

Mizzou Weekly

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Bradford Research Center launches an innovative recycling program



FROM TABLE TO FARM AND BACK TO TABLE Tim Reinbott, superintendent of Bradford Research Center, dumps the inaugural barrel of food waste into MU's new compost facility known as the Zero Carbon Footprint Vegetable and Compost Production System. The new system converts campus waste into compost for crops that will be harvested and served at Campus Dining Services' eateries. Rob Hill photo

CLOSING THE LOOP

Campus waste converted to compost will fertilize crops for food to be served on campus

Like a small city, the University of Missouri trucks in tons of food each day to feed thousands of people. At the end of the day, all of the orange peels, food scraps, used paper napkins and other leftovers leave campus to be dumped in the Columbia landfill. With more than 8,500 meals served per day and an average of 4.5 ounces wasted each meal, more than 250 tons of campus food waste ends up in the landfill each year.

To Tim Reinbott, superintendent of the [MU Bradford Research Center](http://aes.missouri.edu/bradford/), a unit of the [College of Agriculture, Food and Natural Resources](http://cafnr.missouri.edu/), this process is inefficient. He's creating what he calls a "closed loop" system, where food grown at Bradford is served by Campus Dining Services. That food waste travels back to Bradford to make compost to fertilize the crops grown there. The new food, including tomatoes, peppers, squash and other vegetables, then goes to Campus Dining Services, starting the cycle all over again. It's known as the "[Zero Carbon Footprint Vegetable and Compost Production System](http://cafnrnews.com/media/pdf/Composter.pdf)," and it's the first of its kind nationwide.

"Students who throw it away get to eat it again," Reinbott joked at a Nov. 9 presentation on the project.

To turn the compost concept into a working project, Reinbott partnered with [MU Campus Dining Services](http://dining.missouri.edu/), [MU Campus Facilities](http://www.cf.missouri.edu/), [MU Sustainability Office](http://sustainability.missouri.edu/) and the [Mid-Missouri Solid Waste Management District](http://www.mmswmd.org/). He

envisioned not only a way to save money for the university, but also a way to create a working model that other universities, prisons and even small cities can use to cut costs and reduce pollution.

“It’s an opportunity for education and awareness for students, too,” said Eric Cartwright, executive chef for Campus Dining Services, which contributed \$35,000 to build the facility. “There isn’t just a magic door where waste disappears into — something happens with what you don’t eat, or in the case of an apple core, the parts that aren’t designed to be eaten. If we can create a more closed loop it builds right back into what we’re trying to do, which is to bring in more, fresher produce into our dining halls.”

The Mid-Missouri Solid Waste Management District also awarded MU a \$35,000 grant for construction costs. “It’s something new and there’s a need for recycling organics,” said Deanna Trass, district coordinator for the Mid-Missouri Solid Waste Management District. “Anytime there’s an innovative way to repurpose things and keep them out of the landfill, we’re interested in making that happen,” Trass said.

A high-tech compost pile

At the heart of the plan is a high-tech version of something that generations of farmers and gardeners would recognize — a compost pile.

Construction of a 2,400-square-foot, five-stall composting facility, called an Aerated Static Pile (ASP), was just completed at Bradford. On Nov. 18, the first truckload of food waste and animal bedding was dumped in to start the cycle. Reinbott said that this process has already proven itself in other uses and eliminates many of the noxious gases, such as methane, that can escape into the atmosphere in open, non-aerated compost systems.

ASP composting is a system used to biodegrade organic material without physical manipulation. The blended waste mixture is usually placed on perforated piping, providing air circulation for controlled aeration. This accelerates the decomposition by encouraging the microorganisms to work harder. The process works well for processing wet materials, such as pulped food waste.

Reinbott estimates that an MU ASP can accommodate at least two tons of waste material per day and can be continually added to. This waste material will create approximately 175 tons of compost annually that can be applied to vegetable and field crops at Bradford to meet most, if not all, of the nutritional needs of the crops grown there. Reinbott pointed out that this will almost eliminate the need for nitrogen fertilizer, an expensive product that is one of the largest sources of carbon in agricultural production systems.

Composting 250 tons of food waste is just the beginning of the savings and pollution reduction, Reinbott said. MU produces each year about 1,500 tons of waste paper products, which could also go into the ASP, saving much of the \$350,000 the university spends annually to haul the stuff to a landfill. Used animal bedding and manure — another 1,500 tons a year — will also compost.

It takes about five weeks for the ASP system to convert waste into field-ready compost, Reinbott said. The process is mostly biochemical, needing electricity only to force air through the compost piles. Biological engineering students Logan Forsythe and Brent Elliot will work with Reinbott to monitor the temperature of the piles, run experiments on the most efficient ways to create high quality compost and help develop a protocol for converting waste vegetable oil from the dining halls into biodiesel.

Compost formula

Reinbott has experimented with mixtures of Mizzou waste streams for years and has come up with a food, paper and animal refuse formula that is the quickest and most efficient way to make compost. In fact, his model may create more compost than Bradford and MU can use, so Reinbott is looking at ways to sell the surplus to local farmers. He said that high quality compost known as “Mizzou Doo” packaged in black and gold bags might be available for purchase as early as next spring.

“This closed-loop cycle can be further strengthened by taking waste vegetable oil collected from Campus Dining — about 3,000 gallons per year — and converting it into biodiesel,” Reinbott said. “This fuel can be used to power the trucks required to transport the compostable materials to Bradford and then deliver the vegetables back to campus. This fuel can also power the tractors and equipment used in vegetable production and power the diesel engines to run the ASP fans. In essence, the system will have a zero carbon footprint. Having an ASP composting facility in place is the first and essential step to getting the entire process started.”

Currently, Reinbott noted, some landfills are experimenting with large-scale composting with mixed results. “One drawback to many systems being used is the broad range of materials that find their way into the waste stream, resulting in an inconsistent final product,” he said. “Making use of a known source of raw materials will enable us to much better control inputs and thus produce more uniform outputs.”

Bradford Research Center is both an outdoor classroom and a research laboratory that develops better and more efficient food. Each year more than 7,000 people — from farmers and industry experts to high school students — tour Bradford to learn about best practices in agriculture and wildlife management. More than 200 research projects, from plant breeding and weed control experiments to wastewater management, are conducted on 25,000 dedicated research plots.

Reinbott sees the ASP project as a way to introduce large-scale composting techniques to the next generation of agricultural specialists through student work-study and internship programs. “Students will be involved in everything from production to marketing,” Reinbott said.

While the program has been carefully planned around known scientific information, Reinbott acknowledged he has one fantasy about the project. “My dream is that someday nothing will be trucked from MU to a landfill.”

— *Mike Burden*

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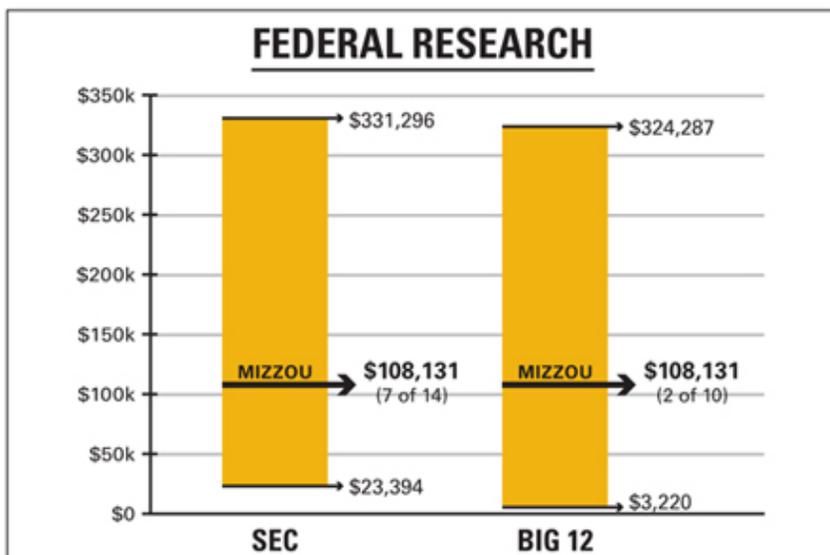
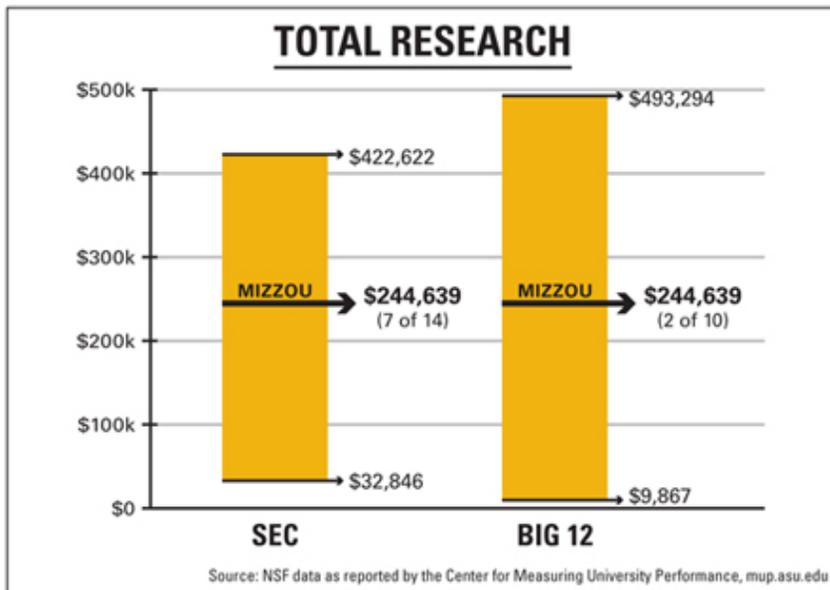
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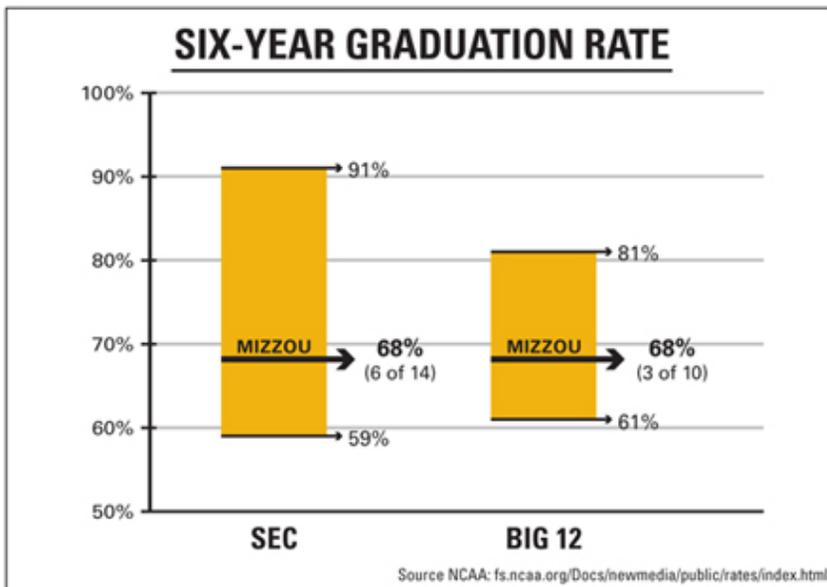
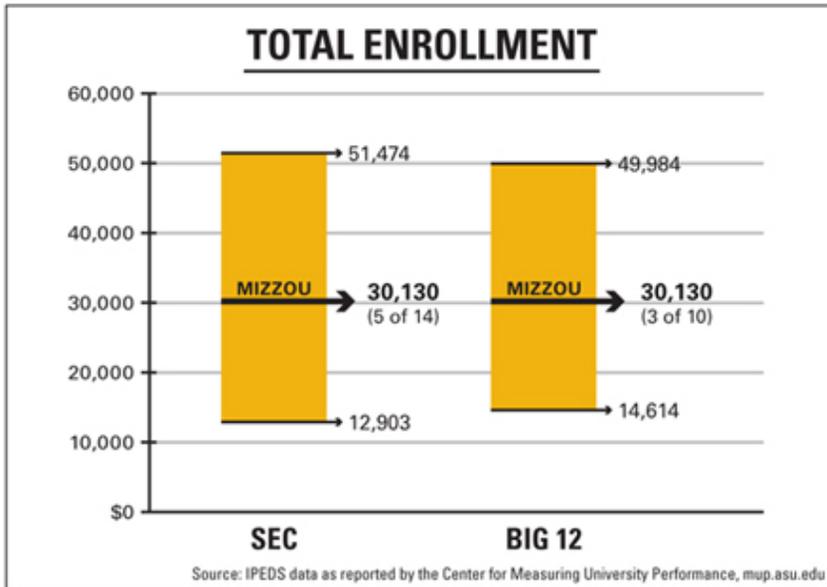
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FY 2013 budget planning, performance-based funding, athletic conference move and alcohol abuse prevention discussed at fall General Faculty Meeting

Conference comparison

These charts from Chancellor Deaton's Nov. 16 presentation to faculty illustrate the range of total research funding, federal research funding, total enrollment and retention rates among Southeastern Conference and Big 12 universities. The University of Missouri's ranking within each conference is noted in parenthesis.





HOT TOPICS

Chancellor presents data comparing Big 12 and SEC

The University of Missouri's enrollment continues to grow, but sustaining the increase might not last if state funding doesn't match the growth.

"We know it's a mixed blessing," Chancellor Brady J. Deaton said at the Nov. 16 fall semester General Faculty Meeting. "We're addressing the needs of a growing group of students, but it's also presenting enormous challenges to us, given the funding situation we're in."

Tim Rooney, budget director at MU, said various economic factors have contributed to the difficulties in funding student scholarships. One statewide scholarship, Access Missouri, could face a significant cut that would affect MU recipients.

"There is the possibility that 50 percent of that need-based funding could be eliminated," Rooney said. "For MU, that would be \$2.5 million that our students may not see."

For faculty and staff, Rooney said the university plans to increase salaries on a guideline of 3 percent, but this would be difficult if the state holds tuition increases to the Consumer Price Index and cuts funding to MU by 5 percent. If the appropriation remains flat, the university could address the salary increases with fewer problems, Rooney said. The cost of benefits, unfortunately, is also scheduled to increase two percentage points; from 31.87 percent of salary to 33.87 percent of salary, inclusive of Social Security.

Nikki Krawitz, UM System vice president for finance and administration, updated meeting attendees on the provisions of performance-based funding, a state initiative that caused controversy at a Faculty Council meeting in November.

“Performance funding is a national movement,” Krawitz said. “It’s not just happening in Missouri. A number of states have had it for a number of years.”

She also said Missouri has relied on performance-based funding in the past.

Krawitz explained that the funding plan strives to provide more Missourians with post-secondary degrees. But some faculty members said they thought the plan ignores MU’s goals as a graduate and research institution.

Frank Schimdt, professor of biochemistry, said, “There is no field-specific measure [in the plan], which is a little surprising given that the governor of Florida has been a big mover of this and has famously said we need more engineers and fewer anthropologists.” He added in jest, “I think we need the anthropologists to study the engineers.”

Under the proposed plan, MU would pick four measures from a list of six with at least one coming from three categories: Student Progress, Degree Attainment and Quality of Learning. In addition, each university would choose a fifth measure that relates to its individual mission. Because MU is the state’s largest research university, Krawitz said it might opt for Research Funding as the fifth measure.

Performance-based funding would not pit institutions against each other, Krawitz said, but instead would allow each institution to compete only with itself.

Krawitz is concerned about some of the performance-based assessment measures, specifically the three-year rolling average that intends to track a university’s progress.

“What worries me is that you can see natural variation,” Krawitz said. “You have to decide on what constitutes sustaining performance versus improving performance and where it’s important to reward sustaining performance and improving performance.”

Depending on the size of the numbers, a small change in a denominator or numerator could significantly affect the results and misrepresent the performance of an institution. The Missouri Council on Public Higher Education (COPHE) is still looking for ways to improve monitoring the progress of institutions.

Additional measures could be added to the existing six, and other changes could occur before COPHE presents its final recommendations to the Coordinating Board for Higher Education in December. If the measures are approved by the institutions and the coordinating board, Krawitz said the Missouri General Assembly would most likely agree with the measures in the plan. The appropriations passed by the legislature and signed by the governor would determine the fate of performance-based funding.

“There are competing needs,” Krawitz said. “If the state has additional revenue, will they spend it on higher education?”

At the meeting, Deaton also discussed athletic conference realignment. The Nov. 6 announcement of Mizzou’s move to the Southeastern Conference (SEC) garnered more attention than Deaton had anticipated, but he said he feels leaving the Big 12 was the best fit for the university.

“We did not feel we could responsibly stay where we were,” Deaton said.

Rather than focus on athletics, Deaton provided faculty with information on how the MU can collaborate with SEC schools to pool conference resources for enhanced academic programs.

According to National Science Foundation data, MU ranks second in the Big 12 in the amount of federal dollars it has received for research projects. The University of Texas leads the conference.

As the SEC academic powerhouse, Vanderbilt leads in overall federal research funding. MU will rank seventh.

“There is much more strength in research among the institutions in the SEC overall than in the Big 12, which was something that actually surprised a lot of people when they looked at this data,” Deaton said.

Curbing alcohol use

Concerned about student drinking, Deaton discussed faculty influence on student drinking habits and the importance of MU’s existing alcohol education programs. His comments were in response to emails from a University Hospital emergency room physician who was concerned about the number of students he was seeing with alcohol poisoning.

Deaton said alcohol abuse is a national problem among universities, and MU has had its own issues controlling alcohol-related incidents. He stressed not only the life- and health-threatening effects of alcohol abuse, but also the negative consequences of alcohol on intellectual and social development while students study at the university.

“You’ve seen newspaper reports of how deleterious this can be,” Deaton said. “The closer you get to it and supervise the students, you see the damaging effect of this. It’s heartbreaking.”

In his presentation, Deaton provided ideas to decrease alcohol abuse. He suggested increasing funds for alcohol education programs and freshmen experiences classes. The measure that elicited laughs from attendees was an increase in the number Friday 8 a.m. classes, something Deaton said he has the research to back up. The move would attempt to curb Thursday-night partying.

Deaton also said faculty members who joke about alcohol consumption can hurt students.

“This is the one that always bothers me the most,” Deaton said. “It’s very damaging, and research shows this. It tends to legitimize the students’ [drinking].”

Deaton praised alcohol education efforts led by Kim Dude, director of the MU Wellness Resource Center. The center will receive a funding boost of \$40,769 from football Coach Gary Pinkel. As part of his punishment for his recent DWI arrest, Pinkel requested to donate one week’s worth of his salary to the center, which will use the money to fund various education programs.

“The University of Missouri can be proud of what it’s doing [to educate students about alcohol abuse],” Deaton said.

“Nevertheless, there’s so much more that can be done. What [Dude’s] work will emphasize is, if we are truly addressing the issue, we all have to be engaged in it.”

— *Trevor Eischen*

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Danforth Center president to give sixth annual Millikan Memorial Lecture



PLANT SCIENCE EXPERT James Carrington, president, Donald Danforth Plant Science Center, will speak at MU Dec. 7. Photo courtesy of the Donald Danforth Plant Science Center

PLANT SCIENCES

James Carrington will present 'Small RNA Mechanisms in Plants'

The MU Division of Plant Sciences will welcome James Carrington, president of the [Donald Danforth Plant Science Center](http://www.danforthcenter.org/) (<http://www.danforthcenter.org/>), for its sixth annual [Millikan Memorial Lecture](http://plantsci.missouri.edu/seminar/millikan.htm) (<http://plantsci.missouri.edu/seminar/millikan.htm>), "Small RNA Mechanisms in Plants," at 3:30 p.m. Dec. 7 in Monsanto Auditorium, Bond Life Sciences Center.

The lecture is hosted by [Students for the Advancement of Plant Pathology](http://plantsci.missouri.edu/sapp/) (<http://plantsci.missouri.edu/sapp/>), a graduate student group funded by an endowment from Daniel Millikan, a former MU plant sciences professor and charter member of the Department of Plant Pathology. Registration is not required.

"This lecture will be a great event for us," said Mike Collins, MU professor and director of [plant sciences](http://plantsci.missouri.edu/) (<http://plantsci.missouri.edu/>). "Because of our physical proximity to the Danforth Center [in St. Louis], we see it as a way to strengthen connections between our faculty and Danforth."

Collins said that while the Danforth Center does not offer academic programs, it provides research opportunities for MU faculty and students in a number of areas across campus, including plant sciences, biological sciences, biochemistry and the Bond Life Sciences Center.

[Thomson Reuters](http://www.timeshighereducation.co.uk/story.asp?storycode=411170) (<http://www.timeshighereducation.co.uk/story.asp?storycode=411170>) ranks MU eighth in the U.S. and 15th worldwide in terms of impact on plant and animal sciences research from 1999 to 2009. The ranking is based on citations per published journal article. The analysis grouped MU with such peers as the University of Wisconsin, Cornell University and the University of Cambridge. Collins said this recognition shows the importance of his colleagues' work.

“Mizzou and Danforth Center plant scientists are very well connected with their colleagues around the United States and around the world,” Collins said. “That’s a good indicator of the positive effect our plant science research is having.”

Collins hopes faculty and staff from other departments will attend Carrington’s lecture to learn more about current research in plant sciences. He said that professors might be able to apply the knowledge they gain from the presentation to their own work.

“We think it’s always useful for faculty in any other program to be exposed to some of the cutting-edge research and discovery that’s happening in plant sciences,” Collins said. “You never know what sort of connection you’ll be able to make from learning about other disciplines.”

Carrington became president of the Danforth Center in May. He previously was a professor and director of the Center for Genome Research and Biocomputing at Oregon State University. He has studied the diversity and functions of endogenous small RNA pathways that control gene silencing in plants and other organisms. He also identified and characterized key principles of virus-host interactions, including the role of RNA silencing in antiviral defense. His current research focuses on the function and diversification of RNA silencing pathways that affect development and disease in model plants and pathogens.

At the Danforth Center, Carrington leads 15 professors and about 150 scientists in a mission to improve the human condition through plant science.

— *Ryan Schmitz*

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Partnership with Baghdad university links engineering faculty



STRENGTHENING IRAQ University of Missouri faculty are partnering with faculty at the University of Technology in Baghdad to help train the next generation of engineers. From left, at the Erbil (Iraq) International Airport, are Vlad Likholetov, research assistant professor of chemical engineering; Sanjeev Khanna, LaPierre professor of mechanical and aerospace engineering; Kifayah Abbood Al-Saffar, visiting professor of industrial and manufacturing systems engineering; Noah Manring, interim chair of electrical and computer engineering; and Linsey Barker Steege, assistant professor of industrial and manufacturing systems engineering.

REBUILDING IRAQ

Five engineering faculty traveled to Iraq in October

Five University of Missouri engineering faculty traveled to Iraq in October to plan a program to improve the country's universities and encourage social and economic development.

The International Research and Exchanges Board selected MU for the University Linkage Program, one of eight coordinated through the U.S. State Department and the American embassy in Iraq. The program pairs MU with the University of Technology, Iraq, located in Baghdad. Participants discussed ideas to be implemented during a three-year process beginning in 2012.

MU engineering faculty members who attended the event in Erbil, the capital of the Iraqi Kurdistan autonomous region, were Sanjeev Khanna, Vlad Likholetov, Noah Manring, Linsey Barker Steege and visiting professor Kifayah Abbood Al-Saffar. The host city has been continuously inhabited for nearly 8,000 years.

The [College of Engineering \(http://engineering.missouri.edu\)](http://engineering.missouri.edu) began its relationship with Iraq in 2009, when Dean James Thompson was introduced to the director of a nationwide educational initiative there. They discussed the possibility of having Iraqi students come to MU to study engineering, and Likholetov, research assistant professor of chemical engineering, said the linkage program was the next logical step.

Al-Saffar, a visiting professor of industrial and manufacturing systems engineering from Iraq, said she has gained new knowledge during her time at MU that will allow her to improve her curricula in Iraq. Khanna, LaPierre professor of mechanical and aerospace engineering, also emphasized the added visibility the college will receive from the program.

“This shows us that our academic programs have international recognition, so people are aware of the high standards we maintain in the College of Engineering,” Khanna said. “It’s also a recognition of our efforts to develop our college into something beyond the U.S. borders. We’ve been expanding our efforts to make our college more global in scope.”

Topics covered during the meetings in Erbil included modernization of Iraqi curricula, specifically in the areas of industrial engineering, nanotechnology and renewable energy. All of these fields are critical to improving the country’s infrastructure.

The Baghdad university is working to develop specific academic programs as well as technologies for harnessing solar and wind energy. A major component of that process involves the introduction of modern equipment to Iraq, and the education of Iraqi professors in its use. Several faculty from the University of Technology, Iraq, will visit MU in fall 2012 to learn more about these tools.

“This is sophisticated equipment we use routinely in the United States, and their faculty and staff do not know how to use it,” said Manring, interim chair of electrical and computer engineering. “Part of our job will be to teach them how it works.”

Since Iraq’s economy, like those of other Middle East nations, relies heavily on petroleum production and export, engineering is critical to the country’s fiscal success. Manring and Khanna both say engineers will be at the forefront of Iraq’s rebuilding process, which requires creativity and expertise to generate a strong infrastructure. Al-Saffar noted that engineers are needed in a variety of other industries as well.

“Engineering is important for the whole world, not only for Iraq,” she said. “Without engineering, we would have nothing. Engineers are involved in communication, health and transportation. Engineering is the most important science for countries like Iraq that are recovering from conflict.”

Several of the professors say they were thankful for the hospitality their hosts showed, and they quickly grew comfortable in the northern city, which is near the borders of both Turkey and Iran. They added that they saw areas where MU and other American universities could form closer ties with schools in Iraq. Khanna said that Michigan State University is doing similar work to advance science programs, while Georgia State is assisting with liberal arts curricula.

Likholetov said he sees potential for MU to expand its collaboration to other fields beyond this three-year project.

“We met students in Iraq who wanted to travel to the United States to study music and fine arts,” he said. “This is a stepping stone for more opportunities, and we are going to work hard to make it a long-term, sustainable partnership.”

— *Ryan Schmitz*

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The Weekly Staff Meeting:



Herman D. Ware Jr.

Work place: MU Extension — Fiscal Administrative Management

Title: Post-Award Grant Coordinator/Administrative Associate II

Years at MU: I started as an SOS temporary employee in October of 2000, and I became a full-time employee within a year.

Undergraduate/graduate education: I attended Truman State University (formerly Northeast Missouri State University) and graduated with a BA in economics with a specialization in mathematics. I am currently enrolled as a master's student in the Educational Leadership and Policy Analysis (ELPA) program at Mizzou. My aspirations are to attain a master of education in higher education.

Hometown: Chicago ("Chi-Town")

What are your current job duties?

I provide post-award accounting over grants and contract expenditures for MU Extension. Within these duties, I review, interpret and ensure compliance for grants and contracts awarded to MU Extension through reporting functions specific to our division, reconciling and monitoring grant activities.

What is your favorite part about working at Mizzou?

Even though I am a full-time employee of Mizzou, I am also a graduate student at Mizzou. Prior to joining MU Extension, I worked in Student and Auxiliary Services. Through my manager's encouragement, I applied and gained acceptance into the ELPA program at Mizzou.

When I transferred to MU Extension, I found the leadership to be as accepting of my educational aspirations as my former department. On a grander scale, this showed me that management in two different divisions of Mizzou was equally committed to adults returning to school to complete their educational goals. As a nontraditional student, this spoke volumes to me.

What is most demanding/challenging about your job?

The part of my job that is most demanding is understanding the specific requirements that our sponsors place on each of our grants or contracts.

How do you meet these challenges?

If there's one lesson I've learned since being first employed with the University of Missouri, it's to ask questions!

If you weren't doing this for a living, what would your dream job be?

Actually, I'm already following the pathway of my dream job. I've worked in a fiscal/ administrative capacity for about 10 years, and I will look to add a programmatic component to my career path in the next 10 years. I believe the culmination of my path leads me to attaining a position as an educational administrator within Mizzou.

How do you spend your time away from the university?

As an ordained minister and consecrated bishop in the church, when I'm not at work or studying for school, I spend a great deal of my time in ministry and with our local church.

Also, I make room for my kids and wife by making sure I am accessible to them at any point and time during the day. My wife, Karla, and I have a date night with our kids — Kailey Morgan, 6, and Herman D. Ware III, 4. — at least one day a week because we feel it's important that we do something together to make sure we all remember who's the most important in our lives — each other.

What is your favorite music?

I studied the piano, classically, from the ages of 3 to 16 under three teachers. My last teacher was my most inspirational one, Mrs. Julian. Because of my teacher's reputation for producing gifted piano students, I annually competed at the Chicago Conservatory of Music against students from diverse cultures and backgrounds. Through these friendships, I developed an appreciation of all genres of music. As such, my favorite music depends on the particular setting I find myself: church (gospel), dinner with my wife (jazz), driving down the highway (whatever keeps me awake on the highway).

What is your favorite sport?

Hands down — track and field. Having competed in high school and in college, I recall establishing great friendships and having great rivalries with the same friends.

What others say about Ware:

"I've worked with Herman for just over a year now. The thing I most enjoy about working with him is his attitude. He is always positive and professional regardless of the situation at hand. He is always eager to help others and is friendly to everyone he encounters." — *Jamie Holliday, senior accountant, gold team, Office of Sponsored Programs Administration*

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Mizzou Weekly

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Health care professor uses cancer diagnosis to teach through personal experience



LEADING THE WAY In August 2010, David Oliver biked 70 miles from Sedalia, Mo., to Jefferson City to raise awareness for Alzheimer's research. The research professor and deputy director of MU's Interdisciplinary Center on Aging is approaching his recent diagnosis of stage four nasopharyngeal carcinoma with that same level of determination — and a healthy sense of humor. Find links to his YouTube videos at dbocancerjourney.blogspot.com. Photo courtesy of The Alzheimer's Association

ARMED WITH HUMOR

Educator takes a light-hearted approach in YouTube videos

Armed with a small flip camcorder and a wife-turned-personal-videographer, a spirited David Oliver was prepared to virtually announce his big news at the next family and community medicine faculty meeting.

In a [three-minute YouTube clip \(http://www.youtube.com/watch?v=y35yhGfrhlg\)](http://www.youtube.com/watch?v=y35yhGfrhlg), the research professor of medicine disclosed that he has been diagnosed with stage four [nasopharyngeal carcinoma \(http://www.cancer.gov/cancertopics/pdq/treatment/nasopharyngeal/Patient/page1\)](http://www.cancer.gov/cancertopics/pdq/treatment/nasopharyngeal/Patient/page1) — a cancer just behind the nose that has spread to his lymph nodes and bone marrow. It's not curable, but treatable, Oliver concedes to his viewers, right before lightening the mood to quip about Jayhawk and Sooner-branded puke buckets that will play a necessary part during his upcoming chemotherapy treatments.

Oliver said his motive for such a public announcement was an effort to avoid what he sees as one of the worst side effects of cancer: Awkwardness.

"When people come up to you, and you have a disease, they are always wondering, 'Does he know that I know? And he's bald...'" Oliver jokes.

To take control, he created a video to be played for faculty across campus who are part of the [MU Interdisciplinary Center on Aging \(http://aging.missouri.edu/index.php\)](http://aging.missouri.edu/index.php), for which he is the deputy director. Shortly thereafter, one of his children got a hold of the clip and passed it on to a huge list of people on Facebook.

“The idea was to make people feel comfortable around me,” Oliver said. “I had no intention of this being an inspirational video that’s being passed on.”

The video, “[David Breaking Bad News \(http://www.youtube.com/watch?v=y35yhGfrhlg\)](http://www.youtube.com/watch?v=y35yhGfrhlg),” has more than 1,000 views, and features heartfelt comments that feel like the transcript for an episode of This is Your Life. Oliver said the subsequent responses from friends, family, acquaintances and even perfect strangers have been “overwhelming.”

“David, I never met you, but now I wish I could,” wrote journalism school Associate Professor Charles Davis. “Your video is an inspiration to us all and you are a bright light in the world. Please let me know if I can help in any small way, as the Mizzou family stands ready to help you any way we can!”

Oliver said the video also has engendered more personal and tangible means of support. He has received more than 300 emails and 75 traditional greeting cards, and he has even been promised a medal. A former student reached out to tell Oliver that he would be running the L.A. marathon in his former teacher’s name and planned to donate the finishing medal to him. Oliver, who has run a number of his own marathons, said he was awed by the former student’s generosity.

Oliver has already created sequels to his original YouTube clip: “[David’s Haircut \(http://www.youtube.com/watch?v=W9UyZryjico\)](http://www.youtube.com/watch?v=W9UyZryjico)” and “[Cancer Chemo and Medications \(http://www.youtube.com/watch?v=od2q7yXer8c\)](http://www.youtube.com/watch?v=od2q7yXer8c).” He makes wisecracks throughout the videos and said the clips have allowed him to make light of a serious situation. He hopes viewers do the same.

“Jokes are everywhere,” he said. “And [people] know that I’m teasing, because they’ve been the butt of my teasing for a long time. What it’s given me is a sense of normalcy.”

Oliver said he plans to continue to chronicle his battle throughout the next several months via YouTube clips and a personal journal. Best case scenario, if the chemo is working, the doctors have given him five years. If not, six to nine months.

“It is what it is,” Oliver said. “I’m ready to accept the results.”

He wants to keep each clip short — around three to five minutes — so that they can eventually be strung together and used to educate health care students across campus in a lighthearted way.

“I want to teach through satire,” Oliver said. “I’m not out to complain about anything.” Oliver said although he has been forced to take a break from much of his volunteer work, he has recently expanded his bucket list, and he jokes about the number of pills he now consumes daily. “All the different sizes, colors, names ... it’s pathetic! We [the health care system] make it so confusing.”

But Oliver said more than anything, he wants to use his experiences as an opportunity to teach future physicians about positive bedside manner. He wants students to learn to encourage their patients to deal with bad news in the way that feels the most natural for them, just like his doctor, boss and best friend, Steven Zweig, chair of [family and community medicine \(http://www.fcm.missouri.edu\)](http://www.fcm.missouri.edu), did.

Oliver, who has been “accused of being gregarious,” said the public route was just what worked best for him. As a result of being so open about his diagnosis, Oliver said he has realized just how many people are there for him.

“I’ve discovered I have all these friends, I’ve discovered how much people like me,” he said when describing the flood of support. “If you just drop dead, you’re not going to know that.”

“Is it worth it? Maybe!”

Follow Oliver’s journey and watch the videos at [dbocancerjourney.blogspot.com \(http://dbocancerjourney.blogspot.com\)](http://dbocancerjourney.blogspot.com).

— Megan Cassidy

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Ten tips to reduce end-of-semester stress

UNDER PRESSURE

Health psychologist Lynn Rossy offers advice

Comfortably distant deadlines have a way of manifesting into real dates after the Thanksgiving holiday. Students are jolted back into a frazzled reality of term papers and finals, while faculty and staff deal with their own brand of end-of-semester stress.

“You have to think, for every assignment you hand out, you get ‘x’ number back,” said Michael Grinfeld, associate professor for magazine journalism. “Every time you put a time fuse on something, it raises the stress level. After Thanksgiving break, everything has a time limit.”

Lynn Rossy is a health psychologist for Healthy for Life, part of the [T.E. Atkins University of Missouri Wellness Program](http://www.umsystem.edu/curators/wellness/) (<http://www.umsystem.edu/curators/wellness/>). She teaches meditation classes throughout the school year to faculty, staff, students and their families. Here she shares her top-ten list of ways to bust stress at the end of the semester.

1. Make a to-do list of the things you need to get done in one day. Prioritize those items.
2. Only check email at limited times during the day. Don't have it on all day long.
3. Avoid other unnecessary distractions (i.e. Facebook)
4. Every two hours, take a one- to five-minute break from your desk. You aren't as productive if you don't let your mind relax from time to time. Take a few minutes to relax, breathe deep, walk around the block.
5. Stay away from extra caffeine and energy drinks. Use stretching, walking, running or other exercise as a way of re-energizing the body and mind.
6. Eat healthy. Stay away from sugary snacks that give you a quick high and then have you running on empty for the next few hours.
7. Get good rest. Staying away from alcohol and the computer at least an hour before you go to bed will increase your ability to sleep well. In addition, try to eliminate other sources of light, such as phones or bright alarm clocks. The darker the room, the better you sleep.
8. Go to a noontime sitting [meditation class](http://umsystem.edu/curators/mindfulness/meditation) (<http://umsystem.edu/curators/mindfulness/meditation>) [on campus](http://umsystem.edu/curators/mindfulness/meditation) (<http://umsystem.edu/curators/mindfulness/meditation>).
9. Listen to [breathing, meditation and yoga practices online](http://umsystem.edu/curators/wellness/wellness_video) (http://umsystem.edu/curators/wellness/wellness_video) (http://umsystem.edu/curators/wellness/wellness_video).
10. Relax and take five deep breaths — or more if you need it — and remind yourself, “It will all be over soon.”

Grinfeld agrees with Rossy's final assessment.

“It's time-limited stress,” Grinfeld said. “I just power through. Sometimes things are stressful; there's really nothing you can do but just do it.”

— *Megan Cassidy*

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Holiday Open House at the Residence on Francis Quadrangle

Built in 1867, the Residence on Francis Quadrangle is MU's oldest building. It's also home to MU Chancellor Brady J. Deaton and Mrs. Anne Deaton, who will open their doors for a holiday celebration from 3 to 6 p.m. Monday, Dec. 5.

Faculty, staff and students are invited to tour the historic residence at 501 S. Ninth St. and enjoy carolers from the [MU School of Music](http://music.missouri.edu/hireamusician.html). A quartet from Missouri Youth Orchestra, housed at Mizzou and directed by Carrie Turner, will perform inside. In addition, [Department of Theater](http://theatre.missouri.edu/) students will portray historic characters who have visited the Residence or been involved at MU over the past century. Refreshments will be served.

The third annual Holiday Open House is hosted by the Deatons and by Provost Brian Foster and Mrs. Lerke Foster.

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Holiday brass concert

Six Mizzou brass ensembles will join forces for a holiday concert Saturday, Dec. 3.

The MU Brass Ensemble, MU Faculty Brass Sextet, MU Trumpet Ensemble, MU Trombone Choir, MU Tuba/Euphonium Ensemble and Mizzou Horn Choir will perform traditional holiday music from 7 to 9 p.m. at Missouri United Methodist Church, 204 S. Ninth St.

Other upcoming musical events include:

- Hitt Street Harmony (vocal jazz, popular-style music), 7 p.m. tonight, Dec. 1, at Whitmore Recital Hall;
- Women's Chorale (classic choral literature), 2 p.m. Dec. 4, at First Baptist Church, 1112 E. Broadway;
- Concert Chorale (classic choral literature), 5 p.m. Dec. 4 at First Baptist Church;
- Symphonic Band/University Band (standard wind literature), 8 p.m. Dec. 6 at the Missouri Theatre, 203 S. Ninth St.

A \$5 donation is suggested for members of the public. Admission to all events is free for students.

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Access Mizzou

The University of Missouri and Metropolitan Community College (MCC) in Kansas City announced Nov. 17 an agreement to help train more nurses and veterinary technologists. These transfer articulation agreements allow students who have earned an associate's degree in either veterinary technology or nursing at MCC to reside and work in the Kansas City region while pursuing a bachelor's degree online from MU.

MCC veterinary technology graduates may pursue an online bachelor of general studies degree at Mizzou with components in veterinary biomedical technology, coupled with American studies or behavioral studies. The nursing partnership allows registered nurse graduates of MCC to transfer their credits to MU. Students must apply and be admitted to MU's BSN program.

In fiscal 2011, MU partnered with 14 of Missouri's public two-year institutions to complete 29 new transfer articulation agreements. Already this year, eight more agreements have been completed and 52 are in progress.

With more students starting their academic careers at community colleges, these agreements aim to ensure a seamless transfer to MU for those who choose to complete a four-year degree.

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Missouri College Advising Corps marches forward

A three-year, \$457,794 grant from the [Kauffman Foundation \(http://www.kauffman.org/\)](http://www.kauffman.org/) will enable the [Missouri College Advising Corps \(http://mcac.missouri.edu\)](http://mcac.missouri.edu) (MCAC) to expand its efforts in Kansas City, Mo.

Established in 2007 with a \$1 million grant from the [Jack Kent Cooke Foundation \(http://www.jkcf.org/\)](http://www.jkcf.org/) and matching funding from the University of Missouri, MCAC places recent MU graduates in high schools to increase the number of Missouri students going to college. While the program and its staff are managed by MU, advisers do not exclusively recruit students to Mizzou.

The Missouri program began with nine advisers embedded in seven high schools and three community colleges. In its second year, it grew to 13 advisers in 11 high schools and three community colleges. After two years, the program saw an average 6.3 percent increase in college-going rates at the seven inaugural high schools, and an average 4.6 percent increase at the new schools. Results from year three will be received later this month.

Now in its fourth year, MCAC has 24 college advisers serving 25 partner high schools, including 10 in Kansas City, Mo. The Kauffman grant will be used to expand the program to another Kansas City-area high school and to hire a coordinator to support the advisers and build relationships in region.

For more about the program, contact [Elizabeth Tankersley-Bankhead \(mailto:tankersleybankheadea@missouri.edu\)](mailto:tankersleybankheadea@missouri.edu), executive director.

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Campus email migration complete, hospital transition begins

The great email migration of 2011, which involves an upgrade to Microsoft Exchange Server 2010, is complete for campus users but continues for health system employees.

Migrations for the School of Medicine, School of Health Professions and MU Health Care employees began Nov. 29 and are scheduled to continue through Dec. 6.

View frequently asked questions at doit.missouri.edu/e-mail/exchange-2010-faq.html.

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