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July 11, 2002

University of Missouri-Columbia

A genetic key to blindness

BATTLING BLINDNESS

Researchers use gene therapy to restore visual function in hereditary blindness

They weigh 40 pounds, stand 30 inches high, have long dark brown hair, dark brown eyes, bark and wag their tails incessantly. And they may hold the key to solving a puzzle that causes childhood blindness.

While they will never understand the importance of their role, the 15 Briard-beagle mixed dogs at MU's College of Veterinary Medicine are pivotal in studying a type of gene therapy that replaces an important protein in the eye, allowing both dogs and humans to see.

"These dogs were born with a hereditary retinal disease, similar to Leber's congenital amaurosis, a human disease that leaves its victims blind because of the lack of a protein in the eye," said Kristina Narfstrom, MU's Kraeuchi Professor of Veterinary



Handy Mertens photo

Veterinary ophthalmologist Kristina Narfstrom, right, and research technician Erin Murphy, used Briard-beagle mixed dogs like this one to pioneer a unique gene therapy technique that shows promise in treating a hereditary disease that causes blindness in dogs and humans.

Ophthalmology. "With this research, we are able to prove that a particular type of gene therapy can be successful in treating this disease. We hope that a similar therapy will be ready for use in humans within the next couple of years."

In order to correct this genetic disorder, researchers used a surgical technique to replace the defective gene with the correct canine gene. Using a non-infective virus as a means of transportation, Narfstrom and a collaborator injected the gene

between two layers of the retina in each eye during a meticulous micro-surgery.

Researchers observed positive results within four weeks. Three months after surgery, the eyes had a normalized function in the area where the virus package was

injected. Narfstrom's team did observe some inflammatory reactions in dogs' eyes injected with the correct gene, but it was resolved quickly in most cases.

Narfstrom measured the results of treatment using subjective methods, such as object recognition and how the dogs responded to various stimuli, and objective measures, such as an electroretinography, a device that measures the electrical responses of eyes to light stimuli.

"Overall, we were able to restore about 20 percent to 25 percent of the treated dog's visual function," Narfstrom said. "However, the potential for this technique goes beyond this one disease. The research opens the possibility for treatment of other hereditary retinal diseases in which the gene defect is known. For this disease, we need to continue to find better ways of making larger areas of the eye function."

In addition to restoring part of their vision, the treatment also helped to reduce the amount of nystagmus, a rapid shifting of the eyes from side to side, from which the dogs also suffered. This disorder varies in its severity in affected dogs, but may be seen in children who have Leber's congenital amaurosis.

Campus survey asks 'How are we doing?'

SOCIAL AMBIENCE

MU participates in nationwide campus climate survey

The strengths and weaknesses of campus relations are being examined by a group of MU researchers. The study is part of a national investigation to assess campus climate for underrepresented groups — people with disabilities; non-native English speakers; non-Christian religious minorities; racial and ethnic minorities; and gay, lesbian, bisexual and transgender persons.

"It's important to maintain a climate that is conducive to the University's mission," says

project coordinator Roger Worthington, an assistant professor of educational and counseling psychology.

Mizzou, along with 30 other institutions, was invited to participate in the National Campus Climate Study of Underrepresented Groups, conducted by Sue Rankin at Penn State University. Students, faculty and staff at MU participated in an online survey and, to date, have completed four of the five phases of the study.

Last fall, MU participated in two studies for Phase 1. One was a general underrepresented groups study and the other was a campus climate for lesbian, gay, bisexual and transgender individuals.

The survey is critical in reviewing the atmosphere of the working and academic learning environments for this targeted population — all of which is subject to harassment, violence, stereotypes and discrimination at colleges and universities across the country.

All phases of the study will be completed in fall 2002. "We did the best we could to have representation from all segments of the campus community, including students, faculty and staff," Worthington says.

Extra effort was made so that blue-collar staff, those in dining, facilities, construction and other trades, were able to participate, he adds. "Even though the predominant data collection was

online, we had a large number of paper-and-pencil surveys available for folks in those segments to participate as well. We wanted to get everybody."

While the campus will receive institutional and national reports for both studies, Worthington says that institution-by-institution comparisons will not be given. "The national survey report will have our numbers and compare them to the aggregate numbers from the other institutions collectively."

For the first phase, the national survey, MU obtained a sample of 3,223 participants. Phases two through four of the study are currently in data collection.

Phase 2 targets nonacademic student service providers on campus such as professionals in student health, counseling center,

success center, student life, admissions and financial aid. The goal is to evaluate the accessibility, suitability and quality of their services to students from these groups, as well as the knowledge, awareness and competencies of the service providers in each unit.

Phase 3 of the study targets students and other consumers to determine how they view the campus' service providers.

Researchers are now collecting information for Phase 4 of the study, which focuses on violence and harassment on campus. Data will be collected from students, faculty and staff, as in Phase 1, in order to assess not only the prevalence and types of violence and harassment experienced by members of the MU community, but also to

SEE Study on Page 8

Retirement meetings announced

MU faculty and staff who are contemplating taking part in the University's recently announced voluntary early retirement program can get their questions answered at a series of upcoming open meetings. The meetings will be held in the Memorial Union Auditorium at the following dates and times: 1:30 p.m. on July 16, 10 a.m. on July 18, 10 a.m. and 1:30 p.m. on July 23, 1:30 p.m. on Sept. 3 and 10 a.m. on Sept. 4.

