

## Mizzou Weekly

June 27, 2103 Volume 34, No. 32

### Mizzou to implement smoke-free campus policy on Monday



SMOKE-FREE Mizzou is reaching out to smokers to help them quit the habit. Due to advances in science and extensive clinical studies, cessation drugs and counseling programs have a good success rate, said Kevin Everett, MU associate professor of psychology. "There are now more ex-smokers than current smokers [in the U.S.]," Everett said. Photo by Rob Hill.

#### GOING CLEAN

Cessation programs are available for employees and students wanting to quit

The University of Missouri on Monday will become a smoke-free campus, joining more than 1,100 other smoke-free colleges and universities in the United States.

Smokers on campus won't be fined or jailed, of course. But they may be reminded of the new policy by others in the MU community, and could be reported to their supervisor or department head.

Banned are cigarettes, cigars, pipes, hookahs, water pipes and e-cigarettes, which don't emit smoke but do create confusion because they resemble cigarettes. The policy will join the 2006 tobacco-free implementation on MU Health Care campus property. ("Tobacco-free" also bans chewing tobacco.)

[Smoke-Free Mizzou \(http://smokefree.missouri.edu/\)](http://smokefree.missouri.edu/) has been long in the making. For years smoking was not allowed in MU buildings, but it wasn't until 2009 that smoking was banned outdoors within 20 feet of building entrances. In July 2011, as phase one of Smoke-Free Mizzou, outdoor smoking was confined to 15 designated areas and the top floor of parking structures.

Students have supported the incremental bans. Monday's implementation was originally set for Jan. 1, 2014, until students asked for an earlier date. "It's been a student-led initiative," said Tiffany Bowman, tobacco cessation coordinator for MU's [Wellness Resource Center \(http://wellness.missouri.edu/index.html\)](http://wellness.missouri.edu/index.html).

#### Why the change?

Some workers wonder why designated outdoor smoking areas aren't a fair compromise. Yvonne Simmons, an office support associate in Campus Dining Services, has smoked off and on for 20 years. "I don't think it's fair to me as an individual," she said between puffs at the smoking area outside the Student Center. "People are still going to smoke. They will find a way. It will be a game of cat and mouse."

Two reasons for the ban are the health dangers of secondhand smoke and the ambiguous message sent by designated smoking areas, said Kevin Everett, associate professor of psychology and researcher of tobacco addiction and cessation programs.

The Surgeon General has released several reports, most recently in 2010, finding that inhaled secondhand smoke places nonsmokers at risk for heart disease, stroke, various cancers and respiratory ailments. People sitting near or walking by outdoor smoking areas are susceptible to breathing secondhand smoke.

But the larger problem is that designated smoking areas imply that smoking is allowed on campus anywhere outdoors, Everett said. The areas are also gateways for employees and students to take up the habit; studies show that most smokers became hooked by their mid 20s.

"We needed a cleaner policy," Everett said. "Smoking in designated areas does not work."

A bit of pushback is expected, but most of the smoke-free campuses in America report compliance from students and employees. For her part, Simmons said she would comply with the MU policy.

At other smoke-free universities, some smokers reacted to the policy by taking cigarette breaks off campus, where they leave behind piles of butts on city and private property. While MU has no control over non-campus property, "we would certainly encourage anyone smoking [off campus] to dispose of their cigarettes in the nearest appropriate receptacle and be respectful of others' property," MU spokesperson Christian Basi said.

MU administrators are aware that tact will be needed when approaching campus smokers. "We know this will require an ongoing education effort, and many people, especially campus visitors, might not be aware of the policy," Basi said.

Enforcement is up to the MU community. Politely remind people of the policy, Bowman said, and if there's resistance, an option is to contact the offender's supervisor or department head.

### **Cessation programs**

A broader reason for the new policy is to motivate smokers to quit. Due to advances in science and extensive clinical studies, cessation drugs and counseling programs have a good success rate, Everett said. "Most people don't quit on the first try," he said. "But there are now more ex-smokers than current smokers [in the U.S]."

