

## Ground up

One MU Extension program helps keep food healthy and local.

Page 4

## \$100 for health

Learn how a survey and screening can bank you medical money.

Page 8

Oct. 13, 2011

University of Missouri

Staff Advisory Council

Today, 1:15 p.m.

Missouri Theater Center for the Arts

## App on display

Get a first-hand look at the Homecoming iPad photo app tomorrow in Lee Hills Hall Rotunda during a live demonstration by assistant professor Rhonda Prast.

Page 2

## Crafting a centennial celebration for MU

### HELLO HOMECOMING

Staff prepare campus for festivities

The much-anticipated University of Missouri Centennial Homecoming celebration and its many associated revelries don't just happen — they are carefully designed, and mulled over with a tactical eye by those who do the planning.

All the black-and-gold banners, alumni events and open houses are not after thoughts. They are coordinated.

This year is no different. The 2011 Centennial Homecoming has been years in the making.

"I joined the Mizzou Alumni Association staff in the summer of 2009," said Carrie Bien, coordinator of student programs for the Mizzou Alumni Association, "and I can recall conversations about the Centennial Homecoming my first summer in the office."

The Mizzou Alumni Association takes the lead on all Homecoming planning and also oversees the student committees that help plan other aspects of the major university event.

The big day is Oct. 15 when the Homecoming parade, Romp, Chomp and Stomp tailgate and football game versus Iowa State University will culminate more than a week's worth of

Homecoming-related events. Until Oct. 15 — and prior to this week — MU staff have been working to prepare for the historic event.

Bien explained that although discussion of the Centennial Homecoming began in 2009, planning and mapping out goals started in summer 2010 and became clearer after last year's Homecoming celebration. But since this year marks 100 years of Homecoming, significantly more planning has gone into the event than previous years.

"There are quite a few more moving parts than other years," Bien said, adding that promotion of Homecoming events has also ramped up in comparison to previous years. "David Roloff, director of alumni relations, has taken the lead on our marketing efforts and is doing an outstanding job."

It's difficult to estimate exactly how many MU staff and man-hours go into preparing for Homecoming, but it's noteworthy. There are approximately 20 employees in the Mizzou Alumni Association and, as Bien says, they are a small bunch but "certainly mighty."

New events will also debut at the 2011 Homecoming, such as the Romp, Chomp and Stomp tailgate immediately following the parade at roughly