The early retirement incentive is available to

employees who are 55 with at least 10 years of service, 60 with at least five years of service, or whose age and years of service add up to at least 85. A complete description of the program, including a software tool to help you calculate your benefits, is available through a link at the UM benefits Web site at www.system.missouri.edu/hrs/benefits

Two for the history books

Each year, the city's Historic Preservation Commission selects 10 buildings to honor as

Columbia's "most notable historic properties." The awards are intended to reflect the current state of historic preservation in the community and to illustrate a variety of local preservation issues. The 2002 awards include two architectural icons from the Mizzou campus: the Sanford Conley House and Swallow Hall.

The Conley House, located at 602 Sanford Place, is now home to the Program for Excellence in Teaching and the General Education Program. It was built 1868 and is one of the most intact Italianate style

houses left in the community. The award cites it as "a great example of historic preservation and adaptive reuse."

Swallow Hall was one of the first buildings that sprang up on Francis Quadrangle following the disastrous Academic Hall fire of 1892. It is one of many buildings on the Quad that was designed by Fulton architect M. Fred Bell. Swallow Hall recently underwent a complete exterior restoration that restored the two "witch's hat" towers that were destroyed by a tornado in the 1930s. Swallow Hall is home to

the Department of Anthropology and the Museum of Anthropology.

Other buildings around Columbia that were honored included the Firestone-Barr Chapel on the Stephens College campus, the Boone County Courthouse, the Missouri State Teacher's Association Building, and several downtown business buildings and private residences.

Intergenerational art

A new exhibit titled "Dreaming Awake: The World Anew:

No coddling for these codling moths

SMOKE AND MIRRORS

Researcher uses mating disruption to keep the worm out of your apples

Bruce Barrett's research is a lot more than smoke and mirrors, but that's what it must seem like to the codling moth. The MU entomologist is spreading sexual confusion among male codling moths in the state's apple orchards as a way to keep the pest population down with less reliance on traditional chemical sprays.

The technique, called "mating disruption," employs synthetic pheromones and has been used for years in orchards in some western states, Barrett said. "I want to show Missouri growers they can regulate this particular pest without using as much broad-spectrum pesticide."

The usual tool against the codling moth, whose larva is "the worm in the apple," is chemical spraying, he said. "Typically, a

grower will spray from four to seven times a year to control the moth. What we've seen with this technology is that we can reduce the amount of chemicals by about half."

There are several ways to induce mating disruption, Barrett said. In apple orchards near Waverly, Mo., and at the MU Horticulture and Agroforestry Research Center in New Franklin, Mo., he has used polyethylene tubes that resemble giant twist-ties and are twisted around tree branches.

Twenty-four hours a day for three months, the dispensers "saturate an orchard block with the same chemical pheromone that the female moth releases when she is ready to mate," he explained. "The male picks up the scent: A chemical message that tells him there's a female ready to mate. But when the males emerge, they're confused. There are too many signals - like

in a hall of mirrors.

"The percentage of successful reproduction is reduced dramatically," he said. "In some cases, they cannot find a female. It can be very effective."

Barrett is working with colleagues from Iowa and Illinois, "fine-tuning the technique to fit the Midwest," where growing systems, climates and numbers of insect generations are different from those in the West. With proper application timing and amounts, "I'm very optimistic we can get it to work well here."

Unfortunately, "We can't just go into an orchard and say, 'Let's do mating disruption,'" Barrett said. "If the pest populations are already high, they'll find each other." In such cases, it is often advisable to "use the maximum allowable amount of chemical pesticides to suppress the moth populations, then start a regimen of mating disruption to keep

them low."

Because many organic apple orchards have higher moth populations in the first place, "when you ask them to nuke their orchard for one season, that can be a hard pill to swallow," he said. "Right now, conventional growers are in the best position to benefit."

Another management strategy combines the synthetic pheromone with a conventional chemical spray. This "attract and kill" technique incorporates the pheromone into droplets of lethal pesticide. The confused male finds the droplets and dies.

Barrett's research focuses on the pheromone's potential to replace some of the chemical spraying. "Rather than something poisonous, it's something benign in that it's not harmful to humans, birds or other wildlife — only to the insect that's being targeted," he said. "We're working for the reduction of chemical insecticide use in Missouri."

NIH grant fuels lupus research

Robert Hoffman, professor of internal medicine, and a team of MU scientists have become the first to confirm a link between lupus and a type of T cell. They are receiving \$1.6 million to continue their research.

The grant, from the National Institutes of Health (NIH), will allow Hoffman to further explore the link between T cells, which help the immune system fight infection, and systemic lupus erythematosus, which can harm joints, kidneys and other organs.

"We've done pioneering work on self-antigen specific human T cells and the role they play in lupus, and we want to build on that research by dissecting the molecular mechanisms involved in the immune process," Hoffman said. "We really want to find out how normal mechanisms become unregulated and allow the T-cell arm of the immune process to attack its host."

In Hoffman's early lupus studies, he found that certain genes make a person more likely to get lupus and that these same genes are essential for T-cell function.

In 1993, his team reshaped lupus research with a series of findings related to how T cells attack their host. With a nearly \$900,000 grant from NIH, Hoffman has spent the past five years discovering receptors on T cells to be used in finding new lupus treatments.

"I hope molecular research like this will lead to safer, more targeted treatments for lupus," Hoffman said.

Making 'smart' drugs even smarter

ON THE TARGET

New 'nanocapsules' could allow a 10,000-fold decrease in drug dosages

In its print and TV ads, the pharmaceutical industry uses archery and billiards metaphorically to describe how "smart" drugs of the future will target cancer and disease, leaving healthy cells untouched. Although these drugs are years away, a recent breakthrough by a Mizzou chemist could redefine the concept of "smart" drugs and revolutionize their delivery.

According to Jerry Atwood, professor and chair of chemistry, a "nanocapsule" developed in his lab has the potential to change how medicine is delivered within

the body. The work was featured earlier this year in the Proceedings of the National Academy of Science.

