

Mizzou Weekly

April 25, 2012 Volume 33, No. 29

Faculty and staff tap their inner musician at evening performances



STRING PICKIN' Phillip Vinyard is assistant manager at University Physicians' Green Meadows Family Medicine. But by night he's a bluegrass musician who teaches a music class at the Columbia Area Career Center. Rob Hill photo

MOONLIGHTING MUSICIANS

Many say playing music complements their day job

Phillip Vinyard is a hard-working assistant manager at University Physicians' Green Meadows Family Medicine. But at night, he's a foot-tapping, string-plucking bluegrass musician.

Different worlds? Not so much.

"Creative is creative," Vinyard said. As an assistant manager, "I'm paid to solve problems, and that comes out in a lot of different ways. Music is also creative, just a different type."

MU faculty and staff have a variety of hobbies and passions, and for some its music. After a day at their nonmusical day job, they go home to practice music scales, teach music classes or prepare for a public performance in the genre of bluegrass, country, folk, rock 'n' roll or classical.

For players like Vinyard, musical moonlighting is creatively similar to the day job. For other MU employees, music is an oasis from the day's intellectual rigor.

Steve Watts is a history professor who specializes in cultural trends. He has published a handful of books, most recently *Mr. Playboy: Hugh Hefner and the American Dream*. He's currently working on a biography of Dale Carnegie.

Yet he also loves to rock.

"Something about it is very fulfilling," he said, "a certain kind of expressive joy."

Watts helped support himself financially by playing music while an undergraduate in the 1970s. In the mid-1990s he founded Big Muddy, which continues today despite member changes.

The creative process of playing music and book writing is similar, Watts said. "They are two different species of the same creature."

Big Muddy also includes guitarist Soren Larsen, an assistant professor in the geography department; and keyboardist Heidi Harmelink, a development research analyst in the Office of Development.

Harmelink has been the band's keyboardist for three years. She's a classically trained pianist who began playing at age 6. Besides Big Muddy, Harmelink performs in various orchestras and bands for local theater productions.

She said there's plenty of overlap as a research analyst and keyboardist. Study and creativity bring piano playing and research data alive. "To do data mining in my job you have to be pretty creative," Harmelink said.

David Silvey, a senior strategic sourcing specialist in Procurement Services, is a folk guitarist and songwriter. He likes nothing better than sitting on his porch strumming his acoustic guitar.

"I play almost every night," Silvey said. "By 9 or 10 o'clock, the kids are to bed and it's my time. It's an escape, a stress reducer."

Music is also an escape for jazz guitarist Jack Schultz, director of the Bond Life Sciences Center. "It is pleasing and satisfying, but also requires enough concentration to keep my mind away from other issues for a while," said Schultz, who has played in a number of Columbia jazz bands over the years, including the Jack Schultz Trio.

Schultz has bonded with fellow scientists through music. Years ago, he did research at a field station in a Costa Rican rainforest. Nights typically were spent singing and playing songs with colleagues.

"Those activities certainly cemented relationships among scientists, even if they didn't change experimental outcomes," Schultz said.

On a recent evening at the Columbia Area Career Center, Vinyard prepared to teach bluegrass to 20 students, variously strumming mandolins, acoustic guitars and banjos.

For decades Vinyard played the cello and performed with college and community orchestras. Five years ago, at age 50, he got the bluegrass bug and took up mandolin.

Playing music at home alone is fine, Vinyard said. But sharing the experience with others should be the goal.

"I want to encourage them to keep going," Vinyard said of his students, many of whom are bluegrass beginners. "I will consider it a failure on my part if they don't play with other musicians."

Vinyard practices what he preaches. He's become a fixture at local bluegrass jams, where he'll kick up a foot to signal a song's end or nod to a fellow jammer to take a solo.

By day, University Physicians assistant manager. By night, mandolin player, sharing the experience of, in his words, "smoking hot bluegrass."

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MU leaders: Distance learning revenue can help offset state cuts

SPRING GENERAL FACULTY COUNCIL

Out-of-state applications on the rise

Budget-saving measures, plans to increase enrollment and a new diversity initiative were discussed at the April 18 Spring General Faculty Meeting April 18 in the Student Center.

Budget Director Tim Rooney said that in the future the MU operating budget will rely more on funds from student tuition, which has been increasing, and distance learning than from state funding. This comes as state appropriations to Missouri higher education have declined in recent years.

Gov. Jay Nixon's state budget, which the Missouri Senate is currently reviewing, asks for a 7.8 percent cut to Missouri public colleges and universities for fiscal 2013. The governor's cuts translate to a \$13 million reduction to Mizzou compared to last year's, Rooney said.

Several factors have helped MU move closer to balancing its budget this year, Rooney said. Among them are that the Board of Curators in February voted to increase tuition by 3 percent for in-state students. Also, MU's online distance learning programs are a growing revenue stream.

"In the past, we treated [distance learning] as one-time funds," Rooney said. "We weren't sure how to budget it or how regular that flow of revenue would be."

Now that distance learning has become a popular option for students, Faculty Council is working on ways to strengthen the program and better distribute its revenues, said Faculty Council Chair Harry Tyrer. The Online Academic Programs Task Force has recommended that all online courses be given the same academic validity as courses taught in classrooms.

Mizzou budget cuts are also helping balance the numbers. Cuts have been made to subsidies for debt accrued from football stadium improvements, the Chancellor's Academic Fund and Mizzou Advantage. One of Mizzou Advantage's initiatives, Managing Innovation, was consolidated into its four other initiatives last January.

The added revenue and funding cuts would help facilitate the Board of Curators proposed 2 percent merit-based salary increase for employees, Rooney said. To do this, Rooney said general operating budgets for colleges would be reduced by no more than 0.8 percent.

Enrollment

To keep tuition revenue streams flowing, Chancellor Brady J. Deaton said the university must recruit more students from across the country and internationally. Although 25,502 of the 33,805 students enrolled in fall 2011 are in-state, those numbers have begun to change.

Out-of-state student applications now slightly outnumber in-state applications. With the university's new Southeastern Conference status, Deaton said he hopes Mizzou can recruit more high school students in southern states.

The reason is that the number of Midwest high school graduates is on the decline. According to Western Interstate Commission for Higher Education, Midwest schools will see a 4 percent to 10 percent decline between 2009 and 2015.

Southern states, however, are not experiencing that trend, and MU is already setting up recruiting offices in the south, Deaton said. The makeup of the student body is also changing.

The number of minority students will increase significantly, Deaton said.

Since 2002, Hispanic enrollment has increased 127 percent, and African-American enrollment has grown 69 percent, according to MU's Division of Enrollment Management.

Deaton also said Mizzou continues to reach out to international students, particularly in China, to broaden MU's global impact.

New diversity plan

Vice Chancellor Michael Middleton announced at the meeting, attended by about 40 faculty and staff, a new campus-wide initiative called Campus Civility.

"One of the results of [diversity enrollment] growth is that we're having to deal with more racial and cultural tensions among groups," Middleton said.

The driving force behind the program was the 2009 Campus Climate Research Survey. The study found that 34.8 percent of LGBTQ and 26.4 percent of "People of Color," among other respondent groups, had experienced some form of harassment on campus.

In addition to addressing racism and harassment, Middleton said the program will address bullying and cyberbullying, which have become nationally recognized problems at all levels of public education.

— *Trevor Eischen*

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MU researchers double preservation time of tissue grafts

MIZZOU MEDICINE INNOVATION

Storage solution increases patients' chances of receiving organic cartilage replacement

Since the 1970s, cartilage grafts have been used routinely for joint replacement. But with limited success.

The old method of preserving cadaver cartilage by freezing many times weakened specimens, resulting in bad transplants.

The newer approach of preserving cartilage in a solution was more successful. But the tissue degraded significantly after a few weeks and was unusable after a month. To maximize success, doctors had to perform graft surgery within about three weeks of specimen donation.

Indeed, about 80 percent of donated tissue has to be discarded before being transplanted due to its short shelf life.

The Discovery

In March, MU scientists announced that, after five years of lab research, they had created a storage solution that increases cartilage preservation to more than two months.

The storage solution, currently called the Mizzou Tissue Preservation System, can be tested to measure the level of cartilage degradation, thereby reducing the chances of a bad transplant.

"The solution has increased the quality of the grafts, and we can test the quality of the solution to reduce the possibility of transplanting a poor graft," said James L. Cook, an MU researcher in veterinary medicine and professor of orthopedic surgery.

Joint tissue is used to rebuild knees, hips, shoulders, hands and ankles. Studies show that the transplants last at least 15 years.

The Application

The Mizzou solution preserves tissue for up to 63 days, studies show, while maintaining almost all of the tissue's integrity.

"This is important because the quality of the tissue at the time of a transplant procedure markedly affects long-term success for the patient," said Cook, the lead researcher in the Mizzou Tissue Preservation System.

Unlike those involving body organs, cartilage transplants run no risk of rejection because the body's immune system can't penetrate its density, Cook said.

The tissue solution was first used to preserve cartilage transplanted into rodents, rabbits and about 15 dogs before being tested on human cancer patients.

Mizzou is receiving bids for the licensing rights of the preservation system from three major tissue banks, Cook said. Most of the royalties for the system will go to the university.

The storage system should be in orthopedic clinics, including the Missouri Orthopaedic Institute in Columbia, sometime next year.

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Radio station wins cardboard trophy in first-annual Float Your Boat race



VESSEL LAUNCH MU students Josh Garton (left) and Levi Knipmeyer (near water) help carry the USS Enterprise submarine into A. Perry Philips Lake Park in Columbia. The USS Enterprise was one of 20 cardboard boats in the event. Randy Mertens photo

BENEFITING MID-MISSOURIANS

Twenty boats took part in the fun

One was shaped like a picnic basket. Another looked like a gray Stealth bomber. Another resembled a submarine.

Then there was the one with a giant dog head, complete with wagging tail and flapping tongue.

They were all made of cardboard and duct tape and raced in the inaugural Float Your Boat for The Food Bank boat race April 21 in the A. Perry Philips Lake Park in Columbia.

The event, which attracted 20 boats built by mid-Missouri businesses, student groups and radio stations, was a joint fundraiser by the College of Agriculture, Food and Natural Resources (CAFNR) and The Food Bank for Central and Northeast Missouri. The event raised \$2,460 and some 1,800 pounds of healthy food for needy mid-Missourians.

The winning boat was the Patty Mae, sponsored by KOPN Community Radio in Columbia and captained by David Owens. He and his crew rowed from a boat ramp, past a buoy and to the dock that served as the finish line in 40.72 seconds.

Second place was the submarine, the USS Enterprise, built by a group called The BBDs and captained by Levi Knipmeyer. Third place was a yellow craft constructed by Boone County staff and commanded by Dan Atwill, Boone County presiding commissioner.

The Titanic Best Sinking Award, which goes to the first sinking craft, was presented to a boat called the Ruddy Duck. The Most Creative Use of Cardboard Award was given to the Stealth bomber crew, who stood up in their boat and saluted before finishing

the race. The Best Decorated Boat Award went to the Picnic Basket, which sunk also, built by staff of Lenoir Woods retirement community in Columbia.

The project is part of a yearlong commitment by CAFNR to boost food donations to The Food Bank. The project, Collaborating for a Healthy Future, utilizes the college's expertise, partnerships and knowledge in areas of agriculture, economics and nutrition. Tom Payne, vice chancellor for agriculture and CAFNR dean, envisioned the race and project. He and Marc Linit, CAFNR associate dean for research, navigated the Collaborating for the Greater Good vessel in the race.

For the project, CAFNR has planted two acres of sweet corn at its Bradford Research Center to provide 14,000–28,000 ears for The Food Bank. CAFNR students volunteered in The Food Bank's Buddy Pack Program, from which more than 8,600 children each week receive food to supplement their weekend meals.

CAFNR is also conducting research to find practical ways that Missouri food banks can improve the diets of people who use the banks.

"Recent statistics show that one in six people in mid-Missouri are food insecure, which means that they do not always know where they will get their next meal," said Peggy Kirkpatrick, executive director of The Food Bank. "The same statistic is worse for children. One in four children in our community experience food insecurity."

The Food Bank helps to feed nearly 100,000 people each month in 32 counties in central and northeast Missouri. It distributes free food to 138 elementary schools through the Buddy Pack Program, a weekend food service for children, and to 135 hunger-relief agencies, such as food pantries, soup kitchens and shelters.

— *Randy Mertens*

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Leaders highlight the goals of Mizzou's academic and financial plan

"ONE MIZZOU"

Mizzou Advantage important to strategic plan

About 65 staff and faculty gathered in Memorial Union's Mark Twain Ballroom April 19 to hear eight campus leaders offer a summary of MU's strategic plan document called "One Mizzou: 2020 Vision for Excellence."

The 45-page document details three goals of Mizzou to be accomplished over the next eight years:

- expand and strengthen university programs that improve people's lives in Missouri and throughout the world;
- use Mizzou Advantage to increase interdisciplinary efforts on campus and promote MU successes internationally; and
- ensure that MU has the financial ability to support teaching excellence, research and economic development.

Provost Brian Foster said it's important to focus both on the academic goals and the financial component, which includes the university's third major funding initiative kicking off this summer.

"The strategic plan must be aligned with the financial plan," Foster said.

Faculty Council Chair Harry Tyrer spoke of the Faculty Council's efforts to be more flexible promoting tenured faculty. Xavier Billingsley, president of the Missouri Students Association, called for continued emphasis on campus diversity and tolerance, a goal implied in the document.

"'One Mizzou' says it doesn't matter what color I am or what religion or what sexual orientation," Billingsley said.

"It doesn't matter because we are all united."

Carolyn Henry talked of the successes of Mizzou Advantage (MA), which was unveiled in January 2010.

Among its accomplishments are helping to create more than 150 projects that brought together various MU departments, and increasing attendance at MA-sponsored events to 2,300 in fiscal year 2011.

"I think we are on the right track," said Henry, an MA facilitator.

Marijo Dixon, lead member of the staff task force on compensation, addressed the ongoing efforts to make MU a desirable employer by offering competitive compensation and opportunities for training, mentoring and leadership development.

Dixon asked for suggestions from the Mizzou community on how to achieve this.

"Sometimes inspiration comes from the strangest places," she said.

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Mizzou student-athletes face stricter regulations in Southeastern Conference

FACULTY COUNCIL MEETING

Council members asked to keep track of student-athlete classroom attendance

MU student-athletes will have new academic requirements now that university athletics is part of the Southeastern Conference.

For starters, the conference imposes a mandatory class attendance policy on student-athletes, NCAA faculty representative Lori Franz told Faculty Council members April 19. Also, the number of class absences allowed due to sports is limited, though the Intercollegiate Athletics Committee still is debating how many will be excused, she said.

Students who miss too many classes due to sports may be suspended, Franz said, but they would retain the right to appeal.

Some faculty members questioned why student-athletes are not held to the same class attendance policies as nonstudent athletes.

“Are we not supposed to treat our athletes exactly the same as we treat our regular students?” asked Gordon Christiansen, a professor of internal medicine. “Is this kosher?”

Sarah Reesman, MU executive associate athletic director, acknowledged a gap in classroom attendance expectations between athletes and nonathletes, but said efforts are being made to close that gap. “These have come about because of a desire to make sure [student-athletes] aren’t coming here just to be athletes,” Reesman said. “We’re trying to make the experience as standard as possible.”

Reesman and Franz asked the professors to monitor student-athlete attendance. Prior to the semester, instructors will receive an email listing the student-athletes in their classes.

Some council members, however, said they don’t take attendance. How will they know if student-athletes are attending?

Joe Scogin, MU associate athletic director for academic services, said the athletics department might assign people to eyeball athletes in class. But the process is still being worked out, he said.

Mizzou needs to submit a student-athlete classroom attendance policy to the SEC by Aug. 1, Scogin said.

Another change from the Big 12 is that the SEC requires student-athletes to take English and Algebra. While MU already requires this of its student-athletes, the SEC insists the classes be taken in a classroom setting rather than online.

That sparked a discussion among council members.

For weeks, Faculty Council has been reviewing recommendations from the Online Academic Programs Task Force to have Mizzou online courses recognized as comparable to courses taught in classrooms. For members of the task force, the goal is for online courses to offer the same quality of education as courses taught in a traditional setting.

Harry Tyrer, Faculty Council chair and a professor of electrical and computer engineering, held to this view when critiquing the SEC’s allegiance to the traditional model.

“The SEC will realize they got to accept online courses,” Tyrer said.

Despite the concerns, MU has an 80 percent graduation rate of its student-athletes, Franz said, which ranks fourth among SEC universities.

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Middle-aged people need additional exercises to stay fit, MU experts say

STAYING ACTIVE

Strengthening, aerobic, stretching and balance exercises are keys to feeling better

Ponce de León was right. He was just looking in the wrong place.

There is a fountain of youth that can help older adults feel better and live longer. It's called staying active.

Regular exercise can prevent many health problems that accompany aging.

Adults more than age 50 need to add endurance activities, strength training, and stretching and balance exercises to maintain health and vigor, said Linda Rellergert, nutrition specialist for MU Extension.

"Endurance activities are those that increase breathing and heart rate," Rellergert said. "They improve the health of heart, lungs and the circulatory system, and develop stamina."

Strength training is another important activity for aging adults. Weight-bearing exercises build muscle and bone and counteract the weakness and frailty that often come with aging, according to Stephen Ball, an associate professor of nutrition and exercise physiology, who was awarded this month a William T. Kemper Fellowship for Teaching Excellence.

"Osteoporosis, the thinning of bones, is a major health risk for older adults," Ball said.

"One in two women and one in five men suffer from some level of osteoporosis."

Strength training isn't just about being fit, Ball said.

"You have to maintain a certain amount of muscle just to get through the day, lift groceries, get out of a chair or play with your grandchildren."

Balance exercises can help reduce the chances of falling, Rellergert said. For example, come up on your toes and try to keep your balance.

Start by holding the back of a chair, then release your hold and maintain your balance for the count of 10. As with most things, practice makes perfect.

Stretching exercises, she said, help to keep your body limber by stretching muscles and tissues that hold your bones in place.

Try one or two stretches for each area of the body.

Remember to warm up your muscles before stretching; don't bounce while stretching and don't hold your breath during a stretch, she said.

If you've been sedentary for some time, begin by talking with your physician.

Once your doctor gives you the OK, Rellergert said, start slowly by adding just five to 10 minutes of activity to your day.

It's important to listen to your body and ignore the adage "no pain, no gain."

“If you develop a pain, stop right away. Don’t try to work through the pain,” Rellergert said. “See a health professional to get it diagnosed before you continue.”

Growing older doesn’t mean you have to lose your independence or the ability to do everyday tasks. It’s never too late to start adding exercise to your health regime.

Just a little sweat equity can go a long way toward aging gracefully.

— *Debbie Johnson*

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Dean named for Public Affairs school

Barton Wechsler has been named the inaugural dean of the Truman School of Public Affairs. Wechsler has served as a professor of public affairs and director of the Truman School since 2000. He will serve a two-year term as dean.

“My colleagues and I are deeply appreciative of the confidence the university has shown in the Truman School,” Wechsler said. “We are excited to continue our positive trajectory and become even more central to the campus, as well as relevant and valuable to the public policy community.”

Before joining MU, Wechsler was the founding dean of the Muskie School of Public Service at the University of Southern Maine.

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Published by Mizzou Weekly, 407 Reynolds Alumni Center, Columbia, MO 65211 | Phone: 573-882-7357 | E-mail: MizzouWeekly@missouri.edu

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Mizzou Weekly

April 25, 2012 Volume 33, No. 29

State women still face barriers, study co-compiled by MU expert finds

MISSOURI WOMEN'S REPORT

Disparity in health care access between men and women in state, study finds

Though women in Missouri are better represented in the workforce and in higher education institutions, they still face barriers in employment, education and health care access and are more likely to live in poverty, a study released last month shows.

A Mizzou expert says new research highlighting current issues affecting Missouri women provides insights that could significantly improve the lives of women throughout the state. Kristin Metcalf-Wilson, an assistant teaching professor in the Sinclair School of Nursing, helped compile the Missouri Women's Report, which includes gender-specific, county-level data and analysis explaining various aspects of women's health and economic status.

In addition to showing the progress made in women's health care access and well-being, workforce and education, economic justice and civic engagement, the report also indicates existing barriers in these areas.

"This report will help health care providers, legislators and women's advocates better understand the relationship among health, poverty and education," Wilson said.

"In a time with limited resources, public servants should use this report to create solutions that will improve the health of Missouri women."

Metcalf-Wilson said legislators need to recognize the disparity in socioeconomic status and health care access between women and men ages 64 and older. She urges legislators to develop policy, especially as more baby boomers enter retirement age.

Another concern noted in the report is that, even though Missouri women now earn degrees at nearly the same rate as men, they don't have equal career opportunities or income.

Overall, Missouri women earn 74 cents on the dollar compared to men.

To reverse the growing disparities, the report encourages economic policies that promote education and career opportunities, especially in science, technology, engineering and math. To further aid Missouri women, the report suggests further efforts for affordable housing, preventative health care and treatment, anti-violence campaigns, early childhood initiatives and increased representation of women in paid government positions.

"Women do better when there's money to support services," Metcalf-Wilson said. "With an economic recession at the state level, we need to know where our money is going and where we'll get the biggest bang for our buck among different counties.

"Any change to assistance programs disproportionately affects women and their families since women are more likely to be the primary caregivers and single heads of household," she said.

The 74-page report is a joint initiative commissioned by the Women's Policy Alliance, a nonprofit organization that promotes Missouri women's advancement and equity, and produced by the MU Office of Social and Economic Data Analysis. The report is a follow-up to a national study conducted by the Institute for Women's Policy Research in 2004, which gave the health and economic status of Missouri women a C-minus grade.

To view the report, visit online womenspolicyalliance.org/missouri-womens-report.

— *Kate McIntyre*

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University selected to community honor roll

For the third year in a row, Mizzou has been selected to the President's Higher Education Community for National and Community Service. The university was named to the honor roll with distinction for the first time.

The honor is awarded to the nation's leading colleges and universities for efforts to better their communities. Making the selections are the Corporation for National and Community Service and the U.S. Department of Education.

"This reflects the efforts campus wide to make service to our community an important part of undergraduate education," said Ann-Marie Foley, director of the Office of Service Learning, which helps connect students and faculty with community volunteer programs. "We are particularly proud this year to have received the honor 'with distinction.' "

Nearly 4,000 Mizzou undergraduates have enrolled in service-learning courses this year, according to statistics from the Office of Service Learning. The students will serve about 180,000 hours in the community.

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