MU offers smoking cessation programs for students and employees. Faculty and staff can sign up for programs administered by the [UM System Healthy for Life wellness program \(http://www.umsystem.edu/curators/wellness/tobacco\\_cessation\)](http://www.umsystem.edu/curators/wellness/tobacco_cessation). Choice Health Care members are eligible for free phone counseling sessions, web access and email support, and can receive gum, patches or lozenges to curb nicotine craving.

Smoking cessation medications are covered by the [UM Prescription Drug Plan \(http://www.benefits.umich.edu/plans/drugs/\)](http://www.benefits.umich.edu/plans/drugs/) with a doctor's prescription.

[The Wellness Resource Center offers students \(http://wellness.missouri.edu/smoking.html\)](http://wellness.missouri.edu/smoking.html) free nicotine replacement therapy patches, counseling, assistance in developing a personalized quit plan and peer support.

Dilauna Burks, an administrative assistant in the College of Education, smoked for 30 years before quitting five years ago with help from Healthy for Life. The prescription drug Chantix reduced her nicotine craving, and counseling sessions taught her how to manage her stress without cigarettes. She also became more active. "Instead of smoke, I walk," Burks said.

For more information, including cessation programs and a map of campus boundaries that will be posted Monday, [Smoke-Free Mizzou \(http://smokefree.missouri.edu/\)](http://smokefree.missouri.edu/).

[Volunteer for MU's cigarette butt pickup Friday \(./waste/index.php.html\)](http://waste/index.php.html).

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### Same-sex benefits approved by curators

#### HEALTH BENEFITS

New benefits to go into effect in 2014

With a unanimous vote, the University of Missouri Board of Curators approved June 13 employee benefits for “sponsored adult dependents,” a group that includes same-sex couples.

Medical, dental, vision and life insurance will be available, as will accidental death and dismemberment insurance, starting in 2014. The move is part of changes to employee health benefits due to the federal Affordable Care Act.

“This is just absolutely wonderful in every way. We are now able to be equitable to all members of our community,” said [Chief Diversity Officer Noor Azizan-Gardner](http://diversity.missouri.edu). “This decision means that we have made one giant step toward creating a more diverse and inclusive campus.”

The new coverage comes after several years of planning and work, including resolutions on all four campuses’ faculty councils recommending that the UM System cover same-sex partner benefits.

“I felt really excited and a sense of pride for Mizzou because now the official policies match the environment here,” said Struby Struble, coordinator of the MU [LGBTQ Resource Center](http://lgbtq.missouri.edu).

“It’s also really good because it will help so much with recruitment and hiring. When prospective faculty asked what our policy was and I had to tell them we didn’t have [same-sex partner] benefits, you could see on their faces that they thought it wasn’t the right fit.”

To be eligible, a sponsored adult dependent must

- be at least 18 years old,
- have shared the same residence as the employee for at least one year and continue to share the same residence, disregarding temporary absences because of special circumstances,
- not be currently married to another person under statutory or common law,
- not be related to the employee by a degree that would prohibit lawful marriage in the state in which the employee resides, and
- and not be eligible for Medicare.

— *Ryan Gavin*

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### Board approves phase one of Dobbs Replacement Project



**MORE SPACE AND EFFICIENCY** The illustration shows how phase one of the Dobbs Replacement Project might look when complete. The project includes demolition of Jones Hall and the Pavilion at Dobbs, and the construction of two residence halls and a dining-facility building. Illustration courtesy of Residential Life.

Project is final step in the Residential Life Master Plan

The University of Missouri Board of Curators approved June 13 the first phase of the Dobbs Replacement Project, which includes Jones, Lathrop and Laws halls and the Pavilion at Dobbs dining facility. The \$71-million [Residential Life](http://reslife.missouri.edu) ([http://reslife.missouri.edu/](http://reslife.missouri.edu)) project would include the demolition of Jones Hall and the Pavilion, and the construction of two residence halls and a dining-facility building.

Constructed in 1957, the three Dobbs residence halls received “critical measure” upgrades in 2002, including addressing water leakage problems and installing window air-conditioning units.

But those were just Band-Aid fixes, as the buildings were in need of extensive renovations. The elevators require regular maintenance. Also, the 1950s-era electrical circuits were constantly tripping under the strain of some 25 appliances the average student today brings, said Frankie Minor, director of Residential Life.