"When drug companies refer to 'smart' drugs, they're talking about drugs that have specific chemical receptors and only bind to specific cells," said Atwood, who has conducted nanotechnology research for more than a decade. "It's this receptor that makes the drug 'smart,' allowing it to target the cancer or disease."

The challenge with such drugs is that a receptor simply can't be attached to an existing drug, he said. Hundreds of millions of dollars are spent perfecting a drug's chemical structure so that it does its job

safely and effectively. If just one aspect of that structure is changed, it either doesn't work or has negative side effects. Because of this, companies must start from scratch when designing "smart" drugs.

"Our nanocapsules now provide a way to get over that hurdle," Atwood said. "We can attach the receptor to the exterior of the nanocapsule and place the drug inside, leaving its structure unchanged. The capsule then delivers the drug to the specific destination, where it's released to do its job."

Beyond the ability to deliver existing drugs to their target, Atwood said nanocapsules would allow for as much as a 10,000-fold decrease in drug dosages,

reducing the harmful side effects of drugs such as chemotherapy. In addition, he believes his nanocapsules will open a new arena in pharmaceuticals.

"Quite often, the reason drugs don't make it to market is because they have too many unwanted side effects," he said. "Now, if you place that same drug inside a nanocapsule and deliver it directly to its intended target in a reduced dosage, you might eliminate those side effects, or at least reduce them to an acceptable level. The result is that instead of gathering dust on a shelf in some pharmaceutical company's lab, now those drugs can fight cancer, disease and disorders."

Artwork by Two Children and Their Mothers" will open at the Brady Commons Gallery July 22 and run through Aug. 9.

The show will feature drawings, painting, photography, and mixed media by MU alumna and local artist Christine Doerr and her daughter Maria Doerr. The exhibit also will include work by Sheila Johnson, a photographer with MU Health Care's public relations department, and her son Zola Sturtz.

The opening reception will be from 4 to 6 p.m. July 22. The gallery, located in 203

Brady commons, is open during the summer from noon to 8 p.m. Monday to Thursday and from 10 a.m. to 3 p.m. Friday.

Say 'sayonara' To pesky moles

Have you been on the losing end of a battle with backyard moles? You're not the only one. "Moles seem to possess a natural shrewdness and ability to sense danger," says Robert Pierce, MU extension wildlife specialist. "This trait makes moles a challenge to control."

Moles primarily feed on

insects and larvae, such as white grubs, earthworms, spiders and snail larvae found in the soil. Moles have high-energy requirements, large appetites, and can eat 70 to 80 percent of their body weight daily, which keeps them on the move. Insecticides may reduce the mole's food supply and encourage the mole to move on, Pierce says. However, this approach may also encourage more damage as the mole searches for food.

While numerous methods have been suggested, and tried, to rid moles from the yard or garden, trapping is the

most successful and practical method, Pierce says, but success depends on the operator's knowledge of the mole's habits.

Select a place in the surface runway where there is evidence of fresh work and where the burrow runs in a straight line. This often indicates that the tunnel is used each day as a travel route by the mole. After two days with no results, move the trap to a new location.

Repellents, toxicants and fumigants promoted to solve mole problems often do not offer adequate control. Home

remedies such as broken bottles, ground glass, razor blades, bleaches, household lye and human hair do not work either, Pierce says. "There are no shortcuts or magic wands available when trying to prevent and control nuisance moles."

Making a good first impression

PUBLIC ART

New committee will review use of art in public spaces around Mizzou

Looking to the future, especially with new construction on campus, a group of students, faculty and staff will be given the responsibility of helping MU continue to make a good first impression.

Starting this fall, a recently formed subcommittee of the campus planning committee for facilities and grounds will be appointed to advise the chancellor and others on appropriate art and artifacts for public areas across campus.

Before the public art and artifacts subcommittee was formed, there was no methodical way to determine what would be suitable for public spaces, says Kee Groshong, vice chancellor for administrative services. "We thought a good way to get a

handle on it was to form this subcommittee and let it review these spaces," he says.

The spaces Groshong talks about are those at entrances, atriums, plazas and courtyards in buildings with multidisciplinary and multifunctional operations. These would include Jesse Hall, Memorial Union, Donald W. Reynolds Alumni Center, Brady Commons, the north and south quads, Lowry Mall, Student Recreation Center, all athletic and related facilities and upcoming buildings like the Life Sciences Center. "Offices, academic controlled areas and gallery and exhibition areas are excluded," he says.

The art and artifacts in question are sculptures, murals and commissioned paintings, art glass, wall decorations, fountains and monuments.

The proposal to form the subcommittee was "enthusiastically endorsed by the campus planning committee for facilities and grounds, which has a broad representation of MU students, faculty, staff and retirees," says committee chair Ruth Tofle, professor and chair of environmental design. "We want to be involved in the selection of public art and artifacts on campus," she says. "This subcommittee will involve people with backgrounds in art and design, which will ensure that decisions will be based on an understanding of aesthetic principles."

The group of eight faculty, staff and students will be selected by the vice chancellor for administrative services. Special consideration will be given to people who have knowledge and experience art, art history and archaeology, engineering, environmental design and related fields, and with experience in

developing public art projects, Groshong says.

Here is how the committee will operate: When donors or other entities propose to give works of art to the campus for display in a public space, the committee will review the

proposal and forward its recommendations to campus administrators.

When spaces in and around new buildings are designated as appropriate ones for art, the committee will develop some requirements for the art needed,

solicit proposals from artists along with photographs or models of work they have already done, and choose a finalist. If funding is not already available, the committee will help the campus identify donors and seek financial contributions.