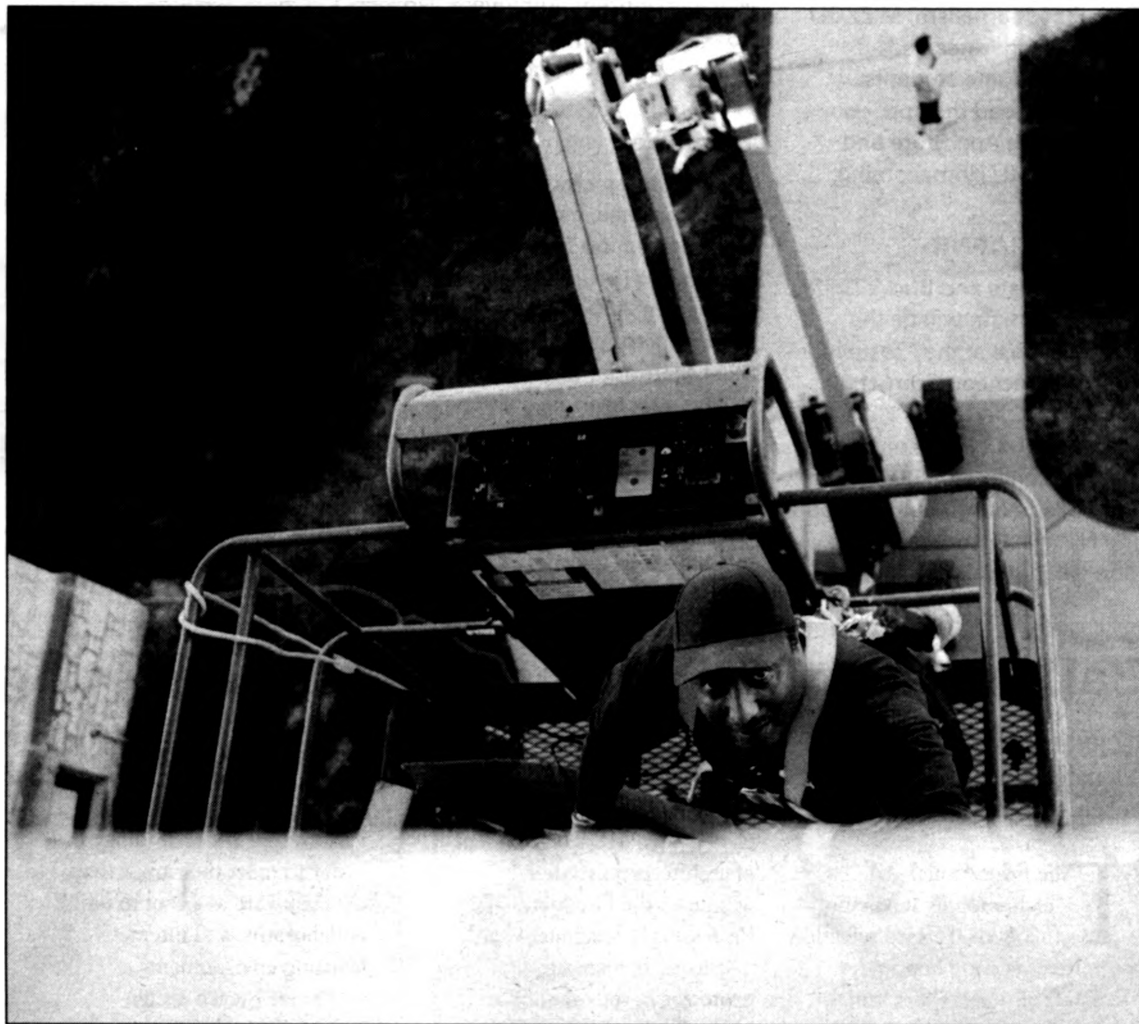


Photo courtesy of MizzouRec

**INTO THE SPIRIT** MizzouRec staff member Greg Kemp hangs a banner outside the Rothwell Gymnasium entrance of MizzouRec last week. The banners, which showcase a vintage feel of Homecoming, are only the start of the MizzouRec Homecoming decorations. More will emerge this week in preparation for Oct. 15.

10:30 a.m. Saturday, Oct. 15, at Carnahan Quadrangle.

The Homecoming tailgate is a rejuvenated tradition from the 1950s that is being modernized for alumni, faculty, staff and students of the 21st century.

Also debuting at the tailgate will be a special guest — a 7-by-4-foot Bengal tiger made

completely out of fresh flowers by Columbia's Ambrosia Flowers, 115 N. Providence Road.

Employees at Ambrosia Flowers started on the fresh flower jungle cat two weeks ago, and it's the establishment's first go at a creation of its size though they've previously crafted other animals. The store's owner said

the fact that a creation from Ambrosia Flowers will be sitting in Carnahan Quadrangle for the Centennial Homecoming is a prideful moment, and everyone attending can be sure each flower was placed with a passion for Mizzou.

SEE HOMECOMING on Page 3

## Board of Curators to review possibility of domestic partner benefits

### ON THE LIST

No movement on decision expected this year

Faculty Council last week learned the University of Missouri Board of Curators has agreed to take up the issue of extending domestic partner benefits in its current health care plan for employees.

