

Mizzou Weekly

Feb. 20, 2014 Volume 35, No. 20

No snow days make-up

Faculty Council voted Feb. 13 not to make up the Feb. 4 and 5 snow days on the academic calendar. The days lost were a Tuesday and a Wednesday.

Faculty can choose independently how to make up the material that would have been taught on those days, said Nicole Monnier, head of Faculty Council's Academic Affairs committee.

In February 2013, a Tuesday and a Thursday were snow days, meaning that two classes of a course were canceled, causing council to open up Reading Day as a make-up.



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Staff enhancement, Mizzou Advantage

Mizzou Advantage is offering staff a chance to receive up to \$2,000 toward one of four advantage initiatives to enhance their expertise.

Applications accepted on a rolling basis. Mizzou Advantage is offering staff a chance to receive up to \$2,000 toward one of four advantage initiatives to enhance their expertise.

Applications accepted on a rolling basis. Learn more at mizzouadvantage.missouri.edu/opportunities/faculty-staff/ (<http://mizzouadvantage.missouri.edu/opportunities/faculty-staff/>).



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Staff, faculty boot camp

Get fit by enrolling in five-week faculty and staff boot camps at MizzouRec. Camps meet Mondays and Wednesdays 6:30–7:15 a.m. Feb. 17–March 21, and March 31– April 30.

Cost is \$59 for MizzouRec members and \$99 for nonmembers. Boot camp includes full access to MizzouRec. For more information, visit mizzourec.com (<http://mizzourec.com>) and click on the Programs tab.



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Women's conference registration

The Women's Leadership Conference is accepting registration for the 14th annual conference held March 15 in Memorial Union. The conference aims to further women's equality in the professional realm by empowering individuals to achieve their potential. The 2014 theme is "Breaking Barriers, Building Dreams."

Registration is \$15 through Sunday. Beginning Monday, registration increases to \$20. Register at wlc.missouri.edu (<http://wlc.missouri.com>).



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Performance suffers after athletes sign big contracts, study finds



Ken Sheldon. Photo by Rob Hill

Researchers compiled information from NBA and MLB players

Over the years, some sports writers have noted a dip in athletes' performance after they've signed lucrative contracts. The dip made sense intuitively, but lack of hard evidence kept the idea speculative.

Now, researchers at the University of Missouri have determined that the postcontract performance crash — a two-year pattern they call the "contract year syndrome" — is backed up by scientific evidence.

Researchers also found that the contract year performance boost is real.

Researchers compiled information on NBA players who played at least 500 minutes and MLB players who played at least 300 innings in each season examined.

To be included in the study, players must not have had back-to-back contract years; if players had two contract years within the period studied, only the first contract year was included. More than 230 NBA and MLB players were studied over a 10-year period.

"We tested whether or not there was a bump in an athlete's performance during the contract year and found that to be true for some scoring statistics," said Ken Sheldon, professor of psychological sciences in the College of Arts and Science.

"We also found a lingering negative impact. In this case, there was a general drop in performance after contracts were signed. This holds true for both NBA and MLB players and follows the patterns found in past laboratory research," he said.

"Armed with this information, owners and general managers could perhaps tie large raises to contingencies that require the athlete to maintain the same productivity in the future instead of slacking off.

"Or, at least, fans could be prepared to expect a let down in the performance of their team's star who just resigned," Sheldon said.

— Jeff Sossamon



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Missouri law firm to investigate Courey case

A task force has also formed to look at policies and practices at each campus

The Board of Curators on Feb. 14 selected an independent law firm to examine whether MU employees acted consistently with university rules regarding the alleged 2010 sexual assault of freshman Sasha Menu Courey.

Also, the University of Missouri System announced that each campus chancellor has appointed an administrator at his university to examine the policies and procedures of students' reporting of mental health and sexual assault issues.

Dowd Bennett, a Clayton, Mo., law firm, will conduct the investigation and is scheduled to report its findings to curators at their meeting in Rolla April 11.

"Our task from the Board of Curators is to do a complete investigation, get all the facts and report our findings promptly," said attorney Edward Dowd.

The investigative team includes two former attorneys for the United States government. Another member served as the head of a sex crimes unit and inspector for the United States Postal Service.

