

## Mizzou Weekly

Aug. 25, 2011 Volume 33, No. 1

### **MU adds an estimated 1,300 students, setting another record**



**MOVING IN** Trent Saulsberry, left, and Fiona Island help freshman le'shia McDonald move in to Respect Hall on August 17, 2011, the official opening day for Mizzou residence Halls. MU officials estimate that 33,318 students arrived for classes this week, a 4.1 percent increase over last year and a new record. Rachel Coward photo

#### ENROLLMENT GROWTH

Officials project 13.1 percent growth in minority students

The University of Missouri kicked off the 2011-12 school year by welcoming more than 33,300 students to campus for the first day of classes.

The estimated total student enrollment of 33,318 students is a 4.1 percent increase over last year, and a new record. Official enrollment figures will be available after the 20th day of classes, Sept. 16.

This year's enrollment includes significant increases in minority students and freshmen. Total minority students on campus increased from 3,951 students in 2010 to 4,480 students, up 529 students or 13.4 percent. The number of African-American students rose from 2,026 in 2010 to 2,231, up 10.1 percent, and the number of Hispanic students rose from 782 in 2010 to 882, up 12.8 percent.

Ann Korschgen, vice provost for enrollment management, said university officials anticipated fewer Missouri high school graduates attending MU this fall than in years past. With some 2,000 fewer high school students graduating in 2011, first-time MU students from Missouri declined by 166. However, that was more than offset by an increase of 174 first-time students from out of state.

"We're very pleased that as we continue to offer opportunities to Missouri students, we also are attractive to many out-of-state students in many different programs," Korschgen said.

The quality of this year's freshman class, as measured by ACT scores, is among the highest ever. The mean ACT score of 25.7 for MU's first-year college students is slightly higher than last year's mean of 25.6. That remains significantly higher than the state and national average ACT scores, which held steady at 21.6 and 21.1, respectively.

"It's wonderful to see that as our enrollment continues to grow, so does the quality of our students," Korschgen said.

MU also welcomed back more returning sophomores this year. The university's retention rate increased from 84.5 percent in 2010 to 85.1 percent, indicating that more students are returning to MU to continue their studies. The 2011 retention rate is one of the highest in MU's history.

After two years in which tuition remained steady, MU students are paying more per credit hour this year. A 5.8 percent increase in tuition and fees was approved earlier this year by the UM Board of Curators.

However, the university has tapped its budget to make more financial aid available: \$112 million in endowed scholarships and grants, graduate tuition and fee waivers and merit- and need-based scholarships.

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### **Science outreach is key to preparing students for tomorrow's workforce**

STEM SELL

U.S. at risk of falling behind

Four of 10 jobs in the 21st century will require some expertise in the fields of science, technology, engineering and math, according to the U.S. Department of Labor. In an increasingly technological world, there will be a need for better education in those fields, known collectively as STEM.

Chip Sharp, Director of Research, Assessment and Accountability for Columbia Public Schools, said STEM education has not reached its full potential in the United States, for reasons that include lack of funding, the need for changes at the post-secondary level, inadequate parental support and disagreements about what to teach. However, he said that improvement in all aspects of the STEM situation is critical, or the U.S. will continue to fall behind other countries in technology, innovation and education.

"Without a willingness of all levels to improve, I believe that our country will continue to struggle to educate the number of scientists, mathematicians, engineers, and technology specialist necessary to support our country's future," Sharp said. "The number of people needed to fill all the needed STEM positions will require different strategies in educating our students. I think we need to be smarter in our efforts than we have been to date."

Here in Columbia, both the University of Missouri and Columbia Public Schools are working to provide a proficient STEM education to students as well as to their teachers.

MU School of Education's Office of Science Outreach provides many programs for K-12 teachers and students, community members and university students including seminars, continued education for instructors, training sessions and minority scholarship programs, all with the intention of expanding and improving science education in the area.

Anna Waldron, the office's director and an assistant clinical professor in the School of Education, said that these types of programs are of the utmost importance because science and math infiltrate all parts of daily life.

"You need to know STEM to do everything from going to the doctor and asking questions, to keeping track of your finances, so everyday life is affected by it," she said. "It's just very important at a very basic citizenship level and it's great if kids have that knowledge so they can choose a career path and just be a better citizen in general. If the public can't understand STEM, they can't say where we should be sending our state and public resources."

In order to adequately prepare students for the future, Sharp believes that the STEM educators themselves must also improve. He helped to oversee a partnership between MU and Columbia Public Schools through the Center for the Study of Mathematics Curriculum. The National Science Foundation founded the Center in an effort to improve mathematics curriculums in school districts with the help of local universities. Over the course of five years, 15 of the Columbia Public School District's teachers earned a masters or specialist degree in mathematics education and many others received additional professional development.

Deborah Hanuscin, project co-director for the Quality Elementary Science Teaching (QUEST) program, said that these types of partnerships are vital. She believes that MU is making significant progress in improving the quality of our community's educators.

"Addressing teaching quality is of the utmost importance in improving the quality of STEM education," she said. "Through its teacher education programs, MU is making a direct impact on the quality of education throughout the state and nation. Through our graduate programs, we also prepare the future faculty who will, in turn, train the next generations of teachers. The MU Science Education Center serves as a central force in working to generate and communicate new knowledge and innovative ideas about science teaching and learning."

Though MU and Columbia Public Schools are making strides in improving education based in science, mathematics, engineering and technology, the nation as a whole still has a long way to go. Sharp said that the progress and improvement should be continual, or the U.S., and its education system, will fall behind.

“One merely needs to look around and see what all is affected by technology which must continue to develop,” he said. “That development is reliant on STEM and we as a country do not want to be in a position where we are dependent on other countries. The innovations in the future will be impacted by these areas, so we must place an increased importance on education for the students’ futures.”

— *Kelly Nelson*

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### **Three new studies target claims of botanical-based dietary supplements**



FIELD TEST Dennis Lubahn heads the Center for Botanical Interaction Studies. He will lead 21 MU researchers in the study of dietary supplements. Lana Eklund photo

#### ALTERNATIVE MEDICINE

One-third of Americans use herbal remedies

The Center for Botanical Interaction Studies has launched three studies to see if popular botanical-based supplements have a real, positive and provable scientific effect on the body.

The first study will test five widely-used botanical dietary supplements that purport to prevent prostate cancer. The second will see if certain botanicals promote brain health and prevent neuro-degeneration. The third project will investigate if botanical compounds claimed to have anti-oxidant and anti-microbial properties are effective at changing cellular events associated with an effective microbial defense.

Dennis Lubahn, center director and project leader of the prostate cancer study, is leading a team of 21 MU researchers whose expertise ranges from agronomy to the diseases of laboratory animals. The team will take an interdisciplinary research approach utilizing the unique range of backgrounds and skills on MU's Columbia campus and the Missouri Botanical Garden in St Louis. The research was made possible by the NIH's National Center for Complementary and Alternative Medicines, the Office of Dietary Supplements and the National Cancer Institute.

The research is aimed at understanding a large and growing part of American healthcare. Nearly one-third of Americans use dietary supplements for medicinal purposes. Financially, the market has progressed steadily from 5.5 percent annual growth in 2007 to 6.5 percent in 2008 to 7.5 percent in 2009, bringing US retail sales to \$9.4 billion in 2009.

Not much science has been collected on how effective these plant compounds are. Worse, the pills and extracts are being consumed in a hard-data vacuum. A New England Journal of Medicine study found that nearly 70 percent of people taking herbal medicines or dietary supplements, most of whom were well educated and had a higher-than-average income, were reluctant tell

to their doctors that they used complementary and alternative medicine. Many dietary supplements can interact with prescription medications and cause unwanted or dangerous reactions.

The MU prostate cancer research will use an animal prostate cancer model to test the safety and efficacy of certain supplements that show anecdotal promise as a cure for the disease. Here, mice with a genetic propensity that protects them against poorly differentiated carcinoma (PDC) and mice that are susceptible to PDC will be tested with certain plant compounds thought to inhibit “hedgehog signaling.”

The hedgehog signaling pathway gives cells information that they need to make the embryo develop properly. The pathway also has roles in the adult mouse. When the pathway malfunctions, it can result in diseases like basal cell carcinoma.

In the second research program, it is known that excessive oxidative and nitrosative activities in the brain are the basis for neural toxicity and cell inflammation. These effects underlie many neuro-degenerative diseases, including stroke. The research strives to test the hypothesis that stroke-mediated neural toxicity and glial inflammatory responses are due in part to the presence of proteins in certain signaling pathways. The research hopes to identify botanicals that can positively modify the effects of these proteins.

The third research effort will conduct pre-clinical screening of selected antioxidant botanicals for their potential to modulate in vivo anti-microbial and anti-viral activity. Crude extracts as well as putative bioactive components of each botanical will be tested against two bacterial infections, E. coli-mediated sepsis and systemic listeriosis.

Plants had been used as medicine long before recorded history. Ancient Chinese and Egyptian papyrus writings describe medical plants. Indigenous cultures in Africa and ancient North America used herbs in their healing rituals. Others developed traditional medical systems, such as Ayurveda and Traditional Chinese Medicine, in which herbal therapies were used.

In the early 19th century, when chemical analysis became available, scientists began to extract and modify the active ingredients from plants. Later, chemists began making their own version of plant compounds creating aspirin and digitalis. Over time, use of herbal medicines declined in western nations, although the World Health Organization estimates that 80 percent of people worldwide rely on herbal medicines for some part of their primary health care.

US consumers are turning to supplements as an affordable way to stay healthy. According to the dietary supplement industry, older Americans are more likely to use supplements, sometimes as a replacement for expensive prescription drugs.

The MU center is looking at herbal and botanical products, probably the largest part of this industry. These products are generally taken for reasons other than nutrition, although FDA labels them as a food supplement.

Probably the most common plant-based supplement is Ginkgo, which is used in traditional medicine to treat circulatory disorders and enhance memory. Kava kava is said to elevate mood, well-being, and contentment and produce a feeling of relaxation. Saw palmetto is used by more than two million men in the US for the treatment of a non-cancerous enlargement of the prostate gland. Should the excited claims of the supplement industry be dismissed out-of-hand? Maybe, but maybe not, said Lubahn.

“There must be some sort of recognizable benefit to this use, or why would they continue using them,” Lubahn said. “Nature has thousands of secrets that we have yet to discover. What we are doing may be a step in uncovering some of those secrets.”

— *Randy Mertens*

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### **While you were away: A roundup of MU summer news headlines**

#### **Translational research efforts get \$5 million boost**

A five-year, \$5 million grant from the Wallace H. Coulter Foundation will help biomedical engineers at the University of Missouri take promising research from the lab to the clinic.

The grant, through the Coulter Foundation's Translational Partnership Award Program, will be used to develop technologies that will save, extend and improve patient lives around the world. The funds will be used to support collaborative projects between biomedical engineers and clinicians to take research discoveries to clinical practice.

Jinglu Tan, James C. Dowell Professor and chair of biological engineering in the College of Engineering and the College of Agriculture, Food and Natural Resources, said the grant agreement the university reached with the foundation on June 21, represents "major recognition" for MU's translational research efforts. Only about 15 universities have been given the award, he said.

"This award will allow our scientists to take their discoveries and develop them for use in the hospital or other clinical settings in an effort to improve the quality of life for many people," Tan said.

The agreement stipulates that the Coulter Foundation will provide \$666,667 per year for five years, while MU will match that money with \$333,333 each year, for a total amount of \$5 million over the next five years. An oversight committee, consisting of stakeholders in translational research, will be formed to decide how to award the money to MU bioengineering faculty who are seeking to commercialize their research discoveries in partnership with clinicians.

#### **COE professor to lead writing program**

Amy Lannin, an assistant teaching professor in English education at the University of Missouri, has been appointed to serve a two-year term as director of MU's Campus Writing Program.

Lannin, who has been associated with MU in a variety of capacities since 2001, also accepted a tenure track position as an assistant professor in the College of Education.

Lannin has served as the associate director of the Missouri Writing Project (MWP) since 2003. The MWP is part of the National Writing Project, which is a network of more than 200 sites throughout the country dedicated to improving the teaching and learning of writing.

"It is exciting to be part of such a successful program," Lannin said. "I am committed to building on the current strengths of the Campus Writing Program and increasing its presence on campus as we find new directions and areas to take this program."

Lannin has taught undergraduate and graduate level classes at MU and has been an advisor for online and on-campus undergraduate and master's students. She has served on several doctoral committees, including acting as the committee chair twice and co-chair four times.

#### **Curators approve merit raises, hybrid pension**

A merit-based salary increase approved by the University of Missouri Board of Curators in June will cost the MU campus about \$10 million, most of which will be born by individual academic units and departments.



The board unanimously agreed to the 2 percent increase at its annual meeting in Columbia, despite Gov. Jay Nixon's decision to trim an additional \$4.4 million from the UM System's fiscal 2012 budget, which went into effect July 1.

Tim Rooney, MU's budget officer, said the flagship campus will fund \$3.1 million of the increased salary and benefit costs. That means department managers will have to work with their existing budgets to cover the other \$6.9 million.

"The campus doesn't have the funding to cover it all," Rooney said. "So the units will be asked to cover most of it, by cutting positions and reallocating other expenses within their own budgets to find the money."

Curators also approved a proposal to create a new "hybrid" retirement plan for UM faculty and staff who are hired after

Sept. 30, 2012. While details of the plan haven't been determined, it would include elements of the current defined-benefit plan, which guarantees employees some level of retirement income, and a defined-contribution plan, which requires employees to invest on their own for retirement. Current employees would not be effected by the change.

Curators said they expect a detailed plan by fall, with a vote likely in October.

### **Faculty will revisit diversity course**

Campus leaders say that despite the failure of a diversity-course requirement for undergraduate students to pass muster with MU faculty, they plan to keep working on the issue.

The general faculty narrowly rejected a proposal drawn up by the MU Faculty Council that would have required completion of a three-hour course that explores "the diverse human experience" before graduation. Ballots were sent to 1,200 faculty members; 210 voted for the proposal, while 232 voted against it.

Council Chair Leona Rubin said "multiple factors" contributed to the proposal's defeat. Some faculty members were concerned about the process for approving courses that would be designated diversity-intensive. Others thought the focus on "social inequalities" was too narrow. Still others believed students were already knowledgeable about diversity issues and a course requirement was unnecessary.

"My biggest concern is that we did not hear these concerns before the vote, or we were not listening because we thought we had a good product," Rubin said.

Rubin said she expects the council to revisit the issue during the 2011-2012 school year.

### **Tate and Switzler halls re-open for business**

Faculty and staff began moving into Tate and Switzler halls in early July, following renovation of two of the university's oldest academic buildings.

Tate and Switzler received major facelifts, including new plumbing and electrical systems, central air conditioning and wall-to-wall carpeting. Funded by \$19 million in bond revenue approved the UM Board of Curators in 2009, the renovations also added 280 new classroom seats and 34 faculty offices.

The four-story brick-and-stone Tate Hall, built just east of Jesse Hall in 1927 to house the law school, is now home to the Department of English. The building was gutted to reconfigure the interior space, including removal of the two-story law library "stacks."

Light fixtures and handcrafted items such as handrails, cornice work and interior trim were recycled from the original structure.

The Switzler project includes an 8,000-square-foot addition on the southwest side of the building. The north interior wall of the addition features the original exterior wall, which architects left exposed for aesthetic reasons.

Both buildings are outfitted with energy conservation measures, such as automatic lighting and heating and cooling systems, and have been updated to meet the requirements of the Americans with Disabilities Act.

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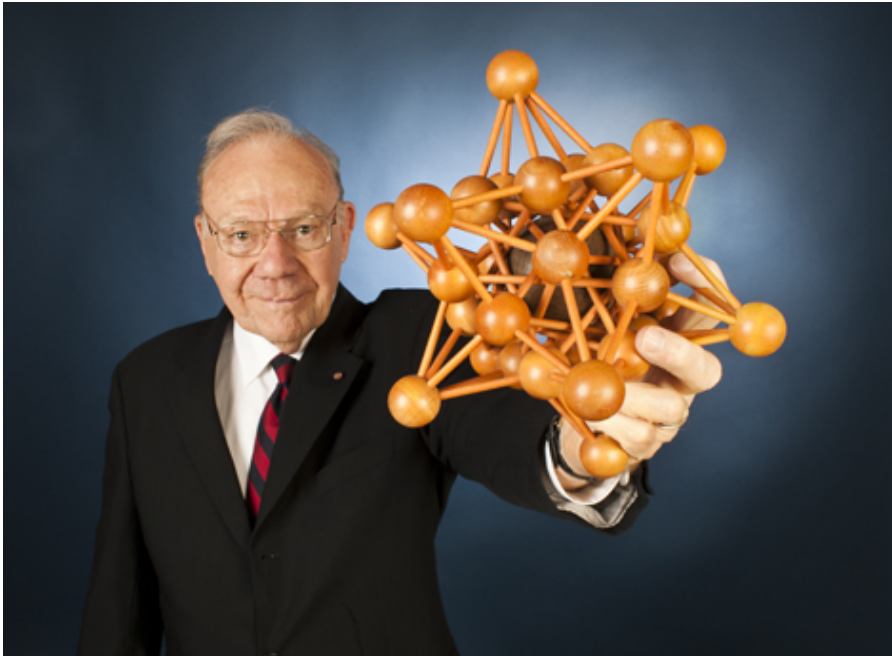
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### **MU scientist's uncommon research takes on common cancers**



REACHING FOR A CURE M. Fred Hawthorne will lead clinical trials of a procedure that targets cancer tumors with experimental boron compounds. Shane Epping photo

#### MOLECULE MASTER

Therapy could shrink tumors without tissue damage

M. Frederick Hawthorne has a personal interest in the small-animal trials his research team is conducting on cancerous tumors.

Hawthorne supported his wife, Diana, as she successfully battled breast cancer in 1977. Then, in 2008, he too experienced the trauma of surgery, chemotherapy and radiation to treat the oral cancer that took half of his tongue.

Now Hawthorne will lead clinical trials of a procedure called boron neutron capture therapy (BNCT) that he and his team believe will irradiate and shrink tumors more selectively than current treatments without affecting healthy tissue.

Testing at the University of Missouri Research Reactor (MURR) and MU's International Institute of Nano and Molecular Medicine will begin in early September and continue for about two years.

"This therapy should improve the cancer survival rate," Hawthorne says. "Head and neck, prostate and breast cancers may be the most treatable,"

In the trials, Hawthorne and team will follow the health of mice that have cancerous murine breast tumors induced by grafted tumor cells. Researchers will anesthetize the mice and inject each animal with tumor-targeting boron compounds that travel through the blood to bind with tumors and provide targets in diseased cells for neutrons. Hawthorne expects his six experimental boron compounds to more effectively reach tumors than previously tested compounds.

Researchers will then expose the mice to neutron radiation for 20 minutes, creating a reaction with the boron that Hawthorne describes as a “little nuclear explosion,” which should kill the cancer cells.

“After the mice wake up, we will observe them for weeks and measure the size of their tumors. The mice should all survive the compound and the radiation, and the tumors should shrink,” Hawthorne says.

As researchers finish testing the mice, they will begin a two-year clinical trial of the same compounds on larger animals. Clinical trials on human volunteers could begin in about five years.

At a later date, Hawthorne’s group also plans to test the procedure as a possible treatment for rheumatoid arthritis. In a similar fashion to the cancer research, injections of boron compounds will mark the synovium — the inflamed tumor-like mass — before irradiation.

The University of Missouri holds Hawthorne’s patents and patent applications on the boron target compounds, which are produced in his laboratories. The team will continue to make new drugs with improved performance.

In a related study, a group of researchers with the Argentine Atomic Energy Commission in Buenos Aires is using Hawthorne’s boron compounds in trials on hamsters with head and neck tumors. Those researchers are sharing data with the MU group.

Even as a youngster growing up in Kansas and Missouri, Hawthorne believed chemistry was his future. He set up his first lab, making new polymers, at age 12. He wrote his first paper at 16, which has expanded to his current 550 papers. He has 35 patents and pending patents.

Hawthorne’s schooling didn’t exactly meet the norm. Because his father’s civil engineering job required frequent moves, he attended 20 different schools before high school.

At 16, Hawthorne left Rolla High School to study chemical engineering after passing entrance exams at Missouri School of Mines & Metallurgy in Rolla. He transferred to Pomona College in Claremont, Calif., for a bachelor’s degree in chemistry and completed graduate studies with a 1953 doctorate at UCLA, mentored by future Nobel Laureate Donald Cram.

Before moving into academic research, Hawthorne worked on rocket propellants for Rohm and Haas Company in Huntsville, Ala., and later in Philadelphia, Pa. It was at Rohm and Haas that he found his research niche – borane-cluster chemistry.

The major honors for Hawthorne’s lifetime work reflect his status in the scientific community. In 1973 at age 44, he earned a coveted membership in the U.S. National Academy of Sciences. For 31 years, from 1969 to 2000, he served as editor-in-chief of the journal *Inorganic Chemistry*. And he won the 2009 American Chemical Society Priestley Medal — the society’s highest award — for pioneering work in boron chemistry.

There are many other awards he considers favorites as well, including a 1994 Willard Gibbs Medal from the Chicago section of ACS; a 1988 ACS Award for Distinguished Service in the Advancement of Inorganic Chemistry; and a \$200,000 King Faisal International Prize for Science (2003 co-winner) for achievements having a profound effect on cancer therapy.

Now in his eighth decade, after fighting cancer professionally and personally, and lauded with honors any chemist would covet, Hawthorne continues to search for what he considers the career-defining achievement: a way to combat common cancers.

Hawthorne is credited with the rare achievement of creating a field of research and excelling in it. When he began his career in the chemistry of boron about 50 years ago, there was little existing information about the chemistry of the element.

Hawthorne envisioned boron as the potential basis of new products such as pharmaceuticals and nanomaterials. He took on the goal of using boron combinations — boranes and carboranes — to cure common cancers through targeted anti-cancer drug delivery as well as boron neutron capture therapy.

Positive results in Hawthorne’s early tests years ago at UCLA indicated that mice showed low toxicity to the compounds. But without access to a neutron source, he was unable to conduct clinical trials with irradiation to activate the boron atoms.

That changed in 2006 when Hawthorne retired from UCLA and moved his research laboratory to MU. The move required three 18-wheel moving vans filled with files, chemicals, thousands of pieces of glassware and instruments of all varieties. Joining Hawthorne were UCLA research group faculty members Mark Lee, PhD, and Satesh Jalisatgi, PhD, as well as several doctoral students who were working with him.

Hawthorne was lured back to Missouri by the resources available to help complete his life's work: a medical school, a veterinary college and the nation's largest academic research reactor with a neutron beam line dedicated to BNCT. Sealing the deal was the promise of an International Institute of Nano and Molecular Medicine, which Hawthorne founded and now directs.

"Nothing beats this," he says. "This is the only research site in the United States with that combination of research tools."

— Nancy Moen

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### Deaton clarifies remarks on Haith and Miami investigation

#### MU BASKETBALL

Chancellor: New coach was vetted “very carefully”

Chancellor Brady J. Deaton issued a statement to clarify remarks he made in an Aug. 19 conference call regarding the hiring of Frank Haith as MU’s basketball coach.

Newspaper reports over the weekend suggested Deaton had acknowledged that, prior to hiring the former University of Miami coach, MU knew of alleged improprieties centered around the football program at Miami.

Here is Deaton’s statement:

“After reading a few accounts this morning, I felt it necessary to provide clarification to my statements following the Aug. 19, 2011, University of Missouri Board of Curators meeting. At no time were we aware of any allegations at the University of Miami, football, basketball, or otherwise, until Tuesday’s Yahoo! Sports report. In the days leading up to the report we, as many of you, heard about the allegations of improprieties at Miami, but that early media information centered around football. That was my contention in the comment below, and the insinuation that we knew about a potential investigation during our hiring process is an incorrect interpretation of my remarks yesterday. As I stated, no evidence of an investigation came up during our vetting process.

“With regard to the search process that resulted in the University of Missouri hiring Frank Haith, we had a very thorough search process in which all candidates were vetted very thoroughly. In the case of Mr. Haith, we’ve documented more than 20 specific reference points, with the NCAA, the Atlantic Coast Conference, administrators at the University of Miami as well as, of course, the former athletic director, and many others in the field, and everything came back very, very clear, very positive and left us reassured that this was an individual that would provide the leadership that we desired at the University of Missouri, so we feel good about the vetting process. The investigation that had begun at some point, was an investigation, as I understand, perhaps of football, and had not reached over into this side at all. No evidence of this came up during the vetting process.”

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## Mizzou Weekly

Aug. 25, 2011 Volume 33, No. 1

### The Weekly Staff Meeting: Sheila Wieman



**Work place:** Office of the Vice Chancellor for Development & Alumni Relations

**Title:** ESAIII

**Years at MU:** 20

**Hometown:** Raytown, Mo.

**Favorite food:** My favorite drink would be easier to identify. I love Diet Mountain Dew and Diet Pepsi

**Favorite movie:** I have a tendency to like the movie I just saw whether it's Secretariat or Harry Potter. But I'd have to say my perennial favorite is Gone with the Wind.

**Favorite book:** Pride and Prejudice, To Kill A Mockingbird, The Harry Potter series, The Twilight series, Gone with the Wind

**Favorite music:** Wes Montgomery, almost anything you'd find on a 60's radio station – Motown, Beach Boys, Beatles

**Favorite quote:** "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do." Mark Twain

**Favorite sport:** Pro football, MU football and basketball

**Favorite vacation spot:** Wherever the family is

**Family:** I have a wonderful husband, Dick, and two lovely and talented daughters, Jennifer and Leighann. When Leighann married, we added a son, Jeremy.

**Undergraduate/graduate education:** BS ED '72

**What are your current job duties?** I support the Vice Chancellor and act for him at his discretion.

**Why are you passionate about your job?** I was the first college graduate from my family and I know how difficult that journey



can be. I also know how much a college education did for me and I wish that for others. I like being around students and watching them grow and progress; I especially like working in Development because I believe the support of friends and alumni will enable institutions of higher education to move forward in the future. Extended State support is just not available anymore.

**What is your favorite part about working at Mizzou?** The people I work with are remarkable, both staff and friends and alumni. They are committed to doing the very best job they can do and in spreading the story of Mizzou.

**If you weren't doing this for a living, what would your dream job be?** That's a really hard question because I can't imagine not doing this job. This is pretty much my dream job.

**What do you enjoy most about your job?** I think I enjoy talking with friends and donors more than anything. They all have such interesting stories and they are so interested in MU.

**How do you spend your time away from the university?** My husband and I live out in the county and I do a lot of gardening and yard work which I really like. I also enjoy refinishing furniture. In addition, we do welded art which we both enjoy a lot. We call ourselves Second Chance Art.

**What do you consider the most rewarding aspects of your job?** I like being able to accomplish whatever task I've been given to the satisfaction of whoever is concerned.

**What is the most demanding/challenging aspects of your job?** I think one of the hardest things I have to do is to occasionally deal with people that do not care about the university as I do. Their short-sighted or callous remarks are sometimes hard to take.

**How do you meet these challenges?** I just have to let the remarks go and not focus too closely on them.

**Is there a single achievement you've been recognized for as an employee at MU or related to your outside activities?** My husband and I have been the subject of several articles on our artwork in the local papers.

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## Mizzou Weekly

Aug. 25, 2011 Volume 33, No. 1

### **Pilot study: Chinese martial art can reduce effects of chemotherapy**

#### HEALTH PSYCHOLOGY

##### Tai Chi improves cognitive functioning

More than 11.4 million Americans are currently living with cancer, according to the American Cancer Society, and while cancer treatments are plentiful, many have negative side effects.

Previous studies have indicated, for example, that some patients who receive chemotherapy also experience cognitive declines, including decreases in verbal fluency and memory.

But, a University of Missouri health psychologist has found evidence that Tai Chi, a Chinese martial art, might help overcome some of those problems.

Stephanie Reid-Arndt, assistant professor and chair of the Department of Health Psychology in the School of Health Professions, said scientists have long known Tai Chi improves physical and emotional health. But a pilot study that followed a group of women who had received chemotherapy uncovered evidence that Tai Chi might help cognitive functioning as well.

"We know this activity can help people with their quality of life in general, and with this new study, we are encouraged about how Tai Chi could also help those who have received chemotherapy," Reid-Arndt said. "I also hope this encourages more people to think about Tai Chi positively on a broader scale in their lives."

Tai Chi involves practicing slow motion routines and is based on several principles, including mindfulness, breathing awareness, active relaxation and slow movements. The emphasis on slow movement makes Tai Chi particularly suited to a wide range of fitness levels, which makes it very relevant for those who have had chemotherapy and might be experiencing physical limitations as a result, Reid-Arndt said.

The women in the pilot study participated in a 60-minute Tai Chi class two times a week for 10 weeks. The women were tested on memory, language, attention, stress, mood and fatigue before and after the 10-week sessions. According to Reid-Arndt, the results of the tests indicated that the women had made significant improvements in their psychological health and cognitive abilities.

"Tai Chi really helps individuals focus their attention, and this study also demonstrates how good Tai Chi could be for anyone, whether or not they have undergone treatment for cancer," Reid-Arndt said. "Due to the small size of this study, we really need to test a larger group of individuals to gain a better understanding of the specific benefits of this activity for patients who have been treated with chemotherapy and how significant these improvements might be."

The study was published recently in *Complementary Therapies in Clinical Practice*.

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# Mizzou Weekly

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## Semester calendar deadline approaches

With the start of the fall semester, *Mizzou Weekly* is rounding up all the events that will crowd our calendars in the upcoming months. Our Fall 2011 Semester Calendar highlights all the exhibits, meetings, lectures, concerts and theater productions that make MU such a vibrant place to work.

We will publish the calendar in the Sept. 15 issue of *Mizzou Weekly*. The deadline for submitting calendar items is noon Friday, Sept 2.

With questions about submissions, call 882-5918 or e-mail [wallstinb@missouri.edu](mailto:wallstinb@missouri.edu). You can also use the clip-out ad in this week's paper to submit your semester calendar events.

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# Mizzou Weekly

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## College Colors Day

Wear your Black and Gold to show your Mizzou spirit on the 7th annual College Colors Day, Friday, Sept. 2.

College Colors Day, which coincides with the beginning of fall semester and the kick-off of Intercollegiate Athletics, acknowledges the importance of higher education in the U.S. Have a black-and-gold lunch or snack on Tiger Stripe ice cream.

Check out [collegecolorsday.com](http://collegecolorsday.com) (<http://collegecolorsday.com/>) and register your department or office and become a fan of MU BLACK and GOLD on [Facebook](http://www.facebook.com/mizzou.truman?sk=events) (<http://www.facebook.com/mizzou.truman?sk=events>).

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## Mizzou Weekly

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### Lafferre Hall update

Officials from MU's Department of Environmental Health & Safety have declared a laboratory room in Lafferre Hall safe after completing cleanup of a chemical spill that was reported Aug 17.

While the cause of the spill is still under investigation, MU officials have identified some of the chemicals involved. Those chemicals included potassium hydroxide, aluminum, copper sulfate, acetone, methanol and isopropyl alcohol. Acetone, methanol and isopropyl alcohol are common cleaning solvents.

No injuries resulted from the spill. The lab was released back to the researcher Aug. 18.

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# Mizzou Weekly

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## Making conversation

Language Partners is a fun and easy volunteer opportunity that builds cultural awareness and foreign language skills. The Women's Center pairs native and non-native English speakers to practice conversational English for one hour per week. Make a new friend, hang out and talk about our campus, the community and your hometown.

Come to an informational session in Room G108 of the MU Student Center to learn more about the program, ask questions and sign up. To sign up today, visit our website at [womenscenter.missouri.edu/](http://womenscenter.missouri.edu/) (<http://womenscenter.missouri.edu/>).

For more information, contact Suzy Day at 882-6621 or [dayse@missouri.edu](mailto:dayse@missouri.edu).

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# Mizzou Weekly

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## Fun on the run

Join hundreds of students, family, and friends taking ownership of their health at the 1st Annual MY 5K Fun Run.

The 5K Fun Run will take place on Saturday, August 27th, 2011 at 8:30 AM outside the Gaines/Oldham Black Culture Center.

All participants will receive a MY 5K T-shirt with registration fee. For more information, visit [mbmi.missouri.edu](http://mbmi.missouri.edu) (<http://mbmi.missouri.edu/>) or contact Marcus Mayes at [mbmwv5@mail.missouri.edu](mailto:mbmwv5@mail.missouri.edu). Race benefits the Mizzou Black Men's Initiative program.

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## Mizzou Weekly

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### UM rolls out new travel policy

A new automated travel and expense system introduced this summer will reduce voucher preparation time, expedite reimbursements and cut administrative costs. Some of the key features of the new electronic process, which will be rolled out over the next six months, include a streamlined approval process, changes in meal reimbursement policy and a reduction in required documentation.

In addition to the cost savings and streamlined administrative processes, the initiative will free up time currently spent by administrative staff in processing travel expense paperwork to perform other activities.

The new travel policies will be posted to the UM System website in Section 500 of the [Business Policy Manual](http://www.umsystem.edu/ums/rules/bpm/bpm500) (<http://www.umsystem.edu/ums/rules/bpm/bpm500>).

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### **Mizzou Advantage seeks endowed chairs**

The Chancellor's Fund for Excellence is inviting proposals for three new endowed chairs that will be funded in support of Mizzou Advantage.

Endowed chair positions should align with one or more of the five principal areas of the Mizzou Advantage. Priorities include initiatives that strengthen external linkages to non-profit organizations, corporations, foundations and government agencies. A second priority is to ensure balance in the creative and performing arts and the humanities, which are central to the Mizzou Advantage area of "Understanding and Managing Disruptive and Transformational Technologies."

The new position funds are made possible by donations to the Chancellor's Fund for Excellence, which provides flexible funds to stimulate leading-edge initiatives in the university's mission.

For more information, visit [Missouri.edu/mizzou-advantage \(http://www.missouri.edu/mizzou-advantage/\)](http://www.missouri.edu/mizzou-advantage).

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### **New smoking rules in effect**

MU has implemented new restrictions that limit smoking to designated outdoor areas on campus, parking lots and designated parking.

Details on the policy change, as well as a map of designated smoking areas, are available at [smokefree.missouri.edu/](http://smokefree.missouri.edu/) (<http://smokefree.missouri.edu/>). The site also has information about smoking cessation programs, including free individual and group treatment for students and employees as well as their spouses and eligible dependents.

The changes went into effect July 1. The university will ban all smoking on campus on Jan. 1, 2014.

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