Harry Tyrer, MU Faculty Council chair, announced to the council at its regular meeting Oct. 6 that the chairman of

the Board of Curators, Warren Erdman, indicated in a statement that "while he does not intend to bring forth expansion of employee health benefits this year" the board has assigned to its compensation and human resources committee a review of the policy related to domestic partner benefits for employees.

"I believe this is the highest that such an effort has gone," Tyrer said, adding that it's "a step in the right direction."

Leona Rubin, faculty council

member and associate professor of veterinary biomedical sciences, said the matter of same-sex health care benefits for university employees has never gone to the full board for review and it is "very positive." Rubin said she believes after years of many groups attempting to have benefits expanded to domestic partners, pressure from letter-writing campaigns helped.

"We got a lot of help on this," Rubin said. "We got a lot of help from students. We

got letters of support from all kinds of groups, from local campuses. We have letters of support from the Council of Deans of MU and UMKC and I do think that pushed the teeter-totter to the other side."

Rubin said without extending domestic partner benefits, the ability to recruit faculty is hindered — a message the Council of Deans also presented to the board via letter, she added.

There are budgetary concerns, however, as state

funding continues to fall and health care costs rise.

In 2010, it was estimated — by a Faculty Council diversity enhancement committee that had researched the matter — that 64 percent of employers who provide domestic partner benefits see their costs go up by 1 percent or less; 88 percent of employers see an increase of 2 percent or less.

If the university experiences a 2 percent increase in medical

SEE BENEFITS on Page 5

### App on display

Interested onlookers can get a first-hand look this week at the "MU Homecoming: 100 years in photos" iPad app, now available for free at the iTunes App Store. Rhonda Prast, MU journalism faculty member and part creator of the app, will lead a demonstration of the iPad app from 10 to 11:30 a.m. Friday, Oct. 14, in Lee Hills Hall Rotunda.

The app, which contains more than 140 photos of Homecomings past, was the culmination of the collaboration between the School of Journalism, MIZZOU and Vox magazines and several graduate students.

To download the app, go to the iTunes App Store and search for MU Homecoming.

### Taste of CAFNR

Tiger Tail brats and Buck's Tiger Stripe ice cream will be the food of choice at the "Taste of CAFNR" luncheon from 11:30 to 1 p.m. Friday, Oct. 14, at Kuhlman Court between the MU Student Center and Ellis Library. The College of Agriculture, Food and Natural Resources-made food will be available for the

public. Tiger Tail brats, chips and a drink will be available for \$5, and Buck's Tiger Stripe ice cream will be available for \$1.

At noon, Dean Tom Payne will host the "CAFNR Comes Home" program also at Kuhlman Court. He will review the future of CAFNR while discussing his view of its influence on the history of the MU campus.

There will also be a CAFNR retired faculty and staff open house from 2:30 to 3:30 p.m. in 2-30 Ag Building. Those who have left CAFNR can stop by and catch up with old colleagues and visit with current employees. No RSVP is required, and treats will be served at the open house.

### Tech troop

The Technology Evaluation Subcommittee, created by the MU Information Technology Committee (MUITC), will meet from 2:30 to 3:30 p.m. Thursday, Oct. 13, in S204 Memorial Union.

The subcommittee was created in order in gathering information about new university processes and technology needs to support teaching and learning, vetting

potential technologies from a variety of perspectives and to make optimal strategic recommendations for funding to the MUITC.

Faculty and staff who have an idea for a process or a technology that supports teaching and learning can submit it to the committee for consideration.

### Brewer Breakfast

Make plans to be a part of the centennial celebration of Homecoming by attending the 13th annual Brewer Breakfast Saturday, Oct. 15, at 8 a.m. in the Mizzou Rec Center Brewer Fieldhouse before the annual Homecoming parade.

Those attending the breakfast will get the chance to see the women's basketball team and the Tiger Wheelchair Basketball Team practice.

Enjoy a complimentary pancake breakfast and be part of the Mizzou tradition.

