

Mizzou Weekly

Jan. 29, 2015 Volume 36, No. 17

Deadline extended to March 31 for Title IX online training

Technology issues slowed training completion for employees

Two online training courses for University of Missouri System campuses have had technical glitches, hindering employees' ability to access Title IX compliance training.

On Monday, employees who had not completed the training received an email stating that the deadline for completion of both courses has been extended to March 31. The original deadline for completing the two courses — one on harassment and one on duties of a mandated reporter — was Jan. 30. Since April 2014, all system employees unless excluded by legal obligation to maintain confidentiality are mandated reporters of potential instances of sexual assault and harassment on campus.

- DoIT Tech Support is available at 882-5000 to help employees access the courses. Find out [here](http://doit.missouri.edu/tech-support/departamental-it-pros) (<http://doit.missouri.edu/tech-support/departamental-it-pros>) if your division, department, school or college has a specific IT person to contact.
- Campus computer stations have been created. Over the next two weeks, employees can access the training at the following locations and times:
 - Feb. 2 and Feb. 4: 10 a.m.–3 p.m. in Arts and Science Building, Room 18
 - Feb. 10: 10 a.m.–3 p.m. in Ellis Library, Room 4D11
 - Feb. 12: 8–10 a.m. and 12:30–4 p.m. in Ellis Library, Room 4D11

The courses were created by outside consultants with expertise in Title IX. They are delivered through myLearn, an online platform provided by SkillsSoft. As with all online systems, myLearn must be compatible with the operating system to operate efficiently. But because employees are allowed to customize computer settings and browser preferences, there are “literally thousands of configurations,” which make it a challenge for myLearn to operate properly for all employees, Betsy Rodriguez, UM System vice president of human resources, told Faculty Council Jan. 22.

As of Jan. 16, about half of MU employees have completed the online training on harassment, and 38 percent have completed mandated-reporter training, according to documents distributed at the Faculty Council meeting. The most common technical issue is the need to install the latest version of Java and turn off pop-up blockers for the operating system.

Meanwhile, UM System is making adjustments to the configuration of myLearn to make it easier to access the training, the Monday email said.

Employees with specific questions related to the content of the myLearn courses can contact the [Title IX office](http://title9.missouri.edu) (<http://title9.missouri.edu>).

Jan. 29, 2015 Issue

- [English professor writes novel about roller derby culture](#)
- [Representatives united in support for higher-education funding at legislative forum](#)
- [Even a few days of inactivity can have health consequences, researchers say](#)
- [Symposium to explore free expression in aftermath of Charlie Hebdo attack](#)

[More in the archive »](#)

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English professor writes novel about roller derby culture

Trudy Lewis will read from *The Empire Rolls* Feb. 10 at the Columbia Public Library



Every morning, Trudy Lewis sits down at her computer to write. It's not a rigid practice, but for the professor of English and director of creative writing at MU, it's an effective one. Meditate. Write. Repeat.

Lewis' two-hour routine might explain why, more often than not, she has an idea for a short story but ends up writing a book. She just keeps writing.

That's what happened with *The Empire Rolls* (Moon City Press, 2014), a novel about roller derby, women's empowerment, the Midwest and the recession.

Lewis was writing a collection of short stories when a friend joined the CoMo Derby Dames, Columbia's roller derby team that plays at the Canine Sports Center, 4506 Interstate 70 Drive SW. She thought a story about the team might round out the collection.

"But I loved writing about the roller derby so much that I kept writing," Lewis said. "The story became a novella, and the novella became a novel."

Although not a skater, Lewis was drawn to the derby culture. Her protagonist, Sally LaChance, is also not a skater but the emcee for the team. LaChance's day job is park ranger, and she's often enraged by the pollution in the park, leading her to pull a gun on a group of polluters. Unfortunately, her filmmaker boyfriend tapes the showdown and posts the video on YouTube, creating drama at her job and in her relationship.

Lewis uses roller derby, the environment, the financial crisis of 2008, the wars in the Middle East and the American soldiers coming home to the Midwest to tell the story.

