is mounting and the fight against a widely used chemical is being brought into the political arena. Frederick vom Saal, professor of biological sciences, the MU researcher whose

original study brought the adverse health effects of Bisphenol-A (BPA) to light, now has the backing of more than 95 other independent scientific studies with findings that match.

California lawmakers will use this evidence as they consider the nation's first ban of BPA in plastic products made for babies and toddlers. The California legislature is proposing a bill banning all use of BPA in products made for children three years of age or younger. In a hearing on the bill next week, vom Saal spoke to the California legislature this week in support of the proposed ban.

Bisphenol-A, a man-made chemical, is used to manufacture polycarbonate products such as hard plastic baby bottles, food storage containers, water bottles, toys, pacifiers and baby teethers. The chemical also is found in epoxy resins that coat the inside of food cans and dental sealants for children's teeth.

vom Saal, professor of biological sciences, says recent studies have shown that BPA is extremely harmful in very low doses. The chemical acts like the female hormone estrogen and interferes with the body's natural processes. BPA has been linked to adverse effects on male and female

reproduction, altered immune system function, behavioral changes, learning disabilities, brain damage and an increased chance for certain cancers. Researchers are concerned about the exposure of babies to the chemical, which can cause irreversible damage.

"The science is clear and the findings are not just scary, they are horrific," vom Saal says.

*"The science is clear and the findings are not just scary, they are horrific."*

— Fred vom Saal, professor of biological sciences

"When you feed a baby out of a clear, hard plastic bottle, it's like giving the baby a birth control pill."

The case for a new

government safety standard concerning BPA is documented in vom Saal's article published in the most recent issue of the monthly journal *Environmental Health Perspectives*. The last U.S. Environmental Protection Agency risk assessment for BPA was conducted in the 1980s. In his paper, vom Saal says that the latest research showing adverse effects of the chemical are all conducted with an amount of BPA less than the government standard at levels normally found in the human body.

"If BPA was treated as a drug, it would have been pulled immediately," vom Saal says. "We are not saying get rid of plastics. This chemical can be replaced right now by safer materials and the public would never notice the difference."

More than 6.4 billion pounds of BPA is manufactured every year by 15 corporations. The chemical industry conducted 11 studies and found no problems. These studies took place after vom Saal, collaborating with MU colleagues, published his findings eight years ago. Since then, independent scientists have conducted nearly 100 studies, all showing adverse health effects from low doses of BPA.

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# Fine-tuned forecasts give shelter from the storm

## CRYING WOLF

Technology lets meteorologists focus weather forecasts

**M**eteorologists who issue those frequent severe weather alerts this time of year are taking a lesson from the boy who cried wolf. "There is a danger in overalerting," says Patrick Market, assistant professor of atmospheric science.

He learned that lesson last storm season in a Columbia supermarket when the storm-warning sirens sounded. He overheard a shopper say, "Oh, those weather guys never get it right." That casual attitude, if a tornado was coming, could be fatal.

Meteorologists are working to narrow the focus of warnings, Market says. Improved technology in radar, global positioning systems and computerized weather models make it possible.

The National Storm Prediction Center in Norman, Okla., issues weather watches for large "boxes" that can include half a state. If severe storms develop, a local weather service office will issue "warnings." In the past, that was county by county, for whole counties. However, many severe storms have a very narrow zone of impact.

"In Boone County, there may be a tornado near Ashland and skies in Columbia, 15 miles away, could be clear," Market says.

Ron Pryzbylinski of the National Weather Service office in St. Charles, Mo., which covers 48 counties in eastern Missouri and western Illinois, can now issue warnings for half a county, such as southern Boone County. "After we issue the warning, it is up to the local emergency manager to decide whether to

turn on the sirens," he says.

"We've issued warnings for the southwest corner of St. Charles County," Pryzbylinski says. That reduces the number of people to be alerted.

Weather warnings in the future may be even more focused, Market says. Already some computer programs provide the weather for your street.

Meanwhile, as the spring storm season approaches, Market wants listeners to heed radio or television alerts or warning sirens. Severe weather alerts do reduce the number of fatalities from tornadoes. "The system does work, even though it might not be 100 percent focused," Market says.

There also may be a limit on how fine a point can be put on a

warning. "Sometimes we are working warnings in 20 counties at once," Pryzbylinski says. "It would take a much larger staff than we have to go into greater detail."

Of concern to meteorologists are listeners, especially young people, who get their music not from radio but from an iPod loaded with music from the Internet, Market says. There is

no way for the weather service to break into that programming with storm warnings.

By definition, severe weather includes hail one inch or greater in diameter, winds of 58 miles per hour or tornadoes. To clarify, Market explains that a "watch" is an alert that severe weather could possibly develop. A "warning" comes only after severe weather is identified in an area. That is the time to seek shelter.

University Hospital thanks the 2005 Rockin' Against Multiple Sclerosis (RAMS) steering committee and congratulates all those involved in the project's success.



### RAMS 2005 Steering Committee

#### Directors

Lauren Brodmerkle  
Ryan Kuryla  
Matt Talhelm

#### Community special events

Katie Carlson  
Sara Harper  
Lindsey Peters

#### Jail-n-bail

Tim Bolhafner  
Christi Brown  
Ryan Glowczewski

#### Promotions

Hillary Miller  
Zack Jemas

#### Recruitment

Amy Kamath  
Joe Neely  
Andy Price  
Kristin Steinkamp  
Kristi Uthoff

#### Rock-it

Adrienne Cope  
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Deanna Harper

RAMS events, such as Jail-n-Bail, Comedy Night and the Rock-It lipsync contest, raised more than \$66,000!

Service projects were completed for more than 25 multiple sclerosis clients in the mid-Missouri area.

RAMS is dedicated to increasing awareness of multiple sclerosis on the MU campus and in the Columbia area. Money raised allows the Multiple Sclerosis Institute to provide services to mid-Missourians diagnosed with multiple sclerosis.