Anyone interested in being considered for committee membership should contact Groshong's office at 882-4097 or e-mail groshongk@missouri.edu.

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Steve Morse

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Online Department Directory editors

IT'S
THAT
TIME
AGAIN



to start updating your listings for the upcoming printed campus telephone directory.

■ Information for the 2002-03 Student, Faculty, Staff Telephone Directory will be pulled in August from the ODD web site

■ All editors should have their information ready to go by July 31, 2002. Access to the online listings is found at [at https://gambit.iats.missouri.edu/webapps/odd/index.cgi](https://gambit.iats.missouri.edu/webapps/odd/index.cgi)

■ With questions or for more information, e-mail directory@missouri.edu

■ New editors please call Kate Gray at 882-7350, Lynda Reasoner at 884-2090 or Sue Richardson at 882-5915 to discuss training options.

calendar



Concerts & Plays

Thursday, July 11

SUMMER REPERTORY

THEATRE: *The Taming of the Shrew* will be performed today, July 13, 14, 17, 19, 25, 26 and 27 at the Rhynsburger Theatre. All performances are at 8 p.m. except Sundays, when matinees begin at 2 p.m. For ticket information, call 882-PLAY.

Friday, July 12

SUMMER REPERTORY

THEATRE: *The Sound of Music* will be performed today, July 18, 20, 21, 24 and 27 at the Rhynsburger Theatre. All performances are at 8 p.m. except Sundays, when matinees begin at 2 p.m. For ticket information, call 882-PLAY.

Tuesday, July 16

SUMMER REPERTORY

THEATRE: *Tuesday Night Comedies in Concert* will be performed at 8 p.m. today and July 23 in the Corner Playhouse. Adult audiences only. Admission is \$2. For ticket information, call 882-PLAY.

Courses & Workshops

Thursday, July 11

IATS TRAINING: "Word 2000 Fundamentals" will be offered at 8:30 a.m. in W005 Locust Street Building. "Outlook 2000 E-Mail Concepts" will be offered at 1 p.m. in N15C Memorial Union. To register,

call 882-6006 or visit iatservices.missouri.edu/training

HEALTH LIBRARY

WORKSHOP: "What to do When Your Boss Sends You to the Library" will be offered at 3 p.m. in the Health Sciences Library. Enrollment is limited. To register, call 882-0469 or visit the Web site at www.muhealth.org/~library/education/workshopregistration.html

Monday, July 15

HUMAN RESOURCES

WORKSHOP: "Legal Responsibilities of Supervisors" will be presented from 8:30 a.m. - 12:30 p.m. in S203 Memorial Union. Registration is required; call 882-2603.

HEALTH LIBRARY

WORKSHOP: "Power Point Basics" will be offered at 10 a.m. in the Health Sciences Library. Enrollment is limited. To register, call 882-0469 or visit the Web site at www.muhealth.org/~library/education/workshopregistration.html

YOUTH ART & CRAFT

WORKSHOPS: "Summer Art for Tweens" will allow kids ages 9-13 to explore pottery, ceramic tile, tie-dye, and paper, print and book making. The two-week sessions will be held from 9-11 a.m. Monday-Friday. The last session of three will be held from July 15-19 and 22-26. For cost and registration information, call 882-2889.

Tuesday, July 16

HAZARDOUS MATERIALS

WORKSHOP: "Hazardous Materials Management Update" will be presented from 8:30 - 9:30 a.m. today and 1 - 2 p.m. Sept. 25 in the Environmental Health & Safety classroom. To enroll, call 882-7018.

HUMAN RESOURCES

WORKSHOP: "Self-Assurance Through Safety" will be presented from 9 - 11 a.m. in S203 Memorial Union. Registration is required; call 882-2603.

HEALTH LIBRARY

WORKSHOP: "Finding Clinically Relevant Information" will be offered at 10 a.m. in the Health Sciences Library. Enrollment is limited. To register, call 882-0469 or visit the Web site at www.muhealth.org/~library/education/workshopregistration.html

BOTANIC GARDEN CLASS:

Landscape designer Joan Smith will lead a walking tour of "Secret Gardens on the MU Campus" and discuss her design philosophy and the plants she chose for each garden. The tour meets at 6:30 p.m. at the Memorial Union arch. Cost: members \$8, non-members \$10. Call 882-4240 for ticket information.

Wednesday, July 17

SAFETY WORKSHOP:

"Back Injury Safety" will be presented

from 9 - 10 a.m. in the Environmental Health & Safety classroom. To enroll, call 882-7018.

SAFETY WORKSHOP:

"Asbestos Awareness" will be presented from 1-3 p.m. today, and 10 a.m. - noon Aug. 14 in the Environmental Health & Safety classroom. To enroll, call 882-7018.

NEW EMPLOYEE

ORIENTATION: This orientation is open to all new MU staff members from 1:30-5 p.m. in N201/202 Memorial Union. Registration is not required.

Thursday, July 18

HUMAN RESOURCES

WORKSHOP: "Workplace Violence" will be presented from 9 - 11 a.m. in S203 Memorial Union. Registration is required; call 882-2603.

Monday, July 22

RADIATION SAFETY

WORKSHOP: "Radioisotope Workshop" will be presented from 8 a.m. - noon today through July 26 and again from 1 - 5 p.m. Oct. 21 - 25 in the Environmental Health & Safety classroom. Registration is limited; call 882-7018.

HUMAN RESOURCES

WORKSHOP: "Taking Minutes" will be presented from 1:30 - 3:30 p.m. in S203 Memorial Union. Registration is required; call 882-2603.