“These facilities were designed for students of another era,” he said. “We really risk losing the ability to use those facilities at all if we don’t address those needs. [This project is] preparing the facilities as best we can — not only for today’s students but also for the next generation of students to come.”

Dobbs upgrades will also address the increased enrollment in recent years. The current capacity of the Dobbs group is 1,010. Phase one of the project will net 232 beds, and if all phases are completed on schedule, there will be a capacity of 1,269 beds by 2020. Additionally, Campus Dining Services will increase the capacity of the dining facility from 325 seats to 750 seats.



The exteriors of the new five-story residence halls will look similar to the Southwest Campus Housing Complex, which consists of North, Center and South halls, and will feature community-style living. Currently, the cost of living in Jones is \$4,625 a year; traditional housing that's been renovated is \$5,750 a year; and suite-style rooms are \$6,820 a year.

After a cost analysis, based on current rates, replacing the buildings instead of renovating them will add \$250 annually to a resident's bill. In conversations with students, Minor said it was clear that a majority would prefer a new building to a renovated one.

"For them, it was a no brainer," Minor said.

With more beds available, Minor hopes that students living in Tiger Diggs, privately owned apartments MU leases for student housing, will be able to live on campus.

The first phase of the project is tentatively scheduled to begin in 2015 with the first residence hall opening in fall 2016 and the second residence hall and dining facility opening in fall 2017. Residential Life needs to go back to curators for approval of any future phases.

The Dobbs Replacement Project is the final step in the Residential Life Master Plan approved in May 2001.

— *Kelsey Allen*

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### **Working while walking offers health and job productivity benefits**



**A WALK IN THE OFFICE** Nikki Raedeke, dietetics program director, has lost weight since using the treadmill desk at her work station. She averages six miles a day. Studies show that sitting six hours or more a day places people at risk for chronic health conditions. Photo by Nicholas Benner.

#### **HEALTH IN THE WORKPLACE**

Studies show that too much sitting has health risks

Instead of wearing work attire, Nikki Raedeke puts on sports clothes for work. In her office, she takes phone calls and types on the computer keyboard while walking on a treadmill.

She's one of fewer than 10 MU employees using a treadmill desk.

The idea of a treadmill desk originated with [Dr. James Levine of the Mayo Clinic](http://www.mayoclinic.com/health/sitting/AN02082) (<http://www.mayoclinic.com/health/sitting/AN02082>). Levine partnered with Steelcase, an office-furniture company, and in 2007 the first official model was available.

Even though the treadmill desk was designed to encourage walking while working, the desk can be lowered for workers to sit down when needed. The adjustment can be done automatically or manually, depending on different models. The machines have



a maximum speed of 2 mph.

Raedeke, director of the dietetics program in the [Department of Nutrition and Exercise Physiology \(http://ns.missouri.edu/\)](http://ns.missouri.edu/), started using a treadmill desk after department chair Chris Hardin brought one to the office.

Hardin asked coworkers if they wanted one, and Raedeke stepped forward. She got her new desk in July 2012.

She said treadmill walking does not hamper most of her desk duties. But “walking and writing is not so good,” she said, smiling. “It comes out a little shaky.”

Raedeke averages six miles a day five days a week in her office. The longest distance she has walked in one day is 11 miles. She has walked 563 miles since Jan. 7.

“I have more energy and lost weight,” she said of the benefits.

As walking in her office became a habit, she no longer noticed her strides, Raedeke said.

Steve Ball, associate professor of nutrition and exercise physiology in the department, said the desk offers an opportunity to talk about the importance of exercise. “It’s a way for our department to practice what we preach,” he said.

Also, healthy employees many times are the most productive employees, Ball said.

The recommended standard for exercise is 30 minutes of moderate activity five days a week. But most Americans don’t come close to that amount, studies show. Of the 3,900 benefit-eligible MU employees participating in [Healthy for Life \(http://www.umsystem.edu/curators/wellness/\)](http://www.umsystem.edu/curators/wellness/), a University of Missouri System wellness program, nearly half didn’t meet the recommended standard.