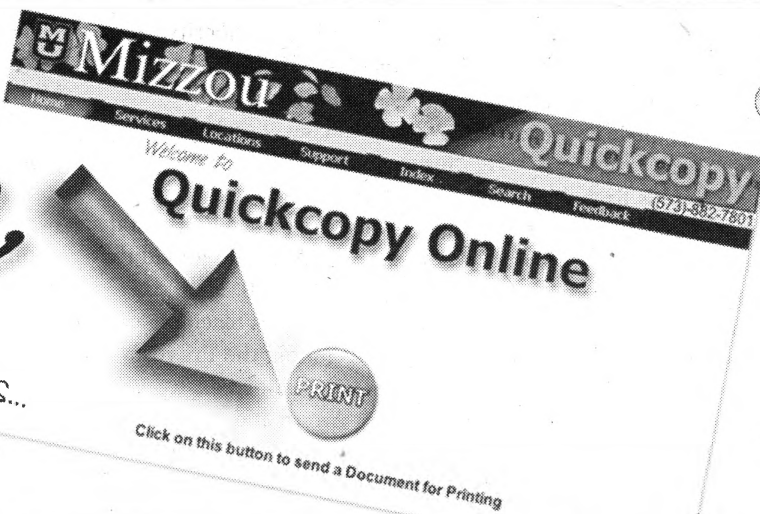


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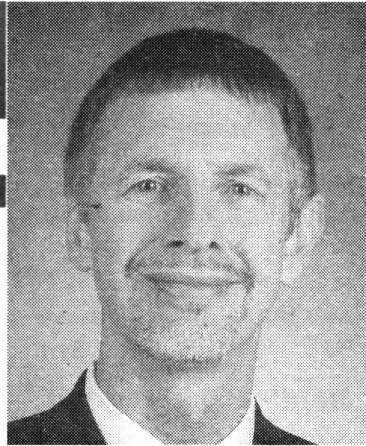


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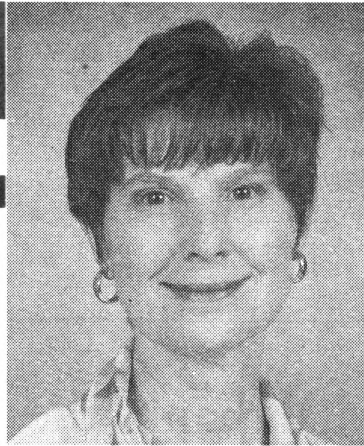
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**John Bullion**  
Professor of History  
College of Arts and Science



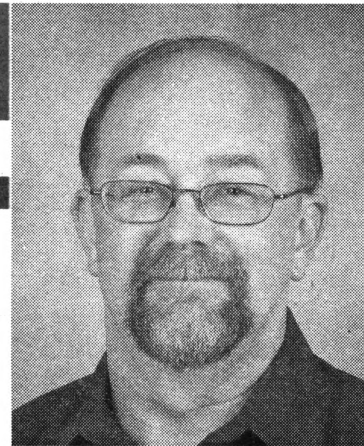
**Glenn Good**  
Associate Professor of  
Educational, School and  
Counseling Psychology  
College of Education



**Mary Grigsby**  
Resident Instruction Assistant  
Professor of Rural Sociology  
College of Agriculture, Food and  
Natural Resources



**Jana Hawley**  
Assistant Professor of Textile  
and Apparel Management  
College of Human Environmental  
Sciences



**Richard Meadows**  
Clinical Associate Professor  
of Veterinary Medicine and  
Surgery  
College of Veterinary Medicine

**P**rofessor John Bullion can make his subject appealing to almost anyone, even those students who think they hate history. "When I was his assistant for a small honors course, the students were so enamored of him that more than half of the class expressed to me their desire to take another course with him even though they were not history majors," says one former teaching assistant. A graduate recalls, "Countless times I'd look down and realize I'd stopped taking notes because I had just sort of been absorbed into the topic and its presentation."

Students praise Bullion's knack for finding contemporary relevancy in the past. They also appreciate his ability to challenge their thinking while remaining open and respectful to their opinions. "He has consistently demonstrated a unique ability to connect with a wide variety of students in ways that are both humane and intellectually challenging," a colleague says.

Bullion earned his bachelor's degree from Stanford University and his master's and doctoral degrees from the University of Texas at Austin. He joined the MU faculty in 1978 and served as chair of the history department from 1991 to 1996. He has received the Burlington Northern Foundation Faculty Achievement Award for Significant and Meritorious Teaching and the MU Alumni Association's Faculty-Alumni Award. In 2001, the Honors College and the Kansas City Alumni Chapter named him Honors Professor of the Year.

**S**tudents say Glenn Good is an extraordinarily sensitive, insightful guide through the potentially troublesome topic of gender issues in counseling and education. "He challenged us to push the boundaries of our thinking while at the same time working hard to maintain a safe environment where we could explore the difficult topics of gender roles, race and sexuality," one graduate student recalls.

Students praise Good's support and mentorship of them in their intellectual pursuits. He encourages them to think of themselves as "genuine collaborators in the academic world," one graduate student says. Students also admire Good's scholarship, particularly on gender issues, and aspire to follow his example. "Not only does he engage in critical analysis and investigation as a trailblazer in the discipline of counseling, but his thorough enjoyment of doing so is both contagious and inspirational," a doctoral candidate says. "He dramatically influenced my development as a professional psychologist by demonstrating that one can (and should) prioritize and value scholarly activity while simultaneously holding dear the qualities that make us human."

Good earned his bachelor's degree from the University of California at Davis, his master's degree from the University of Oregon and his doctorate from Ohio State University. He joined the MU faculty in 1990. Here he has been named Mentor/Advisor of the Year by the College of Education and has received several teaching awards, including the Graduate Professional Council's Gold Chalk Award for graduate instruction.

**E**ach year, enrollment in Mary Grigsby's Introduction to Rural Sociology course increases steadily, now numbering nearly 200 students per section in the fall semester. As one student points out, the class isn't an easy A. It's popular because Grigsby teaches it. Students praise the variety of teaching styles Grigsby employs; the group discussions she prompts, even in a large lecture class; her buoyantly cheerful demeanor; and her contagious enthusiasm for her subject. "Her fervor in watching her students learn and grow is only matched by her eagerness to learn and grow herself," one student says.