Tuesday, July 23

HUMAN RESOURCES

WORKSHOP: "Take Charge of Your Finances/Principles of Investing On a Shoestring Budget" will be presented from 8 a.m. - noon in S203 Memorial Union. Registration is required; call 882-2603.

Exhibits

MUSEUM OF ART AND ARCHAEOLOGY:

"Tradition and Change: Art from Oceania" is on display into 2003.

"From Studio to Cinema: Andy Warhol/Larry Clark/Cindy Sherman" is on display through Sept. 8.

"Master Drawings from the Permanent Collection" is on display through spring 2003.

"Selections of Ancient Glass," an exhibit in memory of Gladys C. Weinberg, is on display through 2003.

The museum, located in Pickard Hall, is open from 9 a.m.-5 p.m. Tuesday-Friday, 6-9 p.m. Thursday evenings and noon-5 p.m. Saturday and Sunday.

BINGHAM GALLERY:

"Ideas + Interpretations," featuring recent sculpture work by Brian Baker, Raqib Bashorun, Luke Helms, Mark Mueller, Betsy Roe, Patti Shanks, and Jon Trigg, is on display through July 28. Bingham Gallery, located in the Fine Arts Building, is open 8 a.m.-5 p.m. Monday - Friday.

**Wanna round up
15,000 co-workers
for your garage sale?**

Run a classified ad
in Mizzou Weekly.
It only costs \$8.00
to run 30 words.

15,000 copies of Mizzou Weekly are distributed every Thursday to faculty, staff, and retirees.
Call Brian or Jamie at 884-1278 for details.

Parking & Transportation Services
Turner Avenue Garage
Level 2
882-4568

Parking & Transportation Services announces the opening of the new Virginia Avenue Garage. Parking assignments are currently being issued. Questions may be directed to Parking and Transportation Services at 882-4568.

web.missouri.edu/~mubs/parking/parking.html

BRADY GALLERY:

"Film and Fire," photography and ceramics by Yolanda Ciolli, is on display through July 18. A reception will be held from 4 - 6 p.m. July 11.

ROGERS GALLERY: Advanced thesis studio projects by seniors in the Department of Environmental Design are on display in the gallery located at 142 Stanley Hall. The projects are renderings of restaurant and church designs. The gallery is open from 8 a.m.-5 p.m. Monday to Friday.

STATE HISTORICAL SOCIETY:

"The Evolving Landscape: Changing Views of the Twentieth Century," works by Missouri landscape artists, is on display in the gallery through August. The gallery is open from 8:30 a.m.-4:30 p.m. Monday to Friday.

"Tracing His Journeys," drawings by Duane Evans Lyon, is on display in the north-south corridor.

"The Cuban Missile Crisis, October 1962," comprised of editorial cartoons from around the world, is on display in the east-west corridor through the semester.

The corridors are open from 8 a.m.-4:30 p.m. Monday-Friday and 9 a.m.-4:30 p.m. Saturday. Thursday and noon-5 p.m. Saturday and Sunday.

Lectures & Seminars

Friday, July 12

BIOLOGICAL SCIENCES

SEMINAR: Doctoral candidate Johann Eberhart will present "EphA4/Ephrin Interactions in Motor Axon Pathfinding" at 10 a.m. in 112 Lefevre Hall.

BIOLOGICAL SCIENCES

SEMINAR: Graduate student Bina Vanmali will present "Enhanced Growth by Bag Cell Neurons of Aplysia in Response to Endogenous Neurotrophic Factors" at 1 p.m. in 116 Lefevre Hall.

Wednesday, July 17

MIDDAY GALLERY EVENT:

Nancy West, associate professor of English, will present "From Snapshot to Silver Screen: What Photography Can Teach Us About Cinema" at 12:15 p.m. in Pickard Hall.

Friday, July 19

PSYCHOLOGY

CONSORTIUM: C. Alec Pollard, director of the Anxiety Disorders Center at the St. Louis Behavioral Medicine Institute, will present "Intensive Cognitive-Behavioral Treatment of Anxiety Disorders from 1 - 2:15 p.m. in Acuff Auditorium in the Medical Sciences Building.

BIOLOGICAL SCIENCES

SEMINAR: Doctoral candidate Nancy Vosnidou will present "Computational Analysis of Cadherins" at 2 p.m. in 115 Tucker Hall.

Wednesday, July 24


MIDDAY GALLERY EVENT:

Dennis Henson, a graduate

student in art history and archaeology, will present "Pop Music/Pop Art/Pop Packaging:


Andy Warhol, Richard Hamilton and the 1960s" at 12:15 p.m. in Pickard Hall.

Coley & Diehl: Two of Campus Facilities' Best




Marcy Coley
May's Employee of the Month

Marcy, whose "name is synonymous with Campus Facilities payroll," has worked many nights and weekends to make sure paychecks and benefits statements are accurate.



Leslie Diehl
June's Employee of the Month

As Energy Management's parts runner, "Leslie's the right person for the job because he has a great personality" and he keeps excellent records of his deliveries.



MizzouWeekly

Semester Calendar

What's Going On?

You Tell Us!

