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 University of Missouri
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Eat for life

INTUITIVE EATING

Wellness program relies on 'mindful' approach to healthy choices

Last fall, Sarah Nutt began a new way of eating — with care and attention. This different attitude about food and herself sprouted from a relatively new program offered on campus each semester and in the summer

Eat for Life is a 10-week class presented by Healthy for Life, the T.E. Atkins University of Missouri Wellness Program. It is a non-dieting approach to eating that helps participants create a better relationship with their food, body and mind.

In class, students use mindfulness practices (meditation and yoga) to help bring them into the present so they are conscious of what they consume. They learn to use intuitive eating principles to help them pay attention to how they feel before they eat, what they choose to eat and why they eat, whether it is because of hunger, stress, boredom or some other emotion. They also learn to develop a more holistic view of themselves as opposed to negative, limited viewpoints and how to enjoy the foods they love.

"Diets and the diet mentality make us feel like we are not good enough the way we are," Nutt says. "This program teaches you to forget about keeping track of calories, fats, carbs and all the diet rules that we learned before, and return to the basics of choosing what feels good over trying to accomplish some unattainable goal."

Because of diet rules and fads, Nutt says she did not make healthy eating choices. "I love popcorn and movies, eating in front of the TV, snacking in the car or eating chips while reading book," she says. "Eat for Life taught me to question why I was putting these things to my mouth. Am I really hungry or am I bored? You learn to slow things down because you are not making unconscious decisions. For me, the class was a self-esteem booster."

Nutt founded Eat for Lifers, a group for past participants of the program. The first meeting took place Jan. 13. With questions about the monthly meetings, e-mail her at nuttsa@missouri.edu.

Since Eat for Life was first offered two years ago, about 150 employees have participated on all four, says Lynn Rossy, a health psychologist, who developed the class and is one of the instructors.

"We've done research since



Rob Hill photo

MINDFUL EATING After taking part in the University's "Eat for Life" wellness program, Sarah Nutt, an administrative assistant in the development office, founded Eat for Lifers, a group of the program's past participants. Eat for Life is a nondieting approach to eating that helps participants create a better relationship with their food, body and mind.

the beginning," she says. "We do not look at weight, because we try to get people to do away with external factors as they begin to have this different relationship with their food. We have shown an increase in mindfulness, an increase in intuitive eating and an increase in body image. We also show a shift from people being systematic for disorder

eating to being nonsystematic. These are positive results."

Employees with a history of chronic dieting or who find themselves eating when stressed, bored or unhappy may especially be interested in the program. The \$60 materials fee includes CDs and books. Those who attend nine of 10 classes will receive a \$20 refund.

Orientation is Feb. 8 at 5:30 p.m. To enroll, e-mail Hannah Bush at hegx88@mail.missouri.edu.

Rossy has created a blog called Tips for Mindful Eating: it's more than just about food at umsystem.edu/newscentral/mindfuleating. All employees are encouraged to go there weekly for helpful and healthy tips and practices.

Hundreds of MU students succeed at graduate study through McNair program

MIZZOU MENTORS

Faculty are key to the program's success

Only 28 students each year share the prestige of being an MU McNair Scholar.

In 1989, Mizzou was one of 14 colleges and universities that received federal funding from the Department of Education to set up a McNair Scholars Program. Today there are 197 such programs nationwide named in honor of Ronald E. McNair, an African-American scientist and astronaut who perished in the 1986 explosion of the space shuttle Challenger. The long-term goal of the program is to

increase the number of doctoral degrees attained by students from groups underrepresented in graduate education.

During the past 20 years, more than 450 students and more than 300 faculty members have participated in MU's program, says NaTashua Davis, director. "We have nearly 100 students who have received doctoral level degrees with another 35 students currently enrolled in PhD programs," she says. "Along with that, more than 175 have completed master's degrees with dozens more in the pipeline."