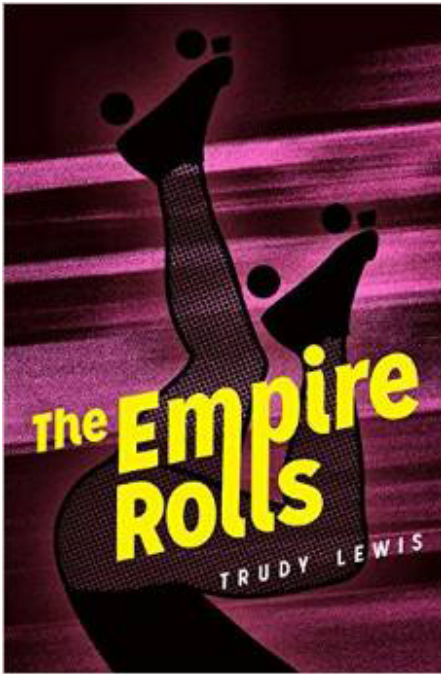
It is a story "about hard times and the anger of women who are suffering through these situations, whether their problems are due to the war itself, as in the case of one roller derby player who is a returning veteran, or the economic woes of downsizing, shrinking public space and scarcity," Lewis said.

The book takes place in Boonslick, a fictional town that embodies Missouri's unique culture. The roller derby culture, meanwhile, was a ripe setting for the story because of the professional and generational diversity in the sport, Lewis said.

Lewis worked with Brian Maurer, assistant teaching professor of film studies, to create a book trailer for the novel. To create the trailer, Lewis chose an excerpt from the book to represent on film. She quickly realized the "differences between fiction and

film,” she said.

“I realized that, being a typical writer, I’d tried to include too many words,” Lewis said. “Brian realized this much earlier but was patient. He developed inventive ways to convey the contrast between the roller derby and the forest.”



The trailer can be viewed at trudylewisempirerolls.me (<http://trudylewisempirerolls.me>), and the book is available from the [University of Arkansas Press](http://www.uapress.com/?post_type=dd-product&s=trudy+lewis) (http://www.uapress.com/?post_type=dd-product&s=trudy+lewis) and [Amazon](http://www.amazon.com/Trudy-Lewis-Empire-Rolls-Paperback/dp/B00RWS60F2/ref=sr_1_2?ie=UTF8&qid=1422467568&sr=8-2&keywords=Trudy+Lewis+The+Empire+Rolls) (http://www.amazon.com/Trudy-Lewis-Empire-Rolls-Paperback/dp/B00RWS60F2/ref=sr_1_2?ie=UTF8&qid=1422467568&sr=8-2&keywords=Trudy+Lewis+The+Empire+Rolls). Lewis will read from her book at 7 p.m. Feb. 10 at the Columbia Public Library.

Lewis is already deep into her next project, another short story that keeps getting longer — a science-fiction novel about the immortal jellyfish. A species of Jellyfish called *turritopsis dohrnii* can revert to a polyp stage to weather through environmental stressors. The book is about the people who hope the jellyfish holds the secret to eternal life for humans.

Besides *The Empire Rolls*, Lewis is author of the novel *Private Correspondences* (Northwestern University Press, 1994) and the short story collection *The Bones of Garbo* (Ohio State University Press, 2003).

— Kelsey Allen

Jan. 29, 2015 Issue

- [Deadline extended to March 31 for Title IX online training](#)
- [Representatives united in support for higher-education funding at legislative forum](#)
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- [Symposium to explore free expression in aftermath of Charlie Hebdo attack](#)

[More in the archive »](#)

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Even a few days of inactivity can have health consequences, researchers say



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Five days of inactivity, defined as failing to get 30 minutes of moderate exercise each day, can create health problems that could become chronic if the sedentary lifestyle continues, a University of Missouri study published last semester reveals.

The good news is that a fit person can reverse the days-long exercise hiatus and return to a state of health equilibrium quickly, but not in 24 hours.

Paul Fadel, associate professor of medical pharmacology and physiology, and John Thyfault, associate professor of nutrition and exercise physiology, found that, for someone who exercises regularly, five days of inactivity requires more than one day of returning to moderate exercise. The activity could be a half-hour of brisk walking.

The study first appeared in the online journal *Medicine & Science in Sports & Exercise* (<http://www.acsm.org/access-public-information/acsm-journals/medicine-science-in-sports-exercise>).

The Centers for Disease Control and Prevention recommends that adults engage in 150 minutes of moderate activity each week, which calculates to 7,000 to 8,000 steps each day. Most people already take 3,000 to 5,000 steps per day, and a brisk 10-minute walk is about 1,000 steps. So a 30-minute daily walk can align most people with CDC's recommendation.

Participants in the MU study normally averaged 10,000 steps, which is considered highly active. They reduced their steps to less than 5,000 per day.

Researchers discovered that going from high to low levels of daily physical activity for just five days decreases the function of the inner lining of the blood vessels in the legs. "The impairment we saw in just five days was quite striking," Fadel said. "It shows just how susceptible the vascular system is to physical inactivity."