Event date _____

Event title _____

Speaker or performer _____

(including professional title, university or company affiliation)

Time _____

Location _____

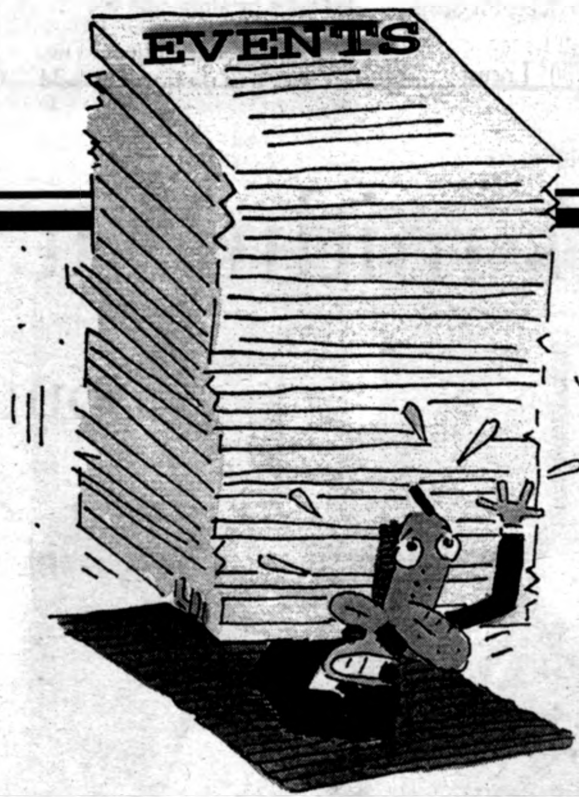
Ticket or cost _____

Event Sponsor _____

Who may attend _____

Submitted by _____

Phone number _____



Send this form to:

MW Calendar

407 Reynolds Alumni Center

by noon Aug. 27 for the *Mizzou Weekly*

Winter Semester Calendar,

published on Sept. 12, 2002.

You can submit your item through the MU

Online Events Calendar at:

<http://www.missouri.edu/calendar>

Taking charge by making healthy choices

MAKE A 'FIT STOP'

Wellness Resource Center offers free services geared to help faculty and staff's health concerns

Feeling sluggish, run down and out of gas? Why not pull into the Wellness Resource Center for a regular fit stop to help you stay competitive in the human race.

The center, in 34 Brady Commons, is primarily a student oriented one, with a goal of informing students on how to make healthy choices through literature and programs. A healthy choice can concern anything such as stress reduction, alcohol, drugs, sex, nutrition or relationships.

While the center's programs mainly are geared toward students, it does offer free resources to help faculty and staff members live healthier and more productive lives, too, says Trent Berg, wellness coordinator. "In addition, these services give back to the campus community by helping students gain professional experience."

One of the services, Fit Stops,

is offered monthly during the academic school year and conducted by upper-class students majoring in nutritional sciences and in nursing who offer nutrition counseling, check blood pressure and blood glucose levels. "Body fat testing is available at Fit Stops, and we have two grad assistants that do this," Berg says. Individuals also can learn how to do cancer self-examinations by practicing on models and may arrange for nutrition counseling, too.

This, too, is free at the center, but it requires some work ahead of time. Participants are required to fill out a nutrition log and a pre-counseling worksheet. "The food record is the first step," Berg says. "We want them to keep track of what they have eaten for three days, preferably two regular week days and one weekend day."

And no cheating. Berg says to record everything eaten and drunk, including snacks and beverages, the times foods were consumed, amounts and number of calories ingested. Also record where devoured, whether with someone or alone and the

occasion.

The pre-counseling worksheet asks questions about behavioral patterns like current activity level, family medical conditions and whether individuals smoke or consume alcohol.

During the initial appointment, the student interns go over the food record and worksheet as well as get an idea of the type of goals the person wants to accomplish, Berg says. "Typically most people are looking to improve their diet in order to lose weight or change their body composition. At this time, we give them information on how to meet those goals and encourage them to schedule a follow up appointment."

Now, assuming the person has kept an accurate, honest food record, the information is run through a computer program called Nutriquest and then is analyzed according to vitamins and minerals, fat, carbohydrate and protein content. All of this is discussed with the participants in the follow up. "We hope they will come back and continue to follow up because it is a good way to keep them on track to

meet their goals," Berg says

Not everyone who comes in for nutritional counseling is interested in having their body fat tested, Berg says, "but body fat is usually tested, if weight or fat loss is set as a goal. We like to do this testing toward the beginning of these types of programs so we can periodically check to see if that person is decreasing their percent body fat and meeting their goals."

The procedure, he says, doesn't take long and is painless. Skin fold measurements are taken on the right side of the body. For males the sites include the chests, abdomen and thigh and for females they are the thigh, super iliac and the tricep. The protocol followed to test body fat is taken from the American Council on Exercise's Personal Trainers Manual.

Berg says, "The actual programs we establish for weight loss and or changing body composition are individually based and dependent on the person's goals and level of commitment."

The optimum percent of body fat depends on age and gender.

One of the biggest factors in improving body composition is exercise, he says. "If a person is sedentary, we encourage them to start some form of light to moderate exercise program, depending on physical ability and the individual's personal interest. You want them to do something they enjoy so they stick with it."

All services are regularly available during the fall and winter semesters. To ensure scheduling during the summer session, call the wellness coordinator at 882-4634.

Alzheimer's Caregivers Study

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Mark your ballot

Staff Council elections near

Ten MU staff members are in the running for election to the Staff Advisory Council. Winners, who begin a three-year term in September, will represent the interests of their colleagues in one of three employee categories: administrative/professional, technical/paraprofessional and secretarial/clerical.

The Staff Advisory Council is a 16-member group that serves as a liaison between campuswide staff members and the administration. The

council advises the administration on staff concerns, coordinates the annual Staff Recognition Week and administers programs like the Staff Development Awards that enhance the professional and personal life of staff members at Mizzou.

Ballots have been mailed to all full-time staff members. Staff should vote only for the

candidates in their peer group. Ballots must be returned to the Staff Council office by Aug. 2.

Your vote is important. It will determine who represents you.

Here is some background information on each candidate, as well as comments on issues facing staff members at Mizzou.

For more information about the election, contact the Staff Council office at 45 Jesse Hall or call 882-4269.



Staff Advisory Council
WORKING FOR YOU

Administrative/Professional

Rusty Crawford
Director of business and fiscal services, health management and informatics

I have been employed almost 12 years at MU. During that time, I have seen a lot of changes that impact staff – some positive, some negative. If elected to the Staff Advisory Council, my focus will be to improve the communication among staff and administration. Communication is essential for the University to operate efficiently.

Benefits for staff need to continue to be a high priority discussion. Excellent staff benefits would increase morale of the staff and in turn reward the University in all areas of customer service – with students, patients, between departments, as well as between campuses.

Jennifer Doty
Medical Student Clinical Program Coordinator, Surgery

I would like to represent the staff as a member of the Staff Advisory Council. As a staff member of the University for more than 19 years, I feel I have a good concept of the challenging times ahead. I would like to be part of this intricate communication process. Bettering morale is a top priority. We need to become better advocates within our own walls so we can better represent ourselves to the community. I am willing to put in the time and effort needed to actively serve this committee.

Alan Marshall
System Administrator - Expert Biological Sciences

As a 16-year employee at the University of Missouri I have a working knowledge of the issues that face staff members on this campus. Expanding educational assistance, quality affordable health care, and salary equity are issues that I believe should be

reviewed. I am open and anxious to hear your ideas and concerns.

Previous appointments on the Arts and Science Staff Network, the research computing committee and other committees have given me valuable experience that will make it easy for me to step in and work effectively right away. It would be an honor to further the interests of each of you by serving as your representative on the Staff Advisory Council.

Secretarial/Clerical

Jacqueline Craig
Office Support Staff II Human Development and Family Studies

I would like to be a part of the Staff Advisory Council because the council proves to be an important source to the MU staff and campus atmosphere, working hard with staff to state their concerns and help to solve them. I would enjoy collaborating with this resourceful team.

Barbara Fenske
Administrative Assistant Project Management - Campus Facilities

It is an honor to be selected for the Staff Advisory Council. I would like to serve as a liaison between staff and the council. I am interested in concerns about benefits, specifically retirement, health-care costs and availability, and tuition assistance for employees and their families.

I have a network of colleagues and look forward to expanding it as a way to gain understanding about the circumstances that surround policy decisions on campus and how they affect the staff.

Rosemary Morris
Administrative Assistant Information and Access Technology Services

Serving University staff as a member of

the Staff Advisory Council would be a privilege. My ongoing goal would be to increase communication between the council and staff at large. Issues that I would support are the transfer of the Educational Assistance Program to dependents, and wage and salary issues. While we share in the pain and sacrifices, I would like to assure that when financial times are better we are equitably rewarded for our loyalty to the University.

Technical/Paraprofessional

Sue Gerau
LPN Green Meadows Pediatrics

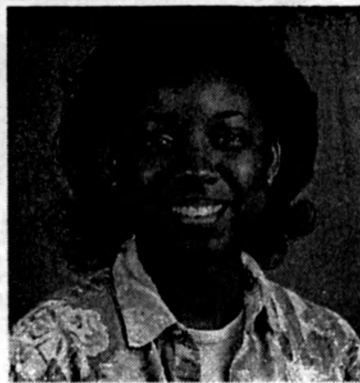
With over eight years experience in the field of pediatric nursing and prior experience serving on the Staff Advisory Council, I have professionalism, knowledge and the ability to represent my peers in the medical profession on the Staff Advisory Council.

Paul Gilzow
Technical Trainer Information and Access Technology Services

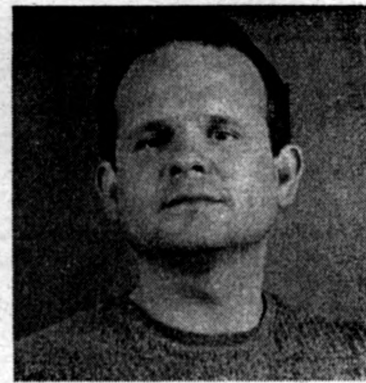
As a technical trainer, I have a unique opportunity to come face-to-face, and discuss issues, with individuals from all areas of the University. I understand how important staying on top of technological issues is, and can express these issues in an understandable way for a person without technical experience. It has been an honor to be nominated, and will be a privilege to represent the concerns and views of my fellow staff as a member of the council.

Roy Parker
Systems Support Analyst Electronic Instrument Lab, Engineering

I would like to see every worker empowered to best accomplish his or her tasks, given opportunity for advancement and allowed benefits and



Jacqueline Craig



Rusty Crawford



Jennifer Doty



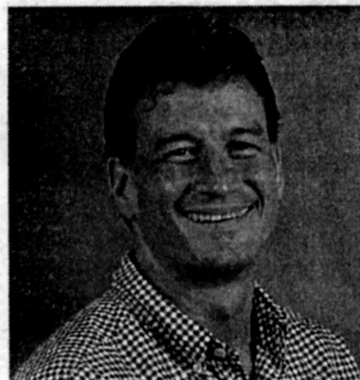
Barbara Fenske



Sue Gerau



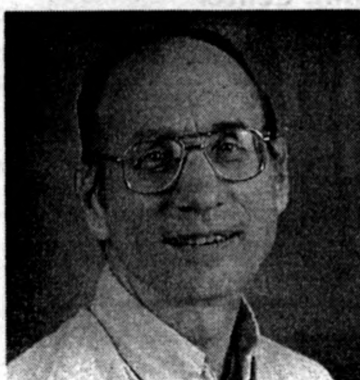
Paul Gilzow



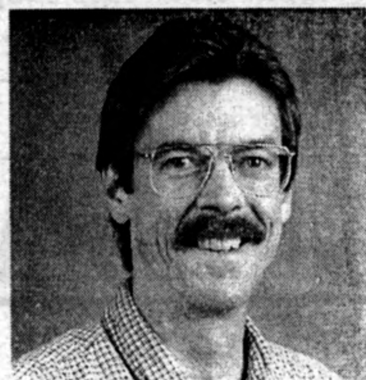
Alan Marshall



Rosemary Morris



Roy Parker



David Walsh

security to promote a richer and fuller life for employees and dependents.