Meanwhile, a task force has formed that will lead a comprehensive review of the four campuses' respective policies, training and procedures concerning the prevention and reporting of sexual assaults and the availability of mental health services.

"Our priority is to create and support a culture of respect, safety and security for students, faculty and staff," UM System President Tim Wolfe said Feb. 14 in his weekly email message.

"To do that, we must ensure that each of our campuses has the necessary resources to educate the campus community about sexual assault and prevention, as well as an effective process for reporting such incidents, plus adequate capacity to address mental health issues among our students, faculty and staff," Wolfe said.

The task force will be led by Deborah Noble-Triplett, UM System assistant vice president for academic affairs.

Each chancellor has appointed a campus administrator to lead an investigation. Deputy Chancellor Michael Middleton has been appointed to examine MU's relevant rules and practices, Chancellor R. Bowen Loftin said Feb. 14 at a news conference.

Middleton's investigation includes dozens of interviews with employees, Loftin said.

Middleton's deadline for his report is Feb. 28, MU spokesperson Christian Basi said.

The task force will inventory all policies, programs and resources currently available to students in a report to Wolfe in March. Additional work of the task force will include an assessment of the effectiveness of current policies and practices and final recommendations, which is anticipated in late April.

"Once we have done a complete examination of our training, support centers, hotlines, policies and procedures on our campuses and identified any areas of need, I am pledging to make available additional resources, including funding from the UM System budget, to our campuses to ensure that we are addressing this issue in the appropriate manner," Wolfe said.



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Loftin discusses executive searches and shared governance with Faculty Council

Chancellor R. Bowen Loftin met with Faculty Council members publicly for the first time Feb. 13. He answered questions on Renew Mizzou and shared governance, and offered a rough timetable for hiring the next provost.

Loftin arrived early to the Memorial Union meeting, smiling, shaking hands and chatting with faculty, staff and members of the press. Rather than standing at the head of the long table, occupied by about 20 faculty, Loftin stood midway.

"It is a great responsibility to be official representation of the faculty," said Loftin, who while a physics professor at the University of Houston–Downtown in the 1980s was a Faculty Senate member for six years, including two years as president.

"I hope we can find ways to work with each other very well," he said.

Loftin offered members advice about presenting him information. "Do your homework," he said. "People jump to conclusions. But if you are armed with the right facts, I will listen to what you say."

Loftin promised members that faculty would have input in the search for MU's next provost. "I want to get a full description of what you want," he said. He hopes that a pool of candidates will be identified during summer. Hiring won't happen until the fall 2014 semester, Loftin said.

Further, searches for the positions of the School of Journalism dean (Dean Mills retires Aug. 31) and vice chancellor for research will be influenced by the provost selection, he said.

As for filling the dean position in the School of Medicine, Loftin said the search is narrowing. A key role for the new medical school dean will be increasing medical research. The school needs to "enhance its ability" in that area, Loftin said.

During questions, Harry Tyrer, a professor of electrical and computer engineering, brought up the issue of shared governance and Renew Mizzou, a building renovation project that is displacing about 1,000 faculty and staff. Some council members say faculty, especially those being moved, should have been involved in the moving plan. Tyrer said there is a tendency for MU middle management to leave faculty out of decisions.

Loftin said faculty should have been more involved. "I know it wasn't handled as well as it should have been. I've learned the hard way that lack of communication causes a lot of problems."

Also speaking publicly for the first time to Faculty Council was David Rosenbaum, who started as director of the University of Missouri Press Nov. 1.

Prior to joining the press, Rosenbaum managed the domestic and international publishing branches of the American Heart Association.

His résumé includes stints as senior acquisitions editor at Delmar Cengage Learning, a textbook publisher, and senior publisher and production manager at Iowa State Press.

Part of the application process for the press director position was creating a strategy plan. Rosenbaum finished his in August; the [Press Advisory Committee](http://www.mizzou.edu/2012/34-7/press-committee/index.php.html) ([./././2012/34-7/press-committee/index.php.html](http://www.mizzou.edu/2012/34-7/press-committee/index.php.html)), created by council members, finished its plan early in the fall 2013 semester. Though developed independently, the committee's plan and Rosenbaum's plan overlapped considerably.