Sitting most of the day not only damages posture, which can lead to back problems, Ball said. The inactivity places people at risk for chronic health problems, such as coronary heart disease, various cancers, type 2 diabetes and hypertension.

According to a 2010 article published in *American Journal of Epidemiology*, sitting six or more hours a day can shave off years of one’s life. One study cited in the article found that people who sat only three hours or less a day had a 20 percent to 40 percent chance of dying sooner than active people.

Also, too much sitting could cancel out many health benefits of someone’s formal exercise regime, such as three moderate to intense workouts a week.

Ball said people should not think of a treadmill desk as the main source of daily exercise. “A treadmill desk is not to replace exercise,” he said. “This is to supplement and to avoid long periods of sitting.”

Treadmill desks at MU are funded by the employee and sometimes by the employee’s department. The leading brands are Steelcase, LifeSpan and TrekDesk.

— JeongAn Choi

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### **New facilities operations director a familiar face at MU**



WELCOME BACK Jeff Brown, director of facility operations in Campus Facilities, is part of the Renew Mizzou renovation project. He worked for Mizzou for 20 years before leaving in 2009. Photo by Madeline Beyer.

#### CAMPUS FACILITIES

Jeff Brown hit the ground running when he started April 1 at MU as director of facility operations in [Campus Facilities](http://www.cf.missouri.edu) (<http://www.cf.missouri.edu>). His first assignment was to help put together the \$22.85 million [Renew Mizzou project](http://www.mizzou.edu/~cf34-31/renew-mizzou/index.php.html) ([../34-31/renew-mizzou/index.php.html](http://www.mizzou.edu/~cf34-31/renew-mizzou/index.php.html)), which entails top-to-bottom renovations of Swallow and Jesse halls and decommissioning Pickard Hall.

Brown is responsible for maintenance, mail services, custodial and special services at MU.

Though Brown has been busy during his first few months, he's happy to return to Mizzou, where he worked for 20 years. Brown was an MU student by day and an employee on the evening shift, working as a pipefitter for Campus Facilities. Upon completing his bachelor's degree in business, he became a maintenance supervisor and then maintenance project manager. After 20 years on the job, Brown decided he needed to gain experience as a facilities director to further his career, he said.

In 2009, Brown joined the University of North Texas-Denton (UNT), where he was responsible for maintenance operations, custodial operations, project management, construction, moving operations, access controls and energy management. Under his

watch, 43 chillers were replaced with two chilled water plants.

Brown said he's proud that UNT's new football stadium was the first in the United States to earn a LEED platinum rating. The university's business leadership building earned LEED gold.

After a stint at UMKC — where he was responsible for maintenance, custodial, construction, landscape services, access controls and movers — Brown was ready to bring the knowledge he'd gained back to MU.

— *Karlan Seville*

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### **Curators approve Deaton as institute executive director**

Institute is extension of Deaton's work with federal international agriculture board

Though Brady J. Deaton will step down as MU's chancellor Nov. 15, he will remain part of the university as executive director of the Brady and Anne Deaton Institute for University Leadership in International Development. The Board of Curators approved the institute June 14.

The institute will serve as a think tank dedicated to generating food resources and tackling other issues to accommodate the growing global population. Deaton will continue to serve as chair on the [Board for International Food and Agricultural Development \(http://www.usaid.gov/bifad\)](http://www.usaid.gov/bifad), to which President Barack Obama appointed him in 2011.

"Agriculture growth reduces poverty and improves food security and nutritional adequacy," Deaton told curators.

Deaton outlined to curators the institute's potential to become a leader not only in agriculture, but also in economic, health and development practices that promote food security and environmental sustainability. The institute will expand on MU's existing partnerships with agriculture programs in the United States and abroad.

"I am certain the new institute will do great work in a critically important area for not only our state and nation but globally," UM System President Tim Wolfe told curators.

By examining the successes and missteps of other international development programs, Deaton hopes to ensure MU's ability to aid the economies of foreign nations while gaining knowledge that will boost Mizzou curriculum. He called this the "boomerang effect."