Annually, an advisory board selects 19 eligible MU juniors or seniors for the program who

join nine continuing scholars in acquiring skills needed for entry into graduate study. Davis says McNair Scholars attend activities, seminars and workshops on topics related to graduate school preparation; complete a research project under the guidance of a faculty mentor; and have the opportunity to present their research at local, regional and national conferences. Because the program's further purpose is to encourage the students to consider becoming college professors, there is a course offered on the roles and responsibilities of becoming a teaching assistant.

The year-long enrichment

experience puts scholars ahead of their peers in preparing for the Graduate Record Exam and for getting into graduate school. "I can't say enough good things about the program," says former scholar Melissa Herzog, research assistant professor. "From the student perspective it gave me a leg up once I moved into graduate school, because I felt much more confident about what the graduate culture would look like, about my skills as a researcher and a writer, and about what to expect out of being a graduate student."

Herzog, who received a master's and PhD from Arizona State University, returned to

Mizzou in 2008. She holds appointments in both the special education and human development and family studies departments, and serves as a member of the McNair program's advisory committee. "This is a terrific program," she says. "As long as it continues to get its support, I see it continuing long and into the future, which is a wonderful thing for students."

The program would not be successful or even possible if it did not have the support of campuswide faculty who, like Herzog, serve as mentors and board members. "The mentors play a critical role in

SEE McNair on Page 4

Gauging greenhouse gas

MU submitted its Greenhouse Gas Emissions Inventory Jan. 15, one year after Chancellor Brady Deaton signed the American College and University Presidents' Climate Commitment, an agreement among more than 650 signatory colleges and universities to reach climate neutrality. The full report is available on the Web site at www.presidentsclimatecommitment.org/.

"Greenhouse gas emissions might be the most important environmental problem we face today," says Steve

Burdic, campus sustainability coordinator. "This report helped us to identify the major sources of greenhouse gas, such as what we are using to generate our power and people's habits, so we know where to concentrate our efforts to reduce it. We have to change the infrastructure and educate the public so that we can utilize a better, environmentally friendly fuel source and reduce the amount of energy that we use on an annual basis."

"These actions are the next step toward eliminating coal use on our campus," Deaton says. "This will not happen overnight, but we must take

action now. The next step is to complete our climate action plan, which we have started working on and is due next year. We want the entire campus community to be involved in the process through communicating ways individuals can change their behaviors, as well as how administrators can change the infrastructure."

Judging judicial activism

A new U.S. Supreme Court ruling striking down corporate campaign spending laws shows a bold activist mindset, says Richard Reuben, an MU law

professor and Supreme Court expert. He believes the ruling could be just the beginning of an aggressive activist agenda.

"The court here is clearly engaged in judicial activism," Reuben says. "It's conservative activism, but it's activism in that the court has shown how willing it is to overturn well-established constitutional precedents that it simply disagrees with." As a result, he says, it could be "open season" on precedents, particularly liberal precedents, in a wide array of areas, such as religious freedom, free speech, and criminal law.

"As in other areas of its

conservative activism, the court is willing to turn a blind eye to the consequences of its decisions," Reuben says. "In principle, it might make sense to say, 'corporations are just like people, they have free speech rights too.' However that ignores the fact that corporations have an enormous capacity to amass wealth and power, thanks to special benefits given to them by the state."

Older women in rural areas face some health-care barriers**LIMITED ACCESS**

Study seeks solutions to accessibility challenges

For Americans living in rural areas, obtaining and maintaining health care can be challenging. Aside from common barriers, including shortages of care providers and facilities, older women face additional challenges, according to Kay Libbus, a public health researcher at MU. Libbus says that women ages 50 to 65 living in rural areas are at-risk for inadequate health care coverage and limited access to health information.

"There is a gap in health care access for women ages 50-65 living in rural areas," says Libbus, professor of nursing. "These women are beyond child-bearing age, susceptible

to developing chronic diseases and often retired or leaving the workforce — and these factors make it difficult to maintain health insurance or obtain new coverage. Rural communities are in need of interventions to address this issue."

Women in the 50 to 65 age group often lose insurance coverage at retirement and don't qualify for Medicare, Libbus says. These women also have less access to health information because of limited Internet and technology access, which contributes to decreased understanding of their health risks. Transportation to clinics and sites that offer affordable health care also is a problem in rural areas.

In an ongoing study, Libbus and MU researchers

are evaluating solutions to help women who are 'falling between the cracks' in terms of access to insurance coverage, health care and accurate health information. She is conducting focus groups with women, health care providers and community leaders in rural communities throughout the state. Based on responses, the researchers will implement programs to address critical health issues specific to the communities. The study is funded by a grant from the Missouri Foundation for Health.

Libbus teaches courses in public health and participates in special courses for continuing professional education. Libbus received two grants from the Advanced Education Nursing Grant Program to develop and implement a Web-based masters program in public health nursing.

Connecting science and society**INTERACTIONS**

Sciences and humanities benefit from each other

From researchers creating the latest medical devices to scientists uncovering ancient life forms on earth, the pursuit of science is impacted by social networks, societal priorities and research findings themselves. In addition, social scientists, who study society and culture, are being influenced by life science researchers at an increasing rate.

Forming connections across academic disciplines is important now more than ever to develop a better understanding of how researchers in the sciences and the humanities can benefit from each other. MU's Life Sciences and Society Program is fostering these connections to help researchers find answers to their questions in ways they never imagined.

"Today's society is facing profound ethical, legal, economic and policy questions related to many aspects of the life sciences," says Stefani Engelstein, associate professor of German studies and director of the program through the MU Bond Life Sciences Center.

"Our mission is to bring researchers from across disciplines and schools in order to develop innovative, multidisciplinary approaches to understanding the interconnections between the sciences and other cultural phenomena."

As part of the Mizzou Advantage, MU officials are working to create opportunities to network with the most

prominent scholars around the world during conferences, bringing them to MU. Engelstein's program is hosting the sixth annual Life Sciences & Society Symposium March 12 to 14. It will bring internationally renowned researchers to campus and promote collaboration and exchanges with MU faculty.

The topic of the symposium, which will be held March 12-14, is "From Art to Biology and Back Again." The symposium will feature Daniel Levitin, a neuroscientist who has written a best-selling book, *This is Your Brain on Music*, and produced 14 gold and platinum albums.

At the symposium, attendees will be treated to lectures from neuroscientists, art historians and anthropologists exploring the neurological and biological contexts of the universal human propensity to create art. Conference attendees also will see presentations from contemporary artists whose work is created using the materials, technologies and artifacts of the biological sciences. One presenter, Eduardo Kac, genetically engineered a glowing rabbit, *Alba*, which has been the subject of worldwide attention since its birth in 2000.

"We are committed to enhancing our research, teaching and community involvement through productive dialogues that stretch across colleges and beyond the border of the academy," Engelstein says.

For more information on the symposium, visit: muconf.missouri.edu/artbiology/index.html

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calendar



Concerts & Plays

Thursday, January 28

University Concert Series: I Musici de Montréal will perform selections from Mussorgsky's *Pictures at an Exhibition* with a special multimedia aspect at 7 p.m. in Jesse Auditorium. For ticket information, call 882-3781.

Sunday, January 31

University Concert Series: Amalia Hernandez' *Ballet Folklórico de Mexico* offers an evening of dazzling energy, breathtaking narratives and authentic Mexican folkdance at 7 p.m. in Jesse Auditorium. For ticket information, call 882-3781.

Monday, February 1

Faculty Recital: The Concordia Trio will perform at 8 p.m. in Whitmore Recital Hall.

Thursday, February 4

University Theater Series: *The Mineola Twins*, written by Paula Vogel and directed by Frank Lasik, will be presented at 8 p.m. today through Feb. 6 Feb. 11-13, and at 2 p.m. Feb. 14 in the Corner Playhouse. For ticket information, call 882-PLAY or visit theatre.missouri.edu.

Exhibits

Museum of Art & Archaeology:

- "The Faces of Warhol," featuring "working" photographs by artist Andy Warhol, is on display through summer 2010.
- "Connecting With Contemporary Sculpture," which explores the relationship between the viewer and an art object, opens Jan. 30 and runs through May 16.

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.

Bingham Gallery: "The Showcase Showdown," an annual exhibit featuring work by art graduate students in a variety of media, will be on display through Feb. 4. The gallery, located in the Fine Arts Building, is open from 8 a.m.-5 p.m. weekdays.

State Historical Society

- "Twentieth-Century Missouri Portraits: From Famous to Familiar" showcases portraits of and by Missourians on display through March 2010.
- "The Golden Age of the Comic Strip" is on display through May 2010.

Gallery hours are 9 a.m.-4:30 p.m. Monday to Thursday.

Courses & Workshops

Tuesday, February 2

Computer Training:

- "Photoshop CS4 2: Colors & Image Size" will be offered at 8:30 a.m. in N3 Memorial Union.
- "Excel 2007 Databases" will be offered at 1 p.m. in 4D11 East Ellis Library.

Registration is required online at training.missouri.edu or call 882-2000.

Wednesday, February 3

Computer Training:

- "Creating Web Pages" will be offered at 8:30 a.m. in N3 Memorial Union.
- "Indesign CS4 1: Introduction & Basic Documents" will be offered at 1 p.m. in 4D11 East Ellis Library.

Registration is required online at training.missouri.edu or call 882-2000.

Thursday, February 4

Computer Training:

- "Flash CS4 1: Interface, Drawing & Layers" will be offered at 8:30 a.m. in N3 Memorial Union.
- "Dreamweaver CS4 1: Getting Started, Images & Links" will be offered at 1 p.m. in N3 Memorial Union.

Registration is required online at training.missouri.edu or call 882-2000.

Friday, February 5

Computer Training: "Disciplinary Action" will be offered at 10:30 a.m. in 205B/C Locust Street Building. Registration is required online at training.missouri.edu or call 882-2000.

Saturday, February 6

Computer Training: "SPSS: Basics" will be offered at 8:30 a.m. in 004 Cornell Hall. Registration is required online at training.missouri.edu or call 882-2000.

Lectures & Seminars

Thursday, January 28

International Affairs Seminar: Paul Wallace, professor emeritus of political science, will present "Are Pakistan and Afghanistan Failed States?" at noon in S203 Memorial Union.

Nutrition & Exercise Seminar: Doctoral candidate Sarah Borengasser will present "Run Fat Rat Run! — The Effects of Exercise and Omega-3 Fatty Acids as Treatments for Nonalcoholic Fatty Liver Disease" at 4 p.m. in Acuff Auditorium, MA217 Medical Sciences Building.

Saturday, January 30

Saturday Morning Science: Nalini Nadkarni, a faculty member in environmental studies at Evergreen State College, will present "Life in the Treetops: Forest Canopy Research & Outreach" at 10:30 a.m. in the Life Sciences Center's Monsanto Auditorium.

Wednesday, February 3

Museum Lecture: Mary Pixley, curator of European and American art at the Museum of Art and Archaeology, will present a tour of the museum's newest exhibit, "Connection with Contemporary Sculpture" from 12:15-1 p.m. in the European & American Gallery.

Diversity Dialogue: As part of the "You in Mizzou" diversity discussion series, faculty, staff and students are invited to discuss "Racial Disparity in the United States: Are We Willing to Pay the Cost?" at 7 p.m. in S203 Memorial Union.

Cosmic Conversations: Michael Barnes, assistant professor of classical studies, will discuss "The Ancient Greeks and Astronomy" at 7 p.m. in 120 Physics Building. Weather permitting, the talk will

be followed by a public viewing of the night skies in Laws Observatory.

Thursday, February 4

Nutrition & Exercise Seminar: Cheryl Rosenfeld, assistant professor of veterinary biomedical sciences, will present "Effects of maternal Diet on Offspring Outcomes in Mice" at 4 p.m. in Acuff Auditorium, MA217 Medical Sciences Building.

Saturday, February 6

Saturday Morning Science: Zac Ernst, associate professor of philosophy, will present "How Game Theory Explains Stupid Behavior" at 10:30 a.m. in the Life Sciences Center's Monsanto Auditorium.

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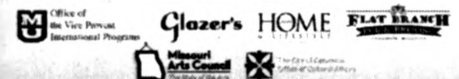
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Potent new HIV drug blocks viral replication

INFECTION FIGHTER

Compound is 60,000 times stronger than other drugs

With the help of effective drug therapies, HIV patients are living longer, healthier lives. Now, researchers want to improve these drug therapies and develop alternative preventive strategies, such as vaginal gels and creams that contain the same or related compounds used in treatments for people infected with HIV. An MU researcher is developing a compound that is more potent and longer-lasting than current HIV therapies.

"This new compound, EFdA, is 60,000 times more potent than any other drug that is currently being used to treat HIV," says Stefan Sarafianos, assistant professor of microbiology and immunology and investigator in the Bond Life Sciences Center. "This compound has a different chemical makeup than other approved therapies and

creates an exceptional amount of antiviral activity. EFdA is activated very quickly and stays long in the body to fight the virus and protect from infection."

When a person is exposed to HIV, the virus invades healthy cells that play an important role in keeping the body's immune system strong. In order to multiply itself and remain in the body, the HIV virus relies on certain proteins. One protein, known as reverse transcriptase, is the main HIV enzyme responsible for viral replication. Effective HIV drugs control the virus by blocking the functions of these viral proteins.

EFdA is a nucleoside reverse transcriptase inhibitor, which targets reverse transcriptase and can stop the virus from duplicating and spreading. Currently, there are eight of these inhibitors that are clinically approved, but they can protect cells for only short periods of time. With EFdA,

patients could be protected for two days instead of few hours, Sarafianos says, and would not need to take the drug as often.

"Infection is the result of an overwhelming attack of the virus, but if you manage to keep the viral load low, the body has a mechanism to defend itself and clean up the virus on its own," he says. "The goal of our research is to drop the virus to very low or 'undetectable' levels. Patients with suppressed viral loads will have increased life expectancy. Not all drugs work with all patients, and new resistant viral strains develop. Therefore, it's important to keep adding to our possible options for therapy."

Sarafianos hopes the new drug also can double as a preventative agent in the form of a vaginal gel or cream. This would provide additional protection to women whose partners refuse to use condoms.

McNAIR from Page 1
 the program," Davis says. "They are the main contributors to the success of the McNair Scholars Program because they not only help the students in conducting and reporting their research but also help them develop professional habits, increase their knowledge of their field and gain the necessary skills to pursue future doctoral work."

Success stories

The MU McNair Scholars Program is proud of its alumni, says NaTashua Davis, director. "Each year we feature updates and highlight the accomplishments of our past scholars in our annual *Where are They Now* newsletter and in the featured scholar section of the *MU McNair Journal*."

Past editions of these publications can be found at <http://mcnair.missouri.edu>.

Here are some scholars who were featured recently:
Jacqueline Fairley: PhD in electrical and computer engineering from Georgia Institute of Technology. Fairley is a postdoctoral fellow in neurology at Emory University in Atlanta. Her McNair mentor was Michael Devaney, professor emeritus of electrical and computer engineering.

Marcia Chatelain: PhD in American civilization from Brown University. Chatelain

is Reach for Excellence assistant professor of African-American studies and honors at the University of Oklahoma. Her McNair mentor was Jill Raitt, professor emeritus in the Honors College.

Leyland Young: PhD in mechanical and aerospace engineering from Mizzou. He is employed with New Mexico State University's physical science laboratory at the NASA Balloon Program Office, Wallops Flight Facility. His

McNair mentor was P. Frank Pai, professor of mechanical and aerospace engineering.

Douglas Steinley: PhD in quantitative psychology from the University of Illinois, Urbana-Champaign. Steinley is an associate professor of psychological Sciences at the Mizzou. His McNair mentor was Michael Stadler, professor of psychology, now associate director of the Honors College.

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