### Gospel explosion

The Gaines/Oldham Black Culture Center (GOBCC) invites those on campus to come out between 11:30 a.m.

and 1 p.m. Sunday, Oct. 16, and enjoy great food while lifting spirits with a soulful gospel explosion featuring the IMPACT Movement, Legion of Black Collegians Gospel Choir and more.

The GOBCC is a place where the contributions of Blacks to world history are explored, celebrated, taught and shared. For more information, contact the Gaines/Oldham Black Culture Center at 573-882-2664.

### Benefits meetings

The UM System is introducing new health care plan benefits enabling faculty and staff the additional option of tax-favored accounts to be used for health care expenses. More information detailing these changes will be mailed to each benefit-eligible employee's home in mid-October. Throughout the month, enrollment meetings regarding the plan will be held on campus.

Upcoming meetings will be at 8 a.m. and noon Monday, Oct. 17, in 194 General Services Building and at 8 a.m. Tuesday, Oct. 18, at the Power Plant. There will be two meetings Thursday, Oct. 20. One will

be at 8 a.m. in S203 Memorial Union and one at 2 p.m. in N206 Memorial Union.

### Wellness ambassadors

Healthy for Life is seeking Wellness Ambassador volunteers for upcoming Health Screening and Flu Clinic events. No clinical experience is needed to volunteer, just a willingness to help faculty, staff and peers navigate at the events successfully.

In the past, Wellness Ambassadors have served all or part of the day. Those interested should contact Melissa Willett at WillettMD@umsystem.edu as soon as possible.

Available shifts are as follows:

- Tuesday, Oct. 25, 1 to 3 p.m. and 3 to 5 p.m. in Jesse Hall
- Wednesday, Oct. 26, 10 a.m. to noon, noon to 2 p.m. and 2 to 4 p.m. in Stotler Lodge in Memorial Union
- Tuesday, Nov. 8, 1 to 4 p.m. in Ellis Library
- Thursday, Nov. 10, 1 to 3 p.m. and 3 to 5 p.m. in Townsend Hall
- Friday, Nov. 11, 10 a.m. to noon, noon to 2 p.m. and 2 to 4 p.m. at Campus Facilities

## Balakrishnan, Stone honored for promoting tech-savvy students

### TECHNOLOGY HONORS

Awarded for utilizing top-notch teaching methods

The Educational Technologies at Missouri (ET@MO) award selection committee recently honored Mizzou faculty members Bimal Balakrishnan and Bethany Stone

with the 2011 Excellence in Teaching with Technology Awards.

Balakrishnan, an assistant professor in MU's department of architectural studies, was given the Graduate/Professional Teaching Award.

Stone, an associate professor in the division of biological sciences, earned the

Undergraduate Teaching Award.

Balakrishnan teaches courses requiring students to utilize various types of technology in order to meet their objectives. He uses software as a tool to build collaborative and interactive learning environments.

"Since I teach design computing and visualization to

students in architectural studies, technology is an integral part of my courses," Balakrishnan said.

Balakrishnan said his goal as an instructor is to identify digital media tools and workflows that can enhance students' learning experience. As a researcher, he works to understand the cognitive and affective impact of digital media tools and their impact on the design process.

"Our emphasis has always been on improving student learning, and our focus has been on integrating appropriate and effective technology rather than novel technology," said Balakrishnan, who also received a 2011 Mangel Catalyst Award from the Mizzou Human Environmental Sciences Office of Research and Graduate School.

Stone has implemented technology into her classes as a way to free up class time for other purposes and to increase the interactive learning that takes place in the classroom.

"In a way, I feel like I won the award when I received the notification that I had been nominated by a former student," Stone said. "I felt blessed that a student took time to nominate a professor she hadn't had in years and would never have again.

"It was meaningful to be selected by a group of peers to receive the award knowing the creative ways technology is being used to foster

learning across campus."