For several years, Fadel and Thyfault have studied inactivity and glycemic control as well as how inactivity affects blood flow and vascular function through the body. A decrease in blood vessel function has been shown in previous studies to be linked to early cardiovascular death and hypertension. This research shows that even an acute period of inactivity of five days changes the measure that is already known to be important for long-term cardiovascular health.

As part of the 2015 health benefit options, the University of Missouri System's Healthy for Life wellness program offered a \$450 incentive to eligible employees in the form of a [two-tiered program](#) (http://www.umsystem.edu/curators/wellness/2015_wellness_incentive). It was designed to encourage employees to live healthful lives. Part of the program involves employees wearing a pedometer to tally the number of steps they take each day.

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Representatives united in support for higher-education funding at legislative forum



Rep. Caleb Rowden spoke with Tracy Evers of the Boone County Alumni Association at the Jan. 22 legislative forum at Harpo's. The event is a chance for alumni and other people in the university community to talk directly with Missouri lawmakers. Photo by Mark Barna.

Five Missouri legislators took part Jan. 22 in the Boone County Legislative Forum at Harpo's downtown. About 60 Mizzou Alumni Association members, students and guests attended the event.

The event is a chance for alumni and other people in the university community to talk directly with Missouri lawmakers.

Speaking at the event were Reps. [Caleb Jones](http://www.house.mo.gov/member.aspx?year=2015&district=050) (R-50th District), [Kip Kendrick](http://www.house.mo.gov/member.aspx?year=2015&district=045) (D-45th District), [Caleb Rowden](http://www.house.mo.gov/member.aspx?year=2015&district=044) (R-44th District), [Stephen Webber](http://www.house.mo.gov/member.aspx?year=2015&district=046) (D-46th District) and [Chuck Basye](http://www.house.mo.gov/member.aspx?year=2015&district=047) (R-47th District).

Representatives discussed Gov. Jay Nixon's Jan. 21 State of the State address, in which Nixon unveiled his \$26.1 billion fiscal 2016 operating budget proposal. Among his recommendations on education are:

- \$50 million for the Foundation Formula, which funds K-12 public schools
- \$161.5 million from bond proceeds for repair and renovations at colleges and universities

- \$12 million for performance and equity funding for higher education, representing a 1.3 percent increase over fiscal 2015 funding

The \$12 million increase would raise the University of Missouri System's core appropriation by \$5.7 million, bringing the total to \$428.5 million. If lawmakers pass revenue-generating legislation, an additional \$13 million in performance funding could be available, raising funding by 2.8 percent and the total to the UM System to \$440.5 million.

But Nixon, a Democrat, did not recommend \$10 million to help fund the MU School of Medicine's development (in partnership with CoxHealth and Mercy Health Systems) of a clinical campus in Springfield, Missouri. The project received \$10 million in fiscal 2014. In the current fiscal year, funding was withheld by Nixon and has not yet been released.

Rowden questioned Nixon's commitment to funding state higher education. "It remains to be seen where his priorities will be," Rowden said. "He hasn't always been pro higher education."

The representatives were united in supporting higher education funding, including maintenance and repair for colleges and universities. Bayse, a freshman legislator, said he looks forward to "helping MU with its funding. I am a huge advocate of MU," he said.

Webber praised MU's work across the state in economic development. To keep Missouri strong, "it means funding higher education," he said.

Proceeds for the legislative forum benefited the Boone County Scholarship Fund.

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Symposium to explore free expression in aftermath of Charlie Hebdo attack

MU journalism professor in Paris during attack is scheduled to speak

The terrorist attack on the French satirical magazine *Charlie Hebdo* this month has created a lot of discussion. One issue involves the parameters of free expression. When does expression become gratuitously offensive? When is censorship the right call?

The Missouri School of Journalism is hosting a symposium 4-6:30 p.m. Tuesday in Gannett Hall's Fisher Auditorium that will explore the issue of free speech and censorship. Admission is free.

Among the scheduled speakers are Khalil Bendib, a political cartoonist who is Muslim; Aiden White, director of the Ethical Journalism Network; Sandra Davidson, a Curators Teaching Professor of Journalism and adjunct professor in the MU School of Law; and Martha Steffens, an MU journalism professor who was in Paris with students at the time of the attack.

Over the years, some major news outlets like The New York Times have opted not to publish *Charlie Hebdo's* caricatures of the Prophet Muhammad despite their newsworthiness due to an editorial policy not to publish images deliberately intended to offend religious people. But other news outlets like BuzzFeed have published the images, arguing that to refrain would be self-censorship.

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