The main areas were to refine and refocus the editorial program, expand book subjects into the sciences and professions, and make the press profitable through better marketing and more popular book titles.

Rosenbaum said one problem he is rectifying is the lack of marketing for the more than 400 backlisted history titles. He called the backlist “a carefully guarded secret.”

“We have been sitting on a gold mine, but we had no effective way to market it,” he said.

In July 2013, the Advisory Committee requested a financial forecast from the press but never received it, perplexing members. Rosenbaum explained why. “You were told correctly that the information doesn’t exist,” he said.

Despite the challenges, Rosenbaum predicted that the press will eventually be in the black. He said that when he left Iowa State Press, it was in the black by \$400,000.

By contrast, in fiscal 2012, Missouri Press received a [subsidy of \\$400,000 from the University of Missouri Press System](http://.../2012/33-32/press-closure/index.php.html) to keep it operating.



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Get better sleep through yoga and relaxation breathing



Andrea Kimura, a health educator and yoga instructor at the Student Health Center, leads a Yoga for Sleep class in the Newman Center. Photo by Nicholas Benner.

University of Missouri offers several yoga programs for students, staff and faculty

With twin 5-year-olds running around the house, Heidi Stallman's bedtime routine is anything but routine. The doctoral candidate in the Department of Agricultural and Applied Economics rarely gets enough sleep and is frequently tired in the morning.

Stallman isn't alone. According to the American College Health Association, not enough sleep is the No. 2 problem reported by college students across the nation. Stress is No. 1. Although MU offers numerous stress-reduction programs, until recently there wasn't a program that specifically addressed sleep.

In fall 2013, Andrea Kimura, a health educator and yoga instructor at the Student Health Center, launched Yoga for Sleep, a four-week program designed to teach students about the science of sleep and equip them with practical tips and easy yoga poses to help them slow their minds and get better rest.

When Stallman heard about the pilot program, she was quick to register.

"I felt tired a lot and hoped to learn sleep and relaxation habits that would help me get a better night's sleep," Stallman said. "I especially wanted the sleep I did get to be higher quality."

Although the program is for students, Kimura said the yoga postures and sleep strategies she teaches apply to anyone struggling to get a good night's rest.

One of the most effective ways to sleep well is to practice relaxation techniques such as yoga, deep breathing and meditation. In the Yoga for Sleep program, Kimura teaches a specific yoga pose and pairs it with relaxation breathing. For example, students learn the "Elevated Legs-Up-the-Wall" pose. The pose simulates what happens naturally during sleep: Blood leaves the limbs and travels to the body's torso. With the feet on the wall, the pose forces the blood to the core. Paired with relaxation breathing —

giving full attention to the breath, inhaling while slowly counting to three, exhaling while slowly counting to four — the practice calms the mind and body.

“Most Westerners get the monkey mind,” Kimura said. “ ‘My toe itches. What am I going to wear tomorrow? What is next on my to-do list?’ It’s the ruminating mind that keeps the brain awake. This [pose] temporarily takes you out of your head and into your body. When you release those thoughts in your head — all the to-do lists, the past, the future — when those thoughts are put away, you’re listening to your breath. And then you can give in to the fatigue from the day.”

More than 30 students have completed the Yoga for Sleep course, and preliminary results have demonstrated that the intervention has positive effects on the quality of sleep and reduces stress.

Stallman practices relaxation techniques for about 15 minutes before bedtime, and she turns off electronics early in the night.

“My only problem these days is that I don’t always sleep enough,” Stallman said. “But I sleep well as long as my twins are sleeping well.”

Though Kimura’s course is for students, other campus yoga programs are for staff and faculty. Employees can attend a Gentle Yoga class taught by Sandy Matsuda from 12:10 to 12:50 p.m. every Tuesday and Thursday at the Dalton Research Center. Each class is \$3. For more information, email Matsuda at matsudas@missouri.edu.

Campus employees can also take advantage of a new program offered by University of Missouri Extension called Taking Care of You. Starting March 4, the eight-week course will explore ways to deal with stress and live a healthier life. For more information or to register by Feb. 25, visit extension.missouri.edu/boone.

— Kelsey Allen



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