Stone is a leader in promoting the use of technology to increase interactions with and among her students. She said she feels technologies are not only important as catalysts to learning, but also to broaden students' comfort and proficiency with technology.

"At MU, we are fortunate to have the support (emotional, financial and technological) to find new, inventive ways to use teaching technologies to solve problems and make teaching and learning more authentic," Stone said.

Stone was named a Kemper Fellow in 2011 and previously received the Provost Outstanding Junior Faculty Teaching Award.

The purpose of the Excellence in Teaching with Technology awards are to recognize the efforts of faculty, staff, teaching assistants and graduate instructors involved in using educational technologies to meaningfully improve teaching and learning at MU.

The winners receive a \$500 stipend to be applied toward educational technology teaching-related expenses. They are also invited to participate in a campus conference or presentation to highlight and share their work with the campus community.

- Josh Murray

## Fall Car Loan Special

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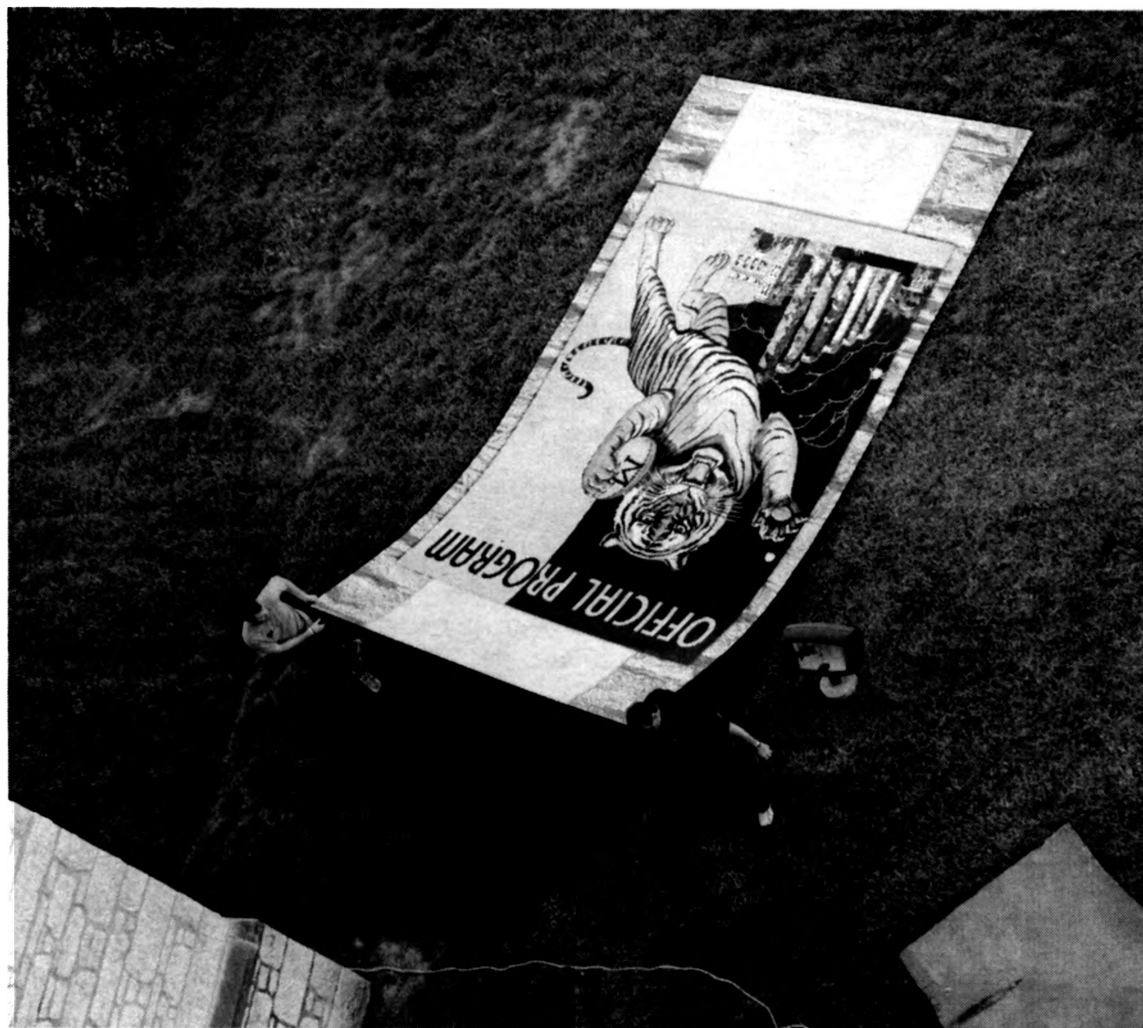