David Walsh
Library Assistant II, Technical Services Ellis Library

I've been employed many years and in many ways doing service work. I would

like this opportunity to employ all that I've learned and experienced to do something outside of my regular job yet still be of service to the workforce I am a part of and that makes this university the great institution it is.

STUDY from Page 1

assess who are the most common targets.

Data for these phases were collected through June.

"We also have paper-and-pencil forms for staff who do not have access to the Internet," Worthington says. "They can contact me by phone or e-mail and I will be happy to send a form by campus mail."

The study's last facet will result in a qualitative analysis of six focus groups of eight participants each. They will discuss in depth the issues brought forth in the first four phases. The purpose of this phase is to "uncover the effects that the social climate has on different constituents within the

MU community," Worthington says. "These data will aid in the broader interpretation of the findings of the earlier phases."

Numbers are being crunched this summer and results from the entire study will be released this fall. Among other objectives, it is hoped the findings will improve MU's efforts to attract and retain minority students, faculty and staff, Worthington says, and to "influence higher education policy in order to produce more facilitative conditions in both the working and academic atmosphere."

With questions about the survey, call Worthington at 884-1513 or e-mail worthingtonR@missouri.edu.

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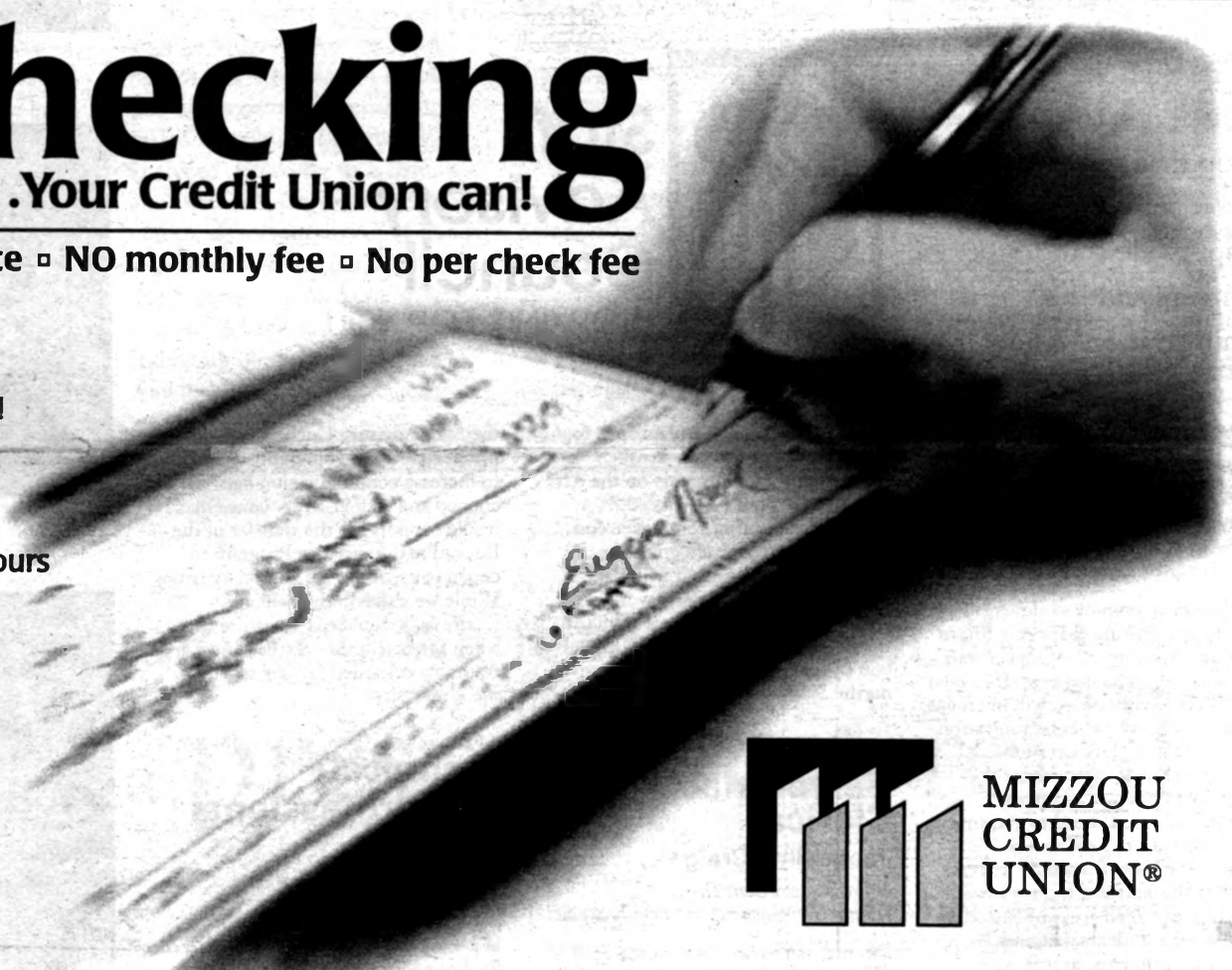
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