Grigsby's colleagues admire the care she takes in preparing her curriculum. "She is constantly reflecting, revising and redoing individual classes, looking for ways to better engage students and thinking about how to improve her classes," they say. Grigsby's dedication has not gone unnoticed by her students. "She continually strives to provide the best possible learning environment for her students, never accepting mediocrity," one student says. "Teachers guide the future, and as long as Dr. Grigsby teaches, I feel that our future looks bright."

Grigsby earned her bachelor's, master's and doctoral degrees from MU and joined the MU faculty in 2000. She has received numerous teaching awards, including the Provost's Outstanding Junior Faculty Teaching Award and her college's Outstanding Teaching Award and Golden Apple Master Teacher Award. In 2005, one of her students received the Mizzou '39 Outstanding Senior Award and chose to honor Grigsby as her faculty mentor.

**J**ana Hawley's classroom extends far beyond the walls of a single building. For example, in fall 2004 she created an independent study class that gave 12 students the opportunity to work with a not-for-profit organization in planning, designing and launching a secondhand clothing store. "Being able to work with Dr. Hawley and more importantly learn from her on this project has been a wonderful, once-in-a-lifetime experience," one of those students says. "It is, in my mind, the perfect way for my college career to come to an end and at the same time begin my career."

Students appreciate the ways Hawley incorporates her research and experiences in the textile field into curriculum. "The textbook becomes a mere supplement," one student says. Colleagues and students alike comment upon Hawley's ability to motivate and inspire her students. "Dr. Hawley's enthusiasm and passion for teaching are unmatched," one graduate says. "She taught me finding your passion is the path to true success."

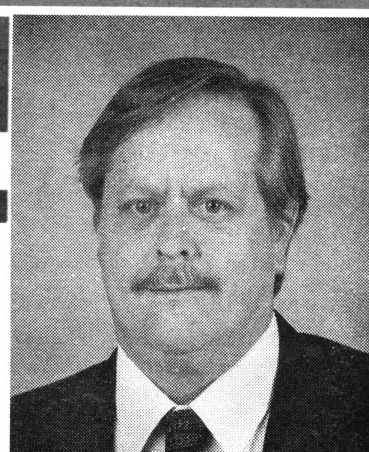
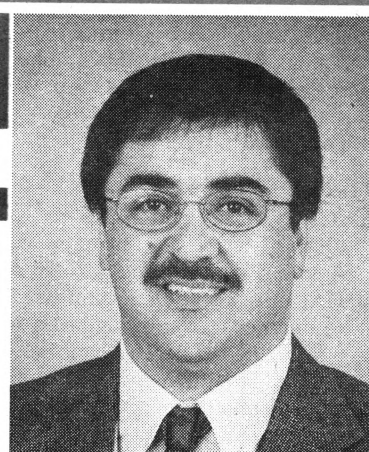
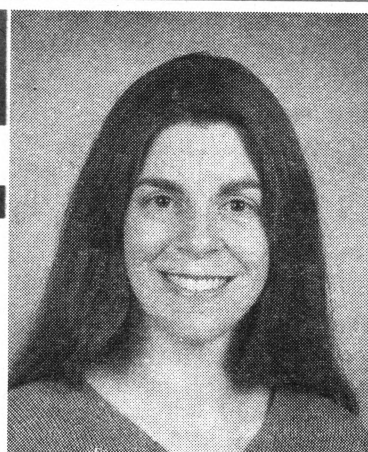
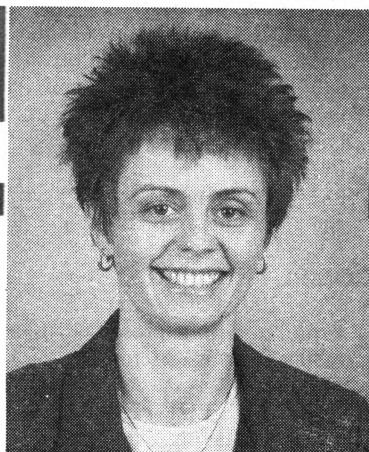
Hawley earned her bachelor's degree from Fort Hays State University, her master's degree from Oklahoma State University and her doctorate from MU. She joined the MU faculty in 2001 to develop curriculum on electronic commerce in Textile and Apparel Management. She has received numerous teaching awards, including the Human Environmental Sciences Outstanding Teaching Award from the HES Student Council, the Outstanding HES Teacher Award from a faculty committee, and the Excellence in Teaching with Technology award from ET@MO (Educational Technologies at Missouri).

**S**tudents appreciate Richard Meadows' perspective as a veterinarian who spent years in private practice. "Dr. Meadows introduces students to the real world of daily veterinary practice and challenges them to put theory into practice," a recent graduate says. "His down-to-earth teaching style and unyielding focus on common-sense medicine are a breath of fresh air in the sometimes heady atmosphere of the ivory tower."

Meadows has earned a reputation as a particularly dedicated teacher. "He is willing to discuss or explain any topic at length, no matter how simple it may seem, to any student at any time," says one student. "He always makes time for his students and does his best to help in any way he can." Another student describes Meadows this way: "He not only teaches students to be doctors, but he teaches doctors to be people."

Meadows earned his first bachelor's degree from West Texas State University and a second bachelor's degree and his degree in veterinary medicine from Texas A&M University. He joined the MU faculty in 1999 and has received the College of Veterinary Medicine's Carl J. Norden Distinguished Teaching Award; the college's Aesculapius Teaching Award, voted on by students; and the Gold Chalk Award from the Professional Graduate Council. Meadows has taken advantage of funding opportunities for technology and facilities in the veterinary hospital. He recently received a major award for a new veterinary dentistry laboratory to train students and licensed veterinarians to treat dental disease in dogs and cats.

Since they were established in 1991, the William T. Kemper Fellowships for Teaching Excellence have honored 150 of MU's finest professors for their dedication to providing quality in the classroom.