— *Lauren Steele*

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### **Renovation of psychiatric center offers updated, expanded youth care**

#### MISSOURI PSYCHIATRIC CENTER

The new unit represents the final phase of center renovations

MU Health Care celebrated on May 8 the opening of a \$1.9 million renovated youth unit at the [Missouri Psychiatric Center](http://www.muhealth.org/body.cfm?id=1847) (<http://www.muhealth.org/body.cfm?id=1847>) at Three Hospital Drive. The 7,800 square-foot inpatient unit on the center's third floor provides expanded facilities for behavioral health treatment of patients 5 to 18 years old.

"During recent years, we have seen a significant and growing need for psychiatric services in our mid-Missouri region, across our state and throughout our country," said Laine Young-Walker, director of the Division of Child and Adolescent Psychiatry. "Serious mental health conditions affect approximately 10 percent of American children. Because this is the only inpatient psychiatric facility for children within a 90-mile radius of Columbia, every bed in this new unit is vitally important. With a total of 17 beds, including three additional beds, we will be able to help many children in central Missouri."

The Missouri Youth Psychiatric Services unit is separated into two sections: an adolescent section with 11 beds and a pre-adolescent section with six beds. The unit also has two new quiet rooms near the nurses' station, where patients can have time alone while being monitored by staff; an attached visitation room for parents to see their children, apart from the rest of the unit; and design features to provide a comfortable environment, reducing noise and letting in natural light.

"This renovated unit will offer an improved healing atmosphere for our patients, as well as creating additional capacity to care for more Missouri youth," said John Lauriello, medical director of the Missouri Psychiatric Center and Chancellor's Chair of Excellence in Psychiatry at the MU School of Medicine.

The Missouri Youth Psychiatric Services team includes two child and adolescent psychiatrists, psychiatric nurses, clinical psychologists, special education teachers, occupational and recreation therapists, and social workers.

They employ treatments such as dialectical behavior therapy, a form of evidence-based psychological therapy designed to help patients manage their emotions and react positively to their environment.

"With the help of their parents and the Missouri Psychiatric Center's child and adolescent clinic, the majority of our patients are able to manage their symptoms through outpatient treatment in regular clinic visits," Young-Walker said.

"For patients who need immediate, intensive treatment, however, this inpatient unit provides comprehensive evaluation and therapy before transitioning them to outpatient treatment."

The new third-floor unit is the final phase of renovations to the 62-bed Missouri Psychiatric Center, which began in 2009. Renovations to the youth services unit began in September 2012.

Since MU Health Care opened the center in 2009 to preserve and expand regional mental health services after the state closed Mid-Missouri Mental Health Center, approximately 50,000 square feet of the 99,550 square-foot facility has been renovated at a cost of approximately \$13.8 million. Of that figure, \$13 million was provided by the state of Missouri.

— *Colin Planalp*

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### **Creature living at dawn of the great apes might have walked upright, scientist says**

#### THE EVOLUTIONARY TREE

The animal had flexible wrists like those of higher primates

The evolutionary tree of hominids continues to fill in as, over the decades, more skeletal remains are excavated in Africa, Europe and Asia. But the history of great apes, to which hominids share a recent common ancestor, has yielded far fewer clues.

If hominids, which include *Homo sapiens*, are the tree, great apes are its roots. Because humans share a common ancestor with the great ape family, finding and analyzing their ancient bones can help us better understand human evolution.

In 2002 in Spain, scientists unearthed an ape-like skeleton nearly 12 million years old, the dawn of the great ape evolution. Since evidence of hominid bipedalism goes back 4 million years, the fossil offered a rare glimpse to the evolutionary big bang of higher primates, which includes gorillas, orangutans, chimpanzees, bonobos and humans.

In an article in the March 2013 *Journal of Human Evolution*, Ashley Hammond, a Life Sciences Fellow in MU's Department of Pathology and Anatomical Sciences, co-wrote that the skeleton's hip suggests the ancient creature walked upright.

Hammond used a tabletop laser scanner attached to a turntable to capture detailed surface images of the fossil, which provided her with a 3-D model to compare the pelvis to the anatomy of today's apes. She also compared the pelvis's ilium to an older ape-like species dating back 18 million years. The Spain skeleton's was wider, more like an ape's than a monkey's, and indicated the animal might have had the ability to sometimes walk as a biped. The creature also had flexible wrists like those of higher primates.