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**SHOWING TIGER PRIDE** MizzouRec staff member Chris Billups (left) and Larry Bennett, MizzouRec senior associate director, ready a vintage tiger mascot banner on the ground last week outside Rothwell Gymnasium. The banner now hangs above the entrance in honor of the Centennial Homecoming celebration. More Homecoming decorations will come this week in honor of the big day, Oct. 15.

Photo courtesy of MizzouRec

**HOMECOMING from Page 1**

Romp, Chomp and Stomp tickets are \$10 for adults, while children 10 and under get in for free. Tickets include food and drink and can be purchased in advance online at [mizzou.com/homecoming](http://mizzou.com/homecoming). The tailgate is presented by Bud Light and sponsored by the Missouri Pork Association and Missouri Wines.

Bien said one of the best parts of MU's Homecoming celebration is its inherent success as alumni are always excited to come back to campus to connect with old friends, and this week a constant "special energy" is ever-present on campus. She said one of her favorite things to do during Homecoming is to simply

stop, take a moment and observe campus in its Homecoming state to take it all in.

"The impact of this weekend is everywhere you turn," Bien said. "... To me, success is measured by how people feel when they leave Columbia. Their Tiger Pride should be re-energized and they should feel better connected to their alma mater. Homecoming is also often a turning point for our students. As the alums leave town Sunday, I hope that current students are able to look around and recognize just how special it is here."

For a schedule of Homecoming events, go to [mizzou.com/homecoming](http://mizzou.com/homecoming).

THE NEIGHBORHOODS GRAND OPENING  
Sunday, October 16

# Re•Defining Rehabilitation.



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IN AFFILIATION WITH THE MU SINCLAIR SCHOOL OF NURSING

## Fall General Faculty Meeting

October 19, 2011, 3:30 to 5 p.m.  
Jesse Wrench Auditorium  
Memorial Union South

### Agenda

**Call to Order**  
Chancellor Brady J. Deaton

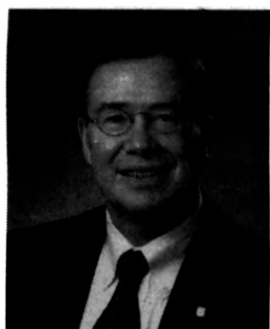
**Faculty Council Update**  
Harry Tyrer, Faculty Council Chair

**Campus Update**  
Chancellor Deaton

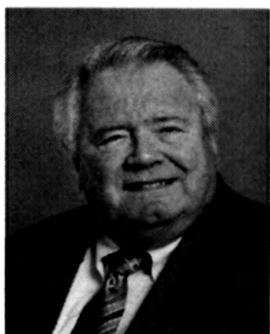
Budget, Tim Rooney, MU Director of Budget  
Performance Funding, Nikki Krawitz,  
University of Missouri System  
Vice President for Finance and  
Administration

**New Business**

**Questions and Comments**



Brady J. Deaton



Harry Tyrer

University of Missouri



# Farm to School brings healthy, local diet options back to students

## CHANGING IDEAS

Switching out the chicken nuggets for fresh food

**R**ick Boudreau's deliveries may seem ordinary, but the boxes of local produce he carries into Columbia elementary schools help students eat healthier.

For Shepard Boulevard Elementary School, that means local apples, tomatoes and melons from nearby farms will make the menu this fall for its students.

"Everything's picked within 24 hours so they get the freshest product we can find," said Boudreau, owner of Missouri Food 4 Missouri People. "Most farmers are good at growing, but that's where it begins and ends, so I try to offer some of the other services they may not have to get their product moved."

Boudreau works as a food broker, connecting area farmers with schools across central Missouri. The food travels less than 100 miles from the farmer's field to the school kitchen.

The Farm to School movement is increasingly popular with students, school administrators and parents across the United States. At least 78 districts in Missouri and more than 2,300 districts nationwide run Farm to School programs, according to the National Farm to School Network. A national grant has allowed the University of Missouri Extension to help continue its Farm to School program as it thrives in its second year.

"It's hard to compete against pizza, chicken nuggets and cheeseburgers, but we've noticed that — from kindergarten students to high schoolers — if something tastes good they are going to eat



**YOU ARE WHAT YOU EAT** Kindergarteners Ethan Gerke (front) and Ryan Baker add some fresh produce to their plates during their lunch period at Shepard Elementary. Items such as cantaloupe, cucumbers and tomatoes were delivered from local farms hours before students enjoyed them.

Photo courtesy of Roger Meissen, Cooperative Media Group

it," said Lorin Fahrmeier, MU Extension Farm to School state coordinator. "The food is fresh, you know where it comes from and it keeps as many dollars as possible in your communities to support both your local schools and farmers."

According to Boudreau, it's hard work to get fresh produce to the network of schools. The Boston native moved to Missouri six years ago with a dream to

raise local produce. In 2009, he began his life as a food broker.

With help from MU Extension experts, Columbia Public Schools contracted with Boudreau in May 2010 and fresh, local produce started arriving at cafeterias.

"One of the myths of local foods is that it's too expensive and too scarce," Boudreau said. "Once we proved that there is plenty of it out there and it could

be affordable if done right, it all started to fall into place."

Now Boudreau works with a network of more than 20 produce farmers near towns such as Prairie Home, Keytesville and La Plata. He provides services farmers usually

can't provide for themselves. That not only includes trucking the fruits and vegetables to schools in Columbia and Jefferson City, but also maintaining liability insurance and quality control of the product.

**SEE FRESH FOOD on Page 5**



Photo courtesy of Roger Meissen, Cooperative Media Group

**UNLOADING THE GOODS** Rick Boudreau, owner of Missouri Food 4 Missouri People, unloads watermelons and other fresh produce that he delivers to Columbia Public Schools. The fruits and vegetables come from farms within 100 miles of the school district and give students a fresh, healthy addition to lunch menus.

## RETIREMENT PLANNING SEMINAR FOR FACULTY AND STAFF



November 1, 8, 15, and 29

5-7 p.m.

This seminar is designed for faculty and staff no more than 10 years from retirement.

- Session 1: FINANCIAL PLANNING
- Session 2: SOCIAL SECURITY
- Session 3: ESTATE PLANNING
- Session 4: RETIREMENT PLANNING

To register, go online to:

<http://www.umssystem.edu/ums/departments/hr/benefits/seminars/>

Space is limited. No reservations by phone.

**Faculty and Staff Benefits**

# Winfield to be inducted into University of Washington Hall of Fame

## FACULTY HONORS

Journalism professor retired from MU this year

**B**etty Houchin Winfield, Missouri School of Journalism professor, will be inducted into the University of Washington's Communication Alumni Hall of Fame during an Oct. 19 reception. She earned her doctoral degree there in 1978.

The recognition is for outstanding alumni who are distinguished for their service and achievements over a period of years since graduation from UW. Since its inception in 2004, 55 alumni have received the honor, including Washington Gov. Christine Gregoire. Living members of the Alumni Hall of Fame select each year's winners.

Winfield joined the Missouri School of Journalism faculty

in 1990 and retired in 2011. She also held appointments in the Department of Political Science and the Harry S. Truman School of Public Affairs at the University of Missouri.

Before joining the Missouri journalism faculty, she was a professor of communication and American studies at Washington State University. She held postdoctoral fellowships at the Shorenstein Center for Press, Politics and Public Policy at Harvard University and the Freedom Forum at Columbia University. Among Winfield's four books are "Journalism, 1908: Birth of a Profession" and the award-winning "FDR and the News Media." Her other publications include two monographs, 12 book chapters and more than 80 encyclopedia and journal articles.

Winfield has given numerous scholarly lectures and competitive papers on mass media history and White House communication. Among them are analyses of the free expression conflicts with the commander-in-chief role of the president, the models of attorneys general during wartime, and first lady relationships with the public and the media. Her current vein of research involves how journalists use history in their stories.

Winfield has received some of journalism education's highest honors. In 2008, she received the 24th annual Covert Award for the best publication in Mass Communication History from the Association for Education in Journalism and Mass Communication and the American Journalism Historians Association's inaugural teaching excellence award.

In 2003, Winfield was honored as the first journalism

professor to receive a system-wide University of Missouri Curators' Professorship. In 2002, she received the MU Faculty-Alumni Award and will receive the Alumni Association Distinguished Faculty Award in November. The University of Missouri awarded Winfield its prestigious Thomas Jefferson Award in 1998 for an "academic career embodying the Jeffersonian principles and ideals in scholarship and teaching."

## Education linked to keeping recent prisoners from re-offending, finding employment

### RECIDIVISM RATE Prisoners with GEDs more likely to secure jobs

**E**ducation may have the power to keep an individual from going back to prison, new University of Missouri research indicates.

An MU researcher has found that educating inmates and preparing them to find jobs upon their release from prison greatly reduces their recidivism rate.

Jake Cronin, a policy analyst with the Institute of Public Policy in the Truman School of Public Affairs at the University of Missouri, studied Missouri Department of Corrections data and found that inmates who earned their GED in Missouri prisons were significantly more likely to find a job after prison and less likely to recidivate than inmates who did not.

According to the Pew Research Center, one in 100 American adults is currently in prison. U.S. Department of Justice statistics show that 67 percent of those inmates will recidivate, or re-offend and return to prison after they are released.

In his research, Cronin found the biggest jump in reduced recidivism rates, more than 33 percent, when he looked at inmates who earned a GED and acquired a full-time job after their release.

"Employment proves to be the strongest predictor of not returning to prison that we found," Cronin said. "Those who have a full-time job are much less likely to return to prison than similar inmates who are unemployed."

"Recidivism rates were nearly cut in half for former inmates with a full-time job compared to similar inmates who are unemployed. Inmates who take advantage of the educational opportunities available to them in prison are more likely to find a job than those who do not."

Cronin said these reduced recidivism rates can save the state a substantial amount of money in reduced incarceration costs. He pointed out a similar study, which found educational programs that reduced recidivism rates saved the state of Maryland \$24 million a year, which is twice the amount of money spent on the program.

Cronin said he believes this shows correctional facility educational programs are a good investment for the state of Missouri.

"If similar results occur in Missouri, which I would expect given the findings of this study, that would mean the state is currently saving more than \$20 million a year in reduced incarceration costs as a result of correctional education programs," Cronin said. "In this political environment, states across the country are looking for ways to save money. This is one program that, in the long run, saves the state money. It is a good investment; an investment that has a high rate of return."

The Institute of Public Policy is a research and public service entity committed to increasing knowledge and understanding of issues facing Missouri state and local governments. It provides policy research to policymakers and conducts program evaluation and other applied research through contