

## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Student researchers



More than 200 undergraduate researchers — including some student teams — displayed the fruits of that research April 26 at the Bond Life Sciences Center during the Undergraduate Research and Creative Achievements Forum. Nicholas Benner photo

#### Poster presentations

Research opportunities help undergraduates hone skills

It was an impressive display of scholarship April 26 at the Bond Life Sciences Center: Row after row of research posters — more than 175 in all — filled the McQuinn Atrium, so many that organizers had to split them into two sessions.

Research topics covered everything from highway work zone speed limits to the genetics of Missouri River otters to thermal imaging of defects in concrete. And the topics weren't limited to science and engineering; they ran the gamut of academic disciplines from psychology and personal finance to journalism and English and everything in between.

All that research was not conducted by veteran MU faculty members and scientists. It was the annual campus celebration of undergraduate research, called the Undergraduate Research and Creative Achievements Forum. The event's purpose is to provide a venue for students to present their scholarly research projects to the campus community and the public.

The event was also an opportunity to celebrate the contributions that faculty mentors make in enriching students' experiences.

The scope of those undergraduate research opportunities is one of the things that sets Mizzou apart from other large research universities, says Linda Blockus, director of MU's Office of Undergraduate Research.

#### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience

- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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## Mizzou Weekly

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### **Road closings will help speed campus construction projects this summer**

Project planning

Goal is to minimize any inconvenience

On one level, planning for Mizzou's large construction projects can be almost like launching a massive military campaign. The logistics can be daunting: ensuring access to roads and buildings throughout campus, coordinating with city fire and police departments so emergency crews can get through, locating the least disruptive staging sites for construction equipment — even finding off-site parking for construction crews.

Campus is less congested in the summer, so when many students leave at the end of this semester, a number of projects will begin that will require an orchestrated series of road closings. Much of that work is scheduled to begin May 17 and will be completed before the fall semester begins. It will require closing portions of Locust, Fifth and Sixth streets, and Conley and Maryland avenues for various lengths of time.

"We know that this will be an inconvenience for some people, but we try to do everything we can to minimize any disruptions," says Larry Hubbard, director of Campus Facilities-Planning, Design and Construction. "Our goal is to be able to say, 'You can get there from here.'"

On pages 4 and 5 of this edition of Mizzou Weekly, Campus Facilities has provided a campus map that details each of the more than 10 projects. Details and timelines also are available online at [cf.missouri.edu \(http://cf.missouri.edu\)](http://cf.missouri.edu).

Perhaps the most wide-ranging will be a project to install new chilled water lines that provide air conditioning to buildings throughout campus. Most of the new chilled water lines will be completed within several weeks, however the projects on Sixth Street and on Conley Avenue will last until mid-August, Hubbard says.

The project's purpose is to complete the campuswide chilled water loop and to expand chilled water capacity to the portion of campus south of Rollins Street where several building projects are planned or under construction.

The plan is to keep one lane of Conley open as chilled water lines are installed between Maryland Avenue and Speaker's Circle. The steam tunnel work currently under way on Conley between Sixth Street and Maryland Avenue is scheduled for completion in early August.

The section of Stewart Road between Fifth and Fourth streets will be reopened in several weeks when work on the steam tunnel there is completed. Later this summer, Stewart will be closed again between Fifth Street and Providence Road as work on the power plant upgrade gets under way.

Another factor that complicates the planning equation is the extensive renovations that will begin this summer on Switzler and Tate halls. Also this summer, the city of Columbia will be repaving a number of city streets on or near campus: Hitt, Rollins and Wilson streets, Ashland Road, Kentucky Boulevard and Maryland Avenue. Those are city-run projects and specific dates are not yet known.

In addition, Hubbard says, the intersection of Hitt and Rollins streets will be closed for much of the summer as crews repair a steam line that has been damaged by seeping groundwater. Project plans call for ensuring access on Hitt Street north of the intersection for Ellis Library, the Agriculture Building and the new student center.

That intersection is a hub of student pedestrian traffic, especially during class change periods, so planners also are making sure there will be pedestrian access through the work area on the west side of Hitt Street and along the south side of Rollins.

Planners looked at scenarios to keep the intersection partially open, but that approach would mean the project would take much longer, Hubbard says. “We decided it would be best to just close the whole thing, get in and get out and be done with it.”

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- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
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### **UM benefits survey provides new level of employee input in planning process**

Rich data

Different demographic groups have different preferences

When the University of Missouri System surveyed faculty and staff about their pay and benefit preferences this past February, the survey generated millions of pieces of data that will help the UM System develop its long-term strategy of the university's benefit and retirement program.

The survey isn't intended to be used to cut or reduce the overall amount spent on University benefits, said Betsy Rodriguez, UM vice president for human resources. Rather, the goal is use the survey information to help "ensure that University resources are being spent according to the priorities and preferences of its employees," Rodriguez said.

She shared some initial findings from the survey with the Board of Curators at its April 15 meeting in Rolla. Rodriguez stressed that the survey data is so large and so rich that they are still analyzing and "drilling down" into the results.

No recommendations to the board are expected before next year, Rodriguez said. "We will not be making any recommendations for changes without substantial review and discussion with campus leadership and faculty and staff groups."

"We have never had anything quite this strong before in terms of employee input," said Mike Paden, UM's associate vice president for benefits. "The data will allow us to generate an almost unlimited number of 'what-if' scenarios."

Rodriguez said that her office and consulting firm Hewitt Associates, which developed the survey, consider the 37 percent response rate a good one. Nearly 7,000 employees — 6,000 staff and 1,000 tenured or tenure-track faculty members — out of a total of 19,000 benefit-eligible employees participated.

The response rate ranged from a low of 29 percent at UM-Kansas City to a high of 51 percent UM System employees. Mizzou had a 39 percent response rate and University Hospitals and Clinics had 34 percent.

The demographic profile of those who responded to the survey matches almost exactly with the University's overall demographics. Half are in hourly positions making less than \$50,000 a year. Twenty-five percent will be eligible for retirement in the next five years, and 40 percent are not vested in the retirement plan because they have been employed at the University for fewer than five years.

The average age is 46, and 92 percent are enrolled in UM's medical plan while 60 percent cover a spouse or children in their families.

Not surprisingly, Rodriguez said, different employee demographic groups expressed different preferences for benefit offerings, although pay increases were a top priority for all age groups.

For instance, younger and lower-paid employees preferred more immediate benefits — such as pay increases and lower medical premiums and out-of-pocket medical expenses — than longer-term benefits such as pensions and retiree medical programs.

Survey respondents were polarized on the issue of extending University benefits to same-sex domestic partners if additional resources become available. A total of 34 percent either agreed or strongly agreed that those benefits should be extended; 34 percent disagreed or strongly disagreed.

As an interesting side note, nearly 1,200 faculty and staff members did not answer the domestic partners question. On other questions, only 50 to 100 employees did not answer.

And responses to several other questions could raise future concerns: 44 percent indicated they were either excelling or performing in health behavior, while 56 percent said they were trying or failing. A total of 32 percent felt they were competitively paid by the University compared to other places they might work; 41 percent indicated that the University inspires them to do their best work every day.

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- [Student researchers](#) Research opportunities help undergraduates hone skills
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- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
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### **New test will detect origins of swallowing disorders in disease**

Paradigm shift

Knowledge could lead to life-saving treatments

Muscle degeneration and confinement to a wheelchair are the hallmarks of Lou Gehrig's disease, Parkinson's, muscular dystrophy and other neurodegenerative diseases. One of the silent, and most serious, symptoms of these diseases is losing the ability to swallow.

Swallowing impairment, or dysphagia, affects about 500,000 people annually in the United States, but little is known about the disorder and only a few temporary, behavioral treatments are available. Now, a University of Missouri researcher is developing a test that might help pinpoint the neurological or physiological origins of swallowing disorders, leading to possible life-saving treatments.

"A lot of these diseases attack the limbs, but you don't die because your limbs don't work," says Teresa Lever, assistant professor of communication science and disorders in the School of Health Professions. "Even though we can give patients feeding tubes with all the nutrients they need, there is no cure for swallowing disorders associated with neurodegenerative diseases, and patients still die early.

"I am trying to determine what is driving that mortality. If it is swallowing impairment, we need to know how the impairment starts and how we could treat it successfully, which would then improve patients' lifespan and quality of life."

Lever is trying to determine which components of the nervous system that control swallowing are impaired in patients with neurodegenerative diseases. To swallow, the brain must first sense the need to swallow, and then it must activate the right muscles to complete the process.

In her study, she is developing an electrophysiological technique for use with mouse models of human neurological diseases that will show which regions of the brain are being used to swallow and which are short-circuiting.

After finding which regions of the brain are not working correctly for each disease, treatments, such as stem cell therapy, gene therapy or certain medications, might be used to target those regions. The first disease that she is focusing on is Lou Gehrig's disease, also known as amyotrophic lateral sclerosis or ALS.

"Instead of just treating a behavior, I am trying to determine the source of that behavior," Lever says. "Swallowing is a reflex — you sense the need to swallow and then you have a muscular response. If we find that the sensory component of the swallowing reflex is being impaired along with the neuromuscular component, then many of these neurological diseases may be much more complex than we have been led to believe.

"It would tell us that our evaluation and treatment of swallowing disorders should not just focus on the muscles and the nerves that stimulate them, but also on the sensory input. It would really create a paradigm shift in the research, especially for ALS which is classified as a motor neuron disease."

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- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences



- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
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- [The eyes have it](#)

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## Research rewards

To recognize and reward outstanding research conducted by Mizzou undergraduate students, MU Libraries is sponsoring the Undergraduate Research Paper Contest. Any undergraduate in any discipline is invited to enter.

“The MU Libraries Contest is different from other research paper contests in that it does not judge only the paper itself, but also the research process and the student’s ability to articulate his or her experience conducting research,” says Jim Cogswell, libraries director.

More details are at [mulibraries.missouri.edu/about/researchcontest.htm](http://mulibraries.missouri.edu/about/researchcontest.htm)  
(<http://mulibraries.missouri.edu/about/researchcontest.htm>).

## Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you’re putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
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### **Be careful about identifying wild mushrooms, MU expert warns**

Safer 'shrooms

Mycologist says know what you're putting in your mouth

Mushroom hunters love gathering and eating the tasty fungi, but you need to know what you're eating or an enjoyable outing could go disastrously wrong.

Ken Gilberg, a St. Louis-area resident, knows the risks firsthand after eating the rare mushroom *Tylophilus eximius* on a camping trip in Maine. That meal sidelined him with vomiting and diarrhea instead of letting him enjoy his vacation.

"It's a rare mushroom that not many people have tried, and although my books didn't identify it as poisonous we got sick from it," says Gilberg. "The risks are rare, but you should know exactly what you're eating."

"The old adage is that there are old mushroom hunters and there are bold mushroom hunters, but there are no old, bold mushroom hunters."

MU mycologist — a fungus expert — Johann Bruhn echoes that warning. "In Missouri we're blessed with some of the best-tasting edible mushrooms, but also some of the most poisonous," says Bruhn, who researches mushrooms at the MU Center for Agroforestry.

"I recommend that if you want to eat a morel or an oyster mushroom, for example, you should learn all about it and any fungus that even looks vaguely similar so you don't make a sickening mistake."

Bruhn notes that just because a mushroom tastes good doesn't mean it isn't poisonous.

"Some of the most poisonous mushrooms apparently taste very good," he says. "I know of a woman who once ate a very poisonous type of deadly white *Amanita* in southern Michigan, went into a coma and, when she luckily recovered, she cried and said it was the best-tasting mushroom she'd ever eaten."

There are many misleading myths about mushrooms, Bruhn says. "People say if it's growing on wood it's safe, if it tarnishes silver it's poisonous — but the only rule of thumb is there is no rule of thumb. People have to learn one kind of mushroom at a time along with look-alikes."

Despite Gilberg's bad experience, he's become an avid mushroom hunter who has scoured the woods for more than 28 years looking for tasty finds. He notes that there's no substitute for really knowing and checking your mushrooms.

"You could confuse a zucchini and a cucumber if you didn't know what each was, so it's not hard to see how it could be confusing when there are thousands of mushrooms," he says. "The risks are rare, but there are deadly mushrooms in Missouri, so you can't just go out and eat anything or you can end up quite sick, or even dead."

Bruhn says he doesn't want to frighten off would-be mushroom hunters. "My job is to scare people silly first and then build knowledge. For me mushrooms are inextricably linked to food, friends and enjoying the outdoors," he says.

"There aren't many dishes that can't be improved by mushrooms and they can truly add to the importance of food and camaraderie in our lives."

For pictures and more information on mushroom species, see [mdc.mo.gov/nathis/mushrooms/mushroom/edible.htm](http://mdc.mo.gov/nathis/mushrooms/mushroom/edible.htm) (<http://mdc.mo.gov/nathis/mushrooms/mushroom/edible.htm>).

You can learn more about mushroom hunting through the Missouri Mycological Society, which will host Morel Madness at Cuivre River State Park April 23-25. See the organization's website at [missourimycologicalsociety.org](http://missourimycologicalsociety.org) (<http://missourimycologicalsociety.org>).

## Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
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### **George Jesse and Aaron Cook are honored for advising**



George Jesse, professor of animal sciences, left, and Aaron Cook, an academic adviser in the Trulaske College of Business won Excellence in Advising Awards.

Excellence in advising

Award recognizes faculty and professional advisers

On April 15, the provost's office and the MU Advisors Forum held the 16th annual Excellence in Advising Awards. This award recognizes campuswide achievements in undergraduate advising performed both by faculty and professional advisers.

Two winners were chosen from among twenty-four nominees by a selection committee made up of students, retired advisers and administrators. George Jesse, professor of animal sciences, won the Excellence in Advising Award for a faculty adviser. Aaron Cook, an academic adviser II in the Trulaske College of Business, won the Excellence in Advising Award for a professional adviser.

Cook has been employed at MU for just over five years, including four years as an academic adviser and coordinator of scholarships for the business college. Along with advising undergraduate business students, Cook is responsible for all scholarship recipient programming for undergraduate students including professional development activities for the Trulaske and Walton scholars.

He is an honorary member of Delta Sigma Pi, a professional business fraternity), teaches Learning Strategies for Business Students (SSC 1150), is an active co-facilitator of an Exploring Business Freshman Interest Group, and is the current liaison to the Business Week 2010 steering committee. Cook is the current secretary of the Boone County chapter of the Mizzou Alumni Association and has served on MU's Staff Advisory Council.

Jesse is professor and director of undergraduate studies for animal sciences. He started serving as an adviser of MU undergraduate students during the fall of 1971 as an instructor in the Department of Animal Husbandry. During the past 10 years

he has served as a member and chair of the committee for undergraduate education and the campus undergraduate curriculum committee.

Other nominees for the 2010 Excellence in Advising award for faculty advisers were: Michael Bednar, Teresa Briedwell, John Flanagan, Keith Goyne, Amy Lannin, Myoung Lee, Joel Maruniak, Bruce McClure, Nancy Molavi, Peter Motavalli, David Setzer, Mark Volkmann and LeeAnn Whites.

Other nominees for the 2010 Excellence in Advising award for professional advisers were: Vicki Boyd-Kennedy, Cassandra Casperson, Jill Diener, Jenette Hough, Cason Jones, Urska Lenart, Adrianna Lynn, Jill McReynolds and Kirsten Pape.

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- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
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### **Economist named first female fellow**

Judith Stallmann, professor of agricultural and applied economics at MU, was named a fellow by the Southern Regional Science Association. Stallmann is one of only 20 fellows named in the association's 50-year history, and the first woman to receive the honor.

When she received the award, Stallmann made a presentation at the association's 2010 annual meeting on the role of institutions in regional science theories and analysis.

The association is a professional organization of economists, geographers, sociologists and urban planners who study regions and the factors that lead to similarities and differences among areas, including why some grow or decline. Stallmann has served as a board member and president of the association.

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- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
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### Propaganda or PR?

Learning process

Researcher suggests China open communications

What constitutes effective public relations strategies is an ongoing discussion among professionals in the field, as well as the general public. MU researchers recently studied the effectiveness of public relations strategies employed during the SARS virus crises of 2002.

Ernest Zhang, the China program coordinator at MU's School of Journalism and an expert in international communications, studied the public relations strategies employed by Zhang Wenkang, the former Chinese health minister, during the SARS crisis. The researcher wanted to analyze the strategies used and also trace the historical use of public relations in China.

"In China, as with many countries that were previously pure Communist societies, there was no PR, just propaganda," Zhang says. "Propaganda doesn't work sometimes. PR is much more effective, but it has taken the Chinese government a long time to realize this. The SARS crisis was a learning process for the government."

In his study, the journalism researcher applies former MU faculty member William Benoit's comprehensive theory of image restoration to analyze Minister Zhang's public relations methods. When applying this theory to Minister Zhang's strategies, the journalism researcher found the attempt of image repair to be unsuccessful.

"There was too much self-contradiction in his discourse," he says. "Minister Zhang's arguments were based on lies or inaccurate information."

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)



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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Trip the light fantastic to avoid trips and falls

Dance therapy

Dancing can improve balance and gait in elderly

For seniors, dancing isn't just for fun; it also can be therapeutic. Two recent studies conducted by MU researchers found that participation in dance-based therapy can improve balance and gait in older adults. Improved functionality among seniors can decrease their risk of falling and reduce costly injuries.

"Creative interventions such as dance-based therapy have the potential to significantly reduce falls in older persons," says Jean Krampe, a registered nurse and doctoral student in MU's Sinclair School of Nursing. "In the studies, we found improved levels of balance, gait and overall functionality among seniors who participated in regular dance-therapy sessions. Nursing and eldercare professionals can help move these programs into practice to reduce the detrimental burden caused by falls."

The researchers used a dance-therapy program called The Lebed Method (TLM), which includes a combination of low-impact dance steps choreographed to music. Sessions were led by certified instructors and adjusted to fit the specific needs of the seniors who participated.

The most recent study was conducted with residents at TigerPlace, an independent-living community in Columbia developed by MU nursing researchers and AmeriCare, a long-term care company, to help seniors age in place. The study included 18 dance sessions offered throughout a two-month period. Participants reported that they enjoyed the sessions and wanted to continue the program.

"We found that many seniors are eager to participate and continue to come back after attending sessions because they really enjoy it," Krampe says. "Among seniors that stand up and move during sessions, we found that dance therapy can increase their walking speed and balance, which are two major risk factors for falling."

In 2008, Krampe and MU colleague conducted a six-week pilot study with the Alexian Brothers' Program of All-inclusive Care for the Elderly in St. Louis. More than half of the eleven participants self-reported improvements in gait and balance.

TLM, also called Healthy Steps, was created by Shelley Lebed Davis and her two brothers who sought to improve range of motion and boost the spirits of their mother who was recovering from breast cancer. After seeing successful results, they shared the program with hospitals. Today Healthy Steps is used by many cancer patients and in nursing homes worldwide. The MU study is the first to examine the benefits of the program among seniors.

The first study, "Dance-Based Therapy in a Program of All-Inclusive Care for the Elderly," recently was published in *Nursing Administration Quarterly*.

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)

- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Tigers get a taste of Thailand



The Thai community at MU and in mid-Missouri share a little bit of home each year when they host the traditional Thai New Year's celebration known as the Songkran Festival. This year's celebration, held April 22, was moved to the Student Recreation Complex from its usual location at Carnahan Quad. It's an opportunity to experience the tastes of Thailand, with a free assortment of Thai delicacies prepared by local members of the Thai community. It's also a time to celebrate Mizzou's long-standing ties to the people of the Southeast Asian nation. Clay McGlaughlin photo

Water festival

Songkran Festival joins the Mizzou and Thai communities

The Thai people certainly know how to throw a party, especially when it comes to the traditional Thai New Year's celebration called the Songkran Festival. And, over the past several years, the MU community has been able to join in the fun. Each spring, the MU Thai Student Association has hosted the celebration that features Thai food, music, dance and cultural presentations.

The Songkran Festival is perhaps best known as "the water festival," because it's a time when people gleefully drench each other in water delivered from pots and pans, water guns and even hoses.

Here at MU, Thai students tone down the water-throwing angle a bit. At this year's celebration, Mother Nature might have taken over those duties. Because of cloudy skies and a forecast of rain, the event was moved from its regular location at Carnahan Quad to the Student Recreation Complex.

In spite of the fun, there is a spiritual aspect to the holiday. In Thailand, the Songkran Festival is a time for cleaning and renewal, a time when people clean the Buddha images in their homes and temples. It's also a time when people go back to their hometowns to spend time with their family elders.

## Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

[More in the archive »](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Facing down Facebook

Browsing or searching?

Research studies how people use social network site

Facebook.com, one of the most popular social networking websites, now boasts more than 350 million users worldwide. With so many people interacting with each other online daily, an MU researcher is interested in the cognitive and emotional implications of social browsing versus social searching.

Kevin Wise, assistant professor of strategic communication, studied people's habits when they navigate [Facebook](http://Facebook.com) (<http://Facebook.com>). Wise says previous studies on social networking sites involved merely surveying study participants. Wise conducted his study differently.

"Rather than asking people to report their uses of Facebook, we wanted to see them in action," Wise says. "We wanted to see if there is a way to categorize Facebook use, not based on what people say about it, but what they actually do when they are using it."

During the study, participants were seated at a computer and told to navigate Facebook for a determined amount of time. Participants could view anything they wished during that time, as long as they stayed on the Facebook website. Using screen-capturing software, Wise was able to view every action that each participant made while on the site. The researchers attached sensors to various parts of the participants' bodies to measure potential emotional responses as the participants navigated Facebook.

Wise categorized participants' actions into two different groups: social browsing and social searching. He defines social browsing as navigating the site without a targeted goal in mind. Wise says people use social browsing when they survey the general landscape, such as their newsfeed or wall, without looking for specific information. Wise defines social searching as searching the social networking site with the goal of finding certain information about a specific person, group or event.

Wise found that participants tended to spend much more time on social searching than social browsing. Not only did participants spend more time on social searching, but they seemed to enjoy it more as well.

"We found a more positive response from participants during social searching, or when they had homed in on a particular target," Wise said. "Ultimately, it appears that Facebook use is largely a series of transitions between browsing the environment, then focusing in on something interesting or relevant."

Wise says that this was an exploratory study to move past how people say they use Facebook in favor of studying their actual behavior. He says that there are many more questions about how people use social networking sites that he hopes to study in the future.

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)

- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### All four Mizzou nominees win 2010 Goldwater Scholars Award

Four MU students have been named as 2010 Goldwater Scholars by the Barry M. Goldwater Scholarship and Excellence in Education Foundation. Bertram Drury, Daniel Cook, April Diebold and Rachel Waller were nominated by MU faculty members and selected by the foundation based on academic merit.

Universities are allowed to nominate four students per year. This is the first year that all four MU nominees have received the highly competitive award. Each award provides \$7,500 that can be used at any accredited institution for a maximum of two years.

The Goldwater scholars program recognizes the outstanding potential of talented undergraduates in the fields of math and science, says Ted Tarkow, associate dean of arts and science. "The fact that four MU undergraduates have received 2010 Goldwater scholarships is a testimony to the terrific ability of the students. All four have benefited from opportunities to participate in scientific research that is integral to their undergraduate degrees and to MU's mission."

The four students are juniors at MU. Three students are in the College of Arts and Science: Drury is studying chemistry, Diebold is studying biological sciences and Cook is majoring in biology and chemistry. Waller is majoring in biochemistry, which is part of the College of Agriculture, Food and Natural Resources and the School of Medicine.

A total of 16 Goldwater Scholarships were awarded to students at MU between 1995 and 2008. Curtis Atkisson received the scholarship in 2009 and will study in Thailand and Bangladesh this summer.

The Goldwater Scholarship program was designed to encourage outstanding students to pursue careers in the fields of mathematics, the natural sciences and engineering. It was established by the United States Congress in 1986 to honor former Sen. Barry Goldwater, a Republican from Arizona. Nationwide, 278 students received the award this year.

#### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Summer hours back for 2010

MU has approved the summer hours work schedule for 2010. Beginning Monday, May 17, individual departments may decide to follow a modified work schedule from 7:30 a.m. to 4 p.m. with 30 minutes off for lunch. Regular hours will resume on Monday, August 2.

*Mizzou Weekly* will publish a list in the June 10 issue of those campus departments that have opted to take part in summer hours. If your department would like to be listed please fax or e-mail your department's schedule to John Beahler, *Mizzou Weekly*-Summer Hours, fax number 882-7290 or e-mail [BeahlerJ@missouri.edu \(mailto:BeahlerJ@missouri.edu\)](mailto:BeahlerJ@missouri.edu) or call him at 882-5918 no later than noon May 12. With other questions regarding summer hours, contact Human Resource Services at 882-4256 or [duker@missouri.edu \(mailto:duker@missouri.edu\)](mailto:duker@missouri.edu).

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Color-coding healthy foods

Serving fruits and vegetables in a variety of colors isn't just a good way to liven up the dinner table. It's also a smart technique for eating a healthier diet, says MU Extension nutrition specialist Glenda Kinder.

"It's important to eat a wide variety of colorful orange/yellow, red, green, white and blue/purple vegetables and fruits every day," Kinder says. Since each color group protects body tissues in its own way, the best way to power up your plate — and please your taste buds — is to eat a variety of colors and choices within each group.

"You will benefit from each group's unique array of nutrients, as well as essential vitamins, minerals and fiber that each color group has to offer alone and in combination," she says. The 2,000 pigments in plant foods not only look delicious but also contain strong antioxidants, health-promoting substances that neutralize free radicals, which damage or destroy healthy cells. "In general, the deeper the color of a fruit or vegetable, the more powerful its antioxidant action," Kinder says.

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### Challenge to cure

You don't have to work in a research lab to help find a cure for cancer. At 9 a.m. Saturday, May 8, hundreds of runners and walkers will take to the streets of Columbia for the eighth annual Jay Dix Challenge to Cure Race benefiting cancer research and treatment at Ellis Fischel Cancer Center.

The race schedule includes a 5K walk or run and a 10K run that will start together from Flat Branch Park at the corner of Fourth and Cherry streets. Children who aren't participating in the race can play in a supervised fun area at Flat Branch Park.

First held in 2003, the race has grown in size and stature, while raising \$109,000 to find a cure for cancer. The Jay Dix Challenge to Cure drew more than 600 runners and walkers last year, with 100 percent of the proceeds staying local to support Ellis Fischel Cancer Center.

The race was established in memory of Jay Dix, an MU pathologist who fought his own battle with cancer. Dix was medical examiner for Boone and Callaway counties and was involved in several medical and research organizations. He also enjoyed competing as a triathlete. More information and online registration for the race is at [challengetocure.com](http://challengetocure.com) (<http://challengetocure.com>).

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

[More in the archive »](#)

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# Mizzou Weekly

April 29, 2010 Volume 31, No. 29

## Calling all faculty

The spring semester general faculty meeting has been scheduled for 3:30 p.m. Thursday, April 29, in Memorial Union's Wrench Auditorium.

According to a draft agenda for the meeting, Leona Rubin, chair of Faculty Council and associate professor of biomedical sciences, will give an update on the council's work. Former council member Tom Phillips, professor of biological sciences, will report on intellectual property issues in the classroom.

Chancellor Brady Deaton will discuss student enrollment projections, the campus budget and the new Mizzou Advantage initiative.

## Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

[More in the archive »](#)

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## Mizzou Weekly

April 29, 2010 Volume 31, No. 29

### The eyes have it

Despite being red-green colorblind, the eyes of service dogs are often their greatest assets. When eye problems arise, it is not only bad for them, but also creates complications for the people they assist. Ophthalmologists from MU's College of Veterinary Medicine will participate in the National Service Dog Eye Exam Day by giving free eye exams on May 21 and 28 to service dogs.

They will check for eye afflictions similar to those that occur in humans, such as cataracts, glaucoma and injuries. "If we do identify an ocular condition in one of these service animals, we may be able to extend the service time of the dog by giving the owners knowledge about the disease and treatment options," says Elizabeth Giuliano, associate professor of comparative ophthalmology. MU hosts three of the only 350 board-certified veterinary ophthalmologists worldwide, and is one of only two locations in the state of Missouri participating in exam day.

Dogs eligible for the complimentary check-ups must be certified as guide dogs, handicapped assistance dogs, detection dogs and search-and-rescue dogs. Dogs currently enrolled in formal service-training programs through national, regional or local organizations also qualify for the free exams. Owners can register their pets at [ACVOeyeexam.org](http://ACVOeyeexam.org) (<http://ACVOeyeexam.org>).

### Issue

- [Student researchers](#) Research opportunities help undergraduates hone skills
- [Road closings will help speed campus construction projects this summer](#) Goal is to minimize any inconvenience
- [UM benefits survey provides new level of employee input in planning process](#) Different demographic groups have different preferences
- [New test will detect origins of swallowing disorders in disease](#) Knowledge could lead to life-saving treatments
- [Research rewards](#)
- [Be careful about identifying wild mushrooms, MU expert warns](#) Mycologist says know what you're putting in your mouth
- [George Jesse and Aaron Cook are honored for advising](#) Award recognizes faculty and professional advisers
- [Economist named first female fellow](#)
- [Propaganda or PR?](#) Researcher suggests China open communications
- [Trip the light fantastic to avoid trips and falls](#) Dancing can improve balance and gait in elderly
- [Tigers get a taste of Thailand](#) Songkran Festival joins the Mizzou and Thai communities
- [Facing down Facebook](#) Research studies how people use social network site
- [All four Mizzou nominees win 2010 Goldwater Scholars Award](#)
- [Summer hours back for 2010](#)
- [Color-coding healthy foods](#)
- [Challenge to cure](#)
- [Calling all faculty](#)
- [The eyes have it](#)

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