"We need to continue fieldwork to identify more fossils and determine how the species are related and how they lived," Hammond said. "Ultimately, everything is connected."

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## Mizzou Weekly

June 27, 2103 Volume 34, No. 32

### Cigarette waste brigade

In preparation for [Smoke-Free Mizzou \(http://smokefree.missouri.edu/\)](http://smokefree.missouri.edu/) on Monday, the MU Sustainability Office is hosting the Big Butt Recycling litter pick-up.

Visit the office's sustainability booth between 8 a.m. and 12 p.m. Friday on Lowry Mall, and receive gloves, a collection bag and a free T-shirt, then spend some time cleaning the campus of cigarette waste.

If you can dedicate an hour or more of time, email Alicia LaVaute for coordination at [lavautea@missouri.edu](mailto:lavautea@missouri.edu).

The Sustainability Office will recycle all the butts, filters, tobacco pouches, rolling paper, plastic packaging and ash collected, LaVaute said.

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# Mizzou Weekly

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## Fourth of July fun

Live entertainment and activities will take place at Peace Park and Flat Branch Park beginning at 6:30 p.m. on the Fourth of July. Fireworks from the Sixth and Cherry parking garages will begin at 9:30 p.m. and can be seen from the parks.

The [city of Columbia \(http://www.gocolumbiamo.com/\)](http://www.gocolumbiamo.com/) asks that no one bring fireworks to the free event.

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### Have your horse examined

Have your horses examined at the MU Veterinary Medical Teaching Hospital in Clydesdale Hall, 900 E. Campus Drive. MU employees save \$10 off the cost of their first visit.

Services include vaccinations, dental, annual coggins tests and lameness exams. Hours are 8 a.m.–5 p.m. Monday–Friday.

For more information and to schedule an appointment, call 882-7821.

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## Mizzou Weekly

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### **UM System president supports governor's veto of tax-cut bill**

HOUSE BILL 253

Bill supporters say tax cuts will help grow Missouri economy

University of Missouri System President Tim Wolfe told curators June 14 that he supported Missouri Gov. Jay Nixon's veto of a bill Wolfe said would indirectly impact funding for state higher education.

The Republican-sponsored bill, known as [HB 253 \(http://www.house.mo.gov/billsummary.aspx?bill=HB253\)](http://www.house.mo.gov/billsummary.aspx?bill=HB253), has many components, one of which cuts Missouri personal income tax from 6 percent to 5.5 percent and the corporate income tax by 3 percent over 10 years. HB 253 also adds a tax to the purchase of college textbooks, currently nontaxable.

If passed, HB 253 would require state funding cuts to K-12 education, colleges, universities, and public safety and health services, [Nixon wrote in a June letter to the secretary of state explaining his veto \(http://governor.mo.gov/newsroom/pdf/2013/sb51veto.pdf\)](http://governor.mo.gov/newsroom/pdf/2013/sb51veto.pdf). The bill's cost to Missourians "would exceed \$800 million annually," he wrote.

Wolfe told the Board of Curators that he is not opposed to tax cuts as long as the state is finding revenue elsewhere or identifying where cuts could be made to make up for the decrease in general revenue. "But that's not what is happening with House Bill 253," he said.

To compensate for the projected state funding decrease, the UM System would have to raise tuition on all four campuses 8 percent to 16 percent, Wolfe said. "If not steeply raising tuition, we would have to look at things like cuts in our workforce, decreased wages and even enrollment caps," he said.

Supporters, however, say HB 253 is a way to kick-start job growth and curtail western Missouri businesses from relocating to Kansas, which cut its individual and business taxes in recent years.

[Senator Will Kraus \(http://www.willkraus.com/\)](http://www.willkraus.com/) (R-Lee's Summit) supports the bill. The higher education cuts would be phased in over years, he said in an interview June 12. "The current level of funding is not going away." Meanwhile, as the economy grows over the next five to 10 years, more education funding would become available.

"The tax cut would only go into effect as the economy grows," Kraus said. "If you give money back to the taxpayer, the job creators, they will spend money and create more economic growth."

The General Assembly will vote whether or not to override Nixon's veto in the fall.

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