**Joshua Millspaugh**  
Assistant Professor of Fisheries and Wildlife Sciences  
College of Agriculture, Food and Natural Resources

**Dorina Mitrea**  
Associate Professor of Mathematics  
College of Arts and Science

**Amanda Rose**  
Assistant Professor of Psychological Sciences  
College of Arts and Science

**Hani Salim**  
Assistant Professor of Civil and Environmental Engineering  
College of Engineering

**John Schneller**  
Assistant Professor of News-Editorial  
School of Journalism

**J**oshua Millspaugh and a colleague have been invited to give presentations nationwide on their inventive approaches to problem-based learning, but the best testament to Millspaugh's teaching is his students' high regard. "Dr. Millspaugh commands the utmost respect from students," a recent graduate says. "His high expectations challenge students to work to their potential. Over and over, they rise to meet his challenge because they value his opinion."

Demonstrating the applications of his subjects is a cornerstone of Millspaugh's teaching. A colleague marvels how "students with 'math phobia' going into his courses emerge with confidence that they can use these quantitative tools and concepts in the real world." Millspaugh created a new graduate level course, a consulting project in which students will present their findings to the National Park Service. "The students are accountable for the products," says a former teaching assistant, "and the process of creating them is where learning occurs."

Millspaugh earned his bachelor's degree from the State University of New York College of Environmental Science and Forestry, his master's degree from South Dakota State University and his doctorate from the University of Washington, where he also completed his postdoctoral study. He joined the MU faculty in 1999 and has received numerous teaching awards, including the Provost's Outstanding Junior Faculty Teaching Award and his college's Golden Apple Award for Teaching Excellence.

**D**orina Mitrea has great talent for helping students comprehend and even enjoy calculus and other high-level math. "Never have I had a teacher who made such difficult material easy to understand," one student says. Another student praises her "marvelous ability to restate a problem/issue in a different way (or graphically) to clarify the point." One of her colleagues says that, as a woman, Mitrea is an important role model for female students in the field of mathematics. One such student whom Mitrea has mentored says: "She has deepened my desire to study mathematics in depth. The ability to get students to think not just about homework or test questions but about material not required for the course is the mark of a good professor."

Mitrea earned her master's degree from the University of Bucharest and her doctorate from the University of Minnesota. She joined the MU faculty in 1996 and has received the Provost's Outstanding Junior Faculty Teaching Award. In 2001, the National Science Foundation awarded her and several others a \$1.19 million grant to develop courses and recruitment models for middle school math teachers. As part of this project, she and a colleague created a pioneering new calculus course for middle school teachers and co-wrote *Calculus Connections: Connecting Middle School and College Mathematics* for the class. Mitrea coached a team of sixth and seventh graders for MATHCOUNTS, a national mathematics competition, in 2003. After her team placed first in the state, she coached the Missouri all-star team to second place at the national level.

**A**manda Rose teaches child psychology in a cavernous hall filled with more than 300 students, but her passion for her subject and creative use of class time help keep students focused and interested. "One of the student comments I have heard repeatedly is that she is very enthusiastic about the material she is teaching, and her enthusiasm makes students want to learn," says one colleague. "I have talked with many students who had such a great experience in her course that they changed their major to psychology."

As director of the department's Peer Relationships Lab, Rose regularly involves graduate students and an unusually large number of undergraduates in research on child development. She has earned a reputation as a dedicated mentor. "She excels at the delicate balance of providing assistance while also fostering independent scholarship," says a graduate student whom Rose advises. One student describes Rose as "quite possibly the most open, supportive teacher I've ever had." Another says, "I am grateful to Dr. Rose for teaching me not just the mechanics of research but also for giving me the confidence to do it as well."

Rose earned her bachelor's degree from Ohio State University and her master's and doctoral degrees from the University of Illinois at Urbana-Champaign. She joined the MU faculty in 1999 to help establish the new developmental psychology training area. She has received several awards for teaching, including the Provost's Junior Faculty Outstanding Teaching Award and her department's Robert S. Daniel Junior Faculty Outstanding Teaching Award.

**I**n the past six years, Hani Salim has served as a mentor for more than 25 undergraduate students working on engineering research. One former student recalls working with Salim to help establish the National Center for Explosion Resistant Design at MU in 1997. "The formation of this research center," he says, "was a valuable learning experience for me and could never have been accomplished without Dr. Salim's motivation and hard work."

The same student recalls Salim's classroom teaching with just as much admiration: "It was apparent by his class preparation and unselfish out-of-class instruction that Dr. Salim strived to ensure that his students did not merely understand the engineering principles being taught but that they realized the real-life applications of these principles." Another student pays Salim one of the highest compliments an overworked college student can offer: "The class was very early in the morning, but Dr. Salim made it easy to stay awake and want to learn."

Salim earned his bachelor's degree from Jordan University of Science and Technology and his master's and doctoral degrees from West Virginia University. He joined the MU faculty in 1999, and he has since received numerous teaching awards, including the College of Engineering Award for Teaching Excellence. He has received the teaching award from the graduating seniors of his department more times than anyone else on the faculty.

**I**n the frenzied environment of the *Columbia Missourian* newsroom, metro editor John Schneller works with student after student on reporting, writing and rewriting. "He always pushes you and sets high expectations," one student says. "John can see through a muddle of information and hit on the real backbone or issue of a story," says another. A graduate recalls: "Schneller is equally willing to break down a city council agenda for a student who has never seen one or line-edit the most advanced writer's investigative project. He can find any student's strength and any story's weakness." One colleague credits Schneller with fostering *Missourian* reporting that is "richer, more nuanced and more sophisticated than ever before."

When journalism faculty redesigned the seminar taken by entering master's students to better balance theory with its relationship to journalistic practice, Schneller began co-teaching the class. Noting that Schneller has now become a theoretical scholar in his own right, one co-teacher says: "John Schneller is a teacher of practice who has become a teacher of theory and practice. Trust me, this is very, very rare in journalism."

Schneller earned his bachelor's degree from MU. He joined the MU faculty in 2000 after more than 20 years as a reporter and editor at the *Columbia Daily Tribune*. He has edited *Missourian* student work that has received awards from the Missouri Press Foundation and the Investigative Reporters and Editors national organization, as well as the Hearst Journalism Award for in-depth reporting.

# calendar



## Concerts & Plays

### Saturday, April 30

**UNIVERSITY CONCERT SERIES:** The MU Choral Union will perform Verdi's *Requiem* at 8 p.m. in Jesse Auditorium. For ticket information, call 882-3781.

### Sunday, May 1

**JAZZ SERIES:** The John Scofield Trio will perform at 7 p.m. at the Blue Note. Ticket information is available at all Ticketmaster locations or call 449-3001.

## Conferences

### Friday, April 29

**ARCHAEOLOGY CONFERENCE:** The 2005 joint annual meeting of the Missouri Archaeological Society and the spring meeting of the Missouri Association of Professional Archaeologists will be held today through May 1 at the Days Inn Conference Center. For more information, contact Melody Galen by phone at 882-3544 or visit the Web site at [coas.missouri.edu/mas/programs/springmeeting](http://coas.missouri.edu/mas/programs/springmeeting).

### Thursday, May 5

**ANCIENT HISTORIANS CONFERENCE:** The Association of Ancient Historians will hold its annual conference today through May 8 in N208 and N222 Memorial Union. The theme will be "Contact and Synergy from the Archaic Period to Late Antiquity." For more information, call Ian Worthington at 882-0780 or e-mail [WorthingtonI@missouri.edu](mailto:WorthingtonI@missouri.edu).

## Courses & Workshops

### Thursday, April 28

**COMPUTER TRAINING:** "Photoshop CS: Channels, Masks and Filters" will be presented at 1 p.m. in 4D11 East Ellis Library. Registration is required; call 882-2000 or visit [iatservices.missouri.edu/training](http://iatservices.missouri.edu/training).

is required; call 882-2000 or visit [iatservices.missouri.edu/training](http://iatservices.missouri.edu/training).

### SAFETY WORKSHOP:

"Biohazard Awareness" will be presented from 3-5 p.m. in the Environmental Health and Safety classroom in the Research Park Development Building. Registration required; call 882-7018.

### Tuesday, May 3

**COMPUTER TRAINING:** "Creating Web Pages" will be presented at 8:30 a.m. in 4D11 East Ellis Library. To register, call 882-2000 or visit [iatservices.missouri.edu/training](http://iatservices.missouri.edu/training).

### Wednesday, May 4

**COMPUTER TRAINING:**

- "Getting Your Form to Work with Bengal" will be presented at 8:30 a.m. in 4D11 East Ellis Library.
- "Dreamweaver 1: Workspace, Pages & Text" will be presented at 8:30 a.m. in N3 Memorial Union.
- "Flash MX 2004 1: Elemental Flash" will be presented at 1 p.m. in 4D11 East Ellis Library. To register, call 882-2000 or visit [iatservices.missouri.edu/training](http://iatservices.missouri.edu/training).

**RADIATION SAFETY WORKSHOP:** "New Radiation Workers" will be presented from 1:30-4 p.m.

today and June 2 in the Environmental Health and Safety classroom in the Research Park Development Building. Registration is required; call 882-7018.

### Thursday, May 5

**CHEMICAL WORKER TRAINING:** Training sessions for chemical workers will be held from 2-4 p.m. today and June 21 at 12 Research Park Development Building. Registration is required; call 882-7018 or visit the Web site at [ehs.missouri.edu/train/chemical](http://ehs.missouri.edu/train/chemical).

### COMPUTER TRAINING:

- "Excel 2003 Formatting & Printing" will be presented at 8:30 a.m. in N3 Memorial Union.
- "XHTML 1: Links, Graphics & Lists" will be presented at 1 p.m. in N3 Memorial Union.
- "Excel 2003 Macro Magic" will be presented at 1 p.m. in 4D11 East Ellis Library. To register, call 882-2000 or visit [iatservices.missouri.edu/training](http://iatservices.missouri.edu/training).

### Friday, May 6

**FIRE SAFETY WORKSHOP:** "Fire Extinguisher Safety" will be presented from 8:30-10:30

a.m. in the Environmental Health and Safety classroom in the Research Park Development Building. Registration required; call 882-7018.

## Exhibits

**THESIS EXHIBIT:** "Pottery: Art in Relationship," ceramic works by Fergus Moore, will be on display through April 30 at A La Campagne, 918 East Broadway. The gallery is open Mon-Sat. 10 a.m.-6 p.m.

**BINGHAM GALLERY:** "Diffusion," an exhibit of works in a variety of media by graduating seniors, will be on display through May 5. The gallery, located in the Fine Arts Building, is open 8 a.m.-5 p.m. Monday-Friday.


**BRADY GALLERY:** "What I Know: A Mixed Media Installation" will be on display through May 16. The gallery is located in 203 Brady Commons.

**MUSEUM OF ART AND ARCHAEOLOGY:**

- "Cityscapes: Visualizing the Built Environment" an exhibit that includes prints, drawings and paintings that depict the man-made landscape in cities and towns from the 16th to the 20th


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## SUNDAY, MAY 1



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(In a three decade career) Scofield's muse has evolved from guitar standards to post-bop to fusion and back again. - Downbeat



JOHN SCOFIELD, Guitar • STEVE SWALLOW, Bass  
BILL STEWART, Drums

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### Regina Carter Quintet

## SUNDAY, JUNE 5

Tickets originally purchased for the March 1 performance will be honored on June 5.



Doors: 7 p.m.

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Regina Carter creates music that is wonderfully listenable, probingly intelligent and at times, breathtakingly daring - taking the listener into the future of jazz. - Time Magazine

REGINA CARTER, violin • XAVIER DAVIS, piano  
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- centuries, will be on display through July 16.
- "Fashioning Identities: Portraiture through the Ages" will be on display through May 21.
- "Greek and Roman Crafts: Metalwork, Textiles and Pottery" will be on display through August.

The museum, located in Pickard Hall, is open from 9 a.m.-4 p.m. Tuesday-Friday and from noon-4 p.m. Saturday and Sunday.

- STATE HISTORICAL SOCIETY GALLERY:**
- "The Great Rivers: Artists Interpret the Mississippi and

- Missouri" will be on display in the main gallery through May 13.
- "Idyllic America: The Woodcuts of Fred Geary" will be on display through June 17.
- "George Caleb Bingham: An Artist and His World" will be on display through August 19.

**Lectures & Seminars**

- Thursday, April 28**  
**NUTRITIONAL SCIENCES SEMINAR:** Scott Rector, a doctoral candidate in exercise physiology, will present

"Inflammatory Markers With Weight Loss and Regain" at 4 p.m. in 209 Gwynn Hall.  
**RELIGION, PROFESSIONS & THE PUBLIC LECTURE:** Elaine Lawless, professor of English and women's studies, will present "Troubling Violence at Home: Creative Religious, Legal, Social and Ethical Response to Abuse" at 4 p.m. in Allen Auditorium in the Arts & Science Building.

**Friday, April 29**  
**JOURNALISM SEMINAR:** Anthony Gooch, a spokesman for the European Union

delegation to the United States, will present "The War in Iraq: A European Union Perspective" at noon in 85 Gannett Hall.

- Tuesday, May 3**  
**BIOLOGICAL SCIENCES SEMINAR:** Tyrone Hayes from the University of California-Berkeley will present "From Silent Spring to Silent Night: Pesticides, Amphibian Declines and What it Means for Us" at 3:30 p.m. in Monsanto Auditorium in the Life Sciences Center.  
**HEALTH INFORMATICS SEMINAR:** Christopher Topinka, doctoral student in computer engineering and computer science, will present "Biological Language Modeling With Full Text Indexes" from noon-1 p.m. in 426A Clark Hall.

**Wednesday, May 4**  
**MIDDAY GALLERY EVENT:** Christine Montgomery, photographic specialist with the State Historical Society of Missouri, will present "Appearance and Character: The Art of Photographic Portraiture" at 12:15 p.m. in the European and American Gallery in the Museum of Art and Archaeology.

**Thursday, May 5**  
**NUTRITIONAL SCIENCES SEMINAR:** Peter Chivers from Washington University will present "Intracellular Competition for Nickel in Microbes" at 4 p.m. in 209 Gwynn Hall.

**Meetings**  
**Thursday, May 5**  
**FACULTY COUNCIL:** The council meets at 3:30 p.m. today in S203 Memorial Union.

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 Mizzou Weekly  
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# MU units adopt summer hours

**B**eginning Monday, May 16, the units listed here will move to summer hours. Summer hours are from 7:30 a.m. to 4 p.m. with 30 minutes for lunch. Regular hours will resume Monday, Aug. 8.

Some of the offices observing summer hours will maintain telephone coverage until 5 p.m. Offices not listed here will retain the regular work schedule of 8 a.m. to 5 p.m. with an hour for lunch. Some campus units — such as Campus Facilities — maintain a different work schedule year-round.

**7:30 A.M. to 4 P.M.**

- Accounting Services
- Office of Animal Resources
- Division of Animal Sciences
- College of Arts & Science
  - Academic Exploration and Advising (Student Success Center)
  - A&S Academic Advising (107 Lowry Hall)
  - Department of Art History & Archaeology
  - Division of Biological Sciences
  - Department of English

- Department of Geography
- Department of Geological Sciences
- Department of German & Russian Studies
- Department of History
- Department of Mathematics
- Department of Physics & Astronomy
- Department of Psychological Sciences
- Department of Romance Languages & Literatures
- College Business
  - School of Accountancy
  - Career Services
  - Department of Finance
  - Fiscal Office
  - Graduate Studies Office
  - Department of Management
  - Small Business Development Center
  - Technology Services
  - Undergraduate Programs Office
- Cashiers/Payroll/Student Loan Collections (except 5/16-20 and 7/11-22)
- College of Education
  - Office of Academic Programs
  - Adventure Club
  - Assessment Resource Center
  - Department of Educational, School and Counseling

- Psychology
  - Community Rehabilitation Program
  - Rehabilitation Education & Training Program
  - Gearup Program
- Department of Educational Leadership & Policy Analysis
- Fiscal Office
- School of Information Science and Learning Technologies
- Learning and Performance Support
  - Department of Learning, Teaching and Curriculum
  - MU Partnership for Educational Renewal
  - University Council for Education Administration
- Educational Technologies at Missouri (ET@MO)
- College of Engineering Dean's Office
- Enrollment Management
  - Admissions
  - Financial Aid
  - Student Information Systems
  - University Registrar
- Extension Technology & Computer Services
- Center for Distance and Independent Study
- Environmental Health and Safety

- Division of Food Systems and Bioengineering
  - Department of Agricultural Systems Management
  - Department of Food Science
  - Department of Biological Engineering
  - Department of Hotel and Restaurant Management
- Gaines/Oldham Black Culture Center
- Graduate School
- School of Health Professions
  - Department of Communication Science & Disorders
  - Department of Occupational Therapy
- Honors College
- Human Environmental Studies Extension
  - Architectural Studies Extension
  - Human Development & Family Studies Extension
  - Nutritional Sciences Extension
  - Textile & Apparel Management Extension
- The Learning Center
- MU Conference Center
- MU Direct: Continuing and Distance Education
- School of Natural Resources
  - Director's Office
  - Department of Forestry
  - Department of Soil,

- Environmental and Atmospheric Sciences
  - Undergraduate Office
- Parking and Transportation Services
- Printing Services
- State 4-H Office
- Department of Student Life
- 7 A.M. to 4 P.M.**
  - Department of Physical Therapy
  - Department of Statistics
- 7:30 A.M. to 4:30 P.M.**
  - Arts & Science Dean's Office
  - Heart of Missouri Regional Professional Development Center
- 7:30 A.M. to 5 P.M.**
  - Eldercare Center
  - Health Professions Dean's Office
  - Vice Provost for Extension
- 8 A.M. to 4:30 P.M.**
  - Department of Art
  - Department of Cardiopulmonary & Diagnostic Sciences
  - English Language Support

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**COMMUNICATE from Page 1**  
like publishing and gaining tenure. At the same time, faculty keep an ear out for student concerns.

Teaching assistants are required to take a course on instructional communication that explores effective teaching behaviors and educational philosophies, and a department workshop focuses on getting a job in academia. Communication faculty work with students from the time they start their graduate programs "to let them know upfront what the things are that will make a difference to them personally and professionally," Hess says.

The department also has developed a process to combat post-comps lethargy. In the same semester when graduate students successfully complete their comprehensive exams, they're required to write a 30-page literature review on a topic that could become part of their dissertation.

Too often, Kramer explains, it's easy for students to finish their comps, breathe a deep sigh of relief, and fritter away a few years before they start their dissertation. That required literature review gives students a jump-start on their dissertation and forces them to start focusing on the light at the end of the academic tunnel.

The department also conducts an annual review of each

graduate student's progress and updates them on how much time they have left to complete their degree.

Doctoral candidate Carolyn Prentice applauds the department's friendly atmosphere, and says it "allows you to become the kind of scholar you want to become, instead of trying to squeeze you into their mold."

"Since research is at the heart of a doctoral program, this department really makes sure you have the opportunity to learn and do research," Prentice says. "Almost every class requires a paper that is a complete study in itself or that can be later turned into a project for a research practicum with a professor."

Another PhD student, Francie Smith, cites the department's "sense of community" and faculty openness. For instance, when Smith arrived in Columbia last fall, current grad students held a get-acquainted gathering, and the department sponsored an orientation week for new grad students, followed by a picnic for faculty, students and families.

"Some programs in other schools have been described to me as 'sink or swim.' Our department does not hold that philosophy. Although the bar is set very high, I have not felt alone in the process of reaching it."

## Negative body image affects more women than men

**GENDER DIFFERENCES** Most women who want to lose weight are not overweight

**M**ore than two decades of research indicates that women are at a higher risk than men for developing problems related to body image and body satisfaction. Now, researchers at MU and UM-St. Louis found that even when both men and women want to lose weight, women choose to lose more and are more dissatisfied with particular body parts.

The most alarming finding, the researchers say, is that the majority of the women in the study who wanted to lose weight were not overweight. The study also found that there is a stronger relationship between self-esteem and body satisfaction for women than for men.

"This study examined gender differences in satisfaction with body parts and eating

disorders," says Laurie Mintz, associate professor and director of counseling psychology at MU, who conducted the study along with Susan Kashubeck-West, associate professor in of counseling and family therapy at UM-St. Louis. "Results indicated that while men and women exhibit similar concerns in overall body satisfaction, women are less satisfied with specific body parts, such as the abdomen, hips and thighs."

The study examined 300 students from a large West Coast university who were divided into two groups: one that consisted of people wanting to lose weight and another that consisted of people who did not. Both groups completed questionnaires focused on binge eating, self-esteem, concern with weight and appearance, weight discrepancy and demographics.

Mintz and Kashubeck-West found that in the overall sample group, participants felt at least

somewhat satisfied with most body parts. Men did not report dissatisfaction with any body part. Also, respondents felt at least a moderate concern with weight and appearance, and said that it affected their sense of themselves and other aspects of life.

In the group wanting to lose weight, participants reported at least moderate satisfaction with many body parts. Women were more dissatisfied with general muscle tone and their weight, specifically in the abdomen, buttocks, hips and upper thighs. They reported wanting to lose an average of 11 pounds. In contrast, men reported very slight dissatisfaction with their weight, wanting to lose only 9 pounds.

"More women than men want to lose weight, which is related to many body image and eating issues," Mintz said. "Naturally, more women suffer from these issues and, in turn, face problems relating to body image, eating and dieting." Ingrid Bayer of Texas Tech University also contributed to this study.



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## Experience Art in Bloom

April 29-May 1, 2005

The Museum of Art and Archaeology will showcase fourteen fresh-cut floral arrangements by eight mid-Missouri florists who have chosen artwork from the Museum's collections that inspires their creative design. Come and experience this special weekend event that combines the beauty of fine art and artifacts with the majestic art of nature in bloom.

### Friday, April 29, 2005

Lecture: "Art and Nature in the Garden" by Carol Grove  
Department of Art History and Archaeology  
5:30 p.m., Room 106 Pickard Hall.  
Museum Associates and Florists' Reception with Art in Bloom preview.  
6:30 p.m., Cast Gallery, Pickard Hall.

### Saturday, April 30, 2005 and Sunday, May 1, 2005

Art in Bloom will be open to the public noon-4:00 p.m.  
Visitors will be asked to vote on various categories of floral design.

### Sunday, May 1, 2005

People's Choice Awards  
3:30 p.m., Cast Gallery, Pickard Hall.

## Participating Florists:

- ❖ My Secret Garden
- ❖ Orchids & Art
- ❖ Schnuck's Floral Department
- ❖ Summerfield Landscaping Garden
- ❖ Ambrosia Custom Floral Design & Gifts
- ❖ A. Baker Florist
- ❖ Hy-Vee Floral Department
- ❖ Kent's Floral Gallery & Gifts



James Caldwell (British, 1739-1819)  
*The Nodding Renealmia*, 1801  
Color engraving with aquatint and stippling on paper  
(from *The Temple of Floria* by Dr. Robert Thornton) 89.71  
Gift of Mr. Rowland H. Smith in memory of Jane Froman

**M**useum of Art & Archaeology  
University of Missouri-Columbia

## Discovering neural pathways to breathing rhythms

**BREATHLESS** Research leads to better understanding of breathing disorders

Between 2,000 and 3,000 infant deaths each year are attributed to Sudden Infant Death Syndrome (SIDS), according to the American Academy of Pediatrics. In addition, approximately 12 million Americans suffer from sleep apnea, a respiratory ailment that can lead to death in some cases.

A new study from an MU researcher, scheduled to be published in the *Journal of Neuroscience* this spring, explores the link between muscle movement and breathing rhythms. That research may shed new light on respiratory disorders, such as SIDS and sleep

apnea.

"When you move, changes occur in your breathing rhythms," says Jeffrey Potts, an associate professor of veterinary biomedical science and a research investigator at the Dalton Cardiovascular Research Center. "For example, during physical exercise you breathe faster and deeper, but you don't consciously think about it because these changes occur automatically. In our research, we found that specific types of neurons play a crucial role in establishing breathing rhythms during exercise."

Potts and his colleagues are studying different neural pathways that tell the brain about the movements of the human body. Potts is specifically

interested in how these signals alter the way humans breathe.

For his study, Potts focused on regions of the brain that are crucial for breathing. These regions contain distinct populations of respiratory neurons that establish normal breathing patterns. These groups of neurons are called the pontine and medullary respiratory groups.

When activated, these regions establish rhythmic neural signals that are sent to a group of neurons located in the phrenic motor nucleus of the spinal cord. The phrenic motor nucleus then determines whether breathing muscles should contract or relax, depending on the body's immediate need to breathe.

During his research, Potts

discovered that the movement of limb muscles stimulated a response in the brain that changed breathing patterns. He found these pathways by simulating skeletal muscle and then observing whether certain groups of respiratory neurons were activated. Potts' group found that changes in breathing patterns involved a neural pathway from skeletal muscle to respiratory neurons in the medulla by way of the pontine respiratory group.

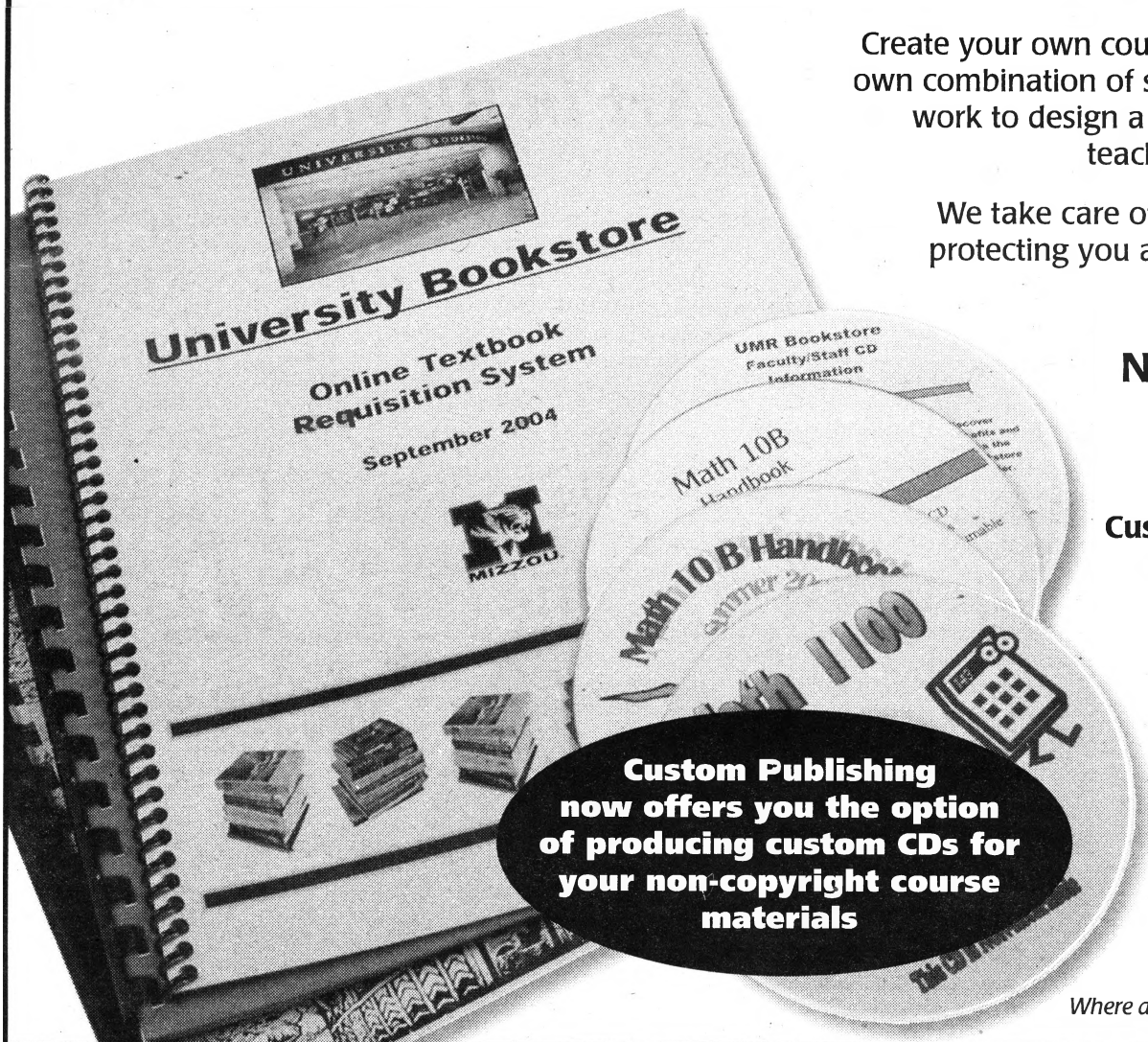
"Neurons in the pontine respiratory group have long been known to play an important role in the timing of normal breathing patterns," Potts said. "However, our findings are the first to identify that pontine neurons also play a crucial role in

the timing of breathing rhythms during muscle movements associated with exercise."

Potts identified multiple connections, or synapses, that are required to make a change in breathing pattern. His findings could have implications for researchers studying other physiological or disease states, such as breathing disorders.

By identifying these neural pathways, scientists may be able to learn more about conditions that are associated with alterations in the normal processing of signals by these pathways, such as may occur in SIDS or sleep apnea. Potts' research is funded by the National Institutes of Health, the American Heart Association and the Children's Hospital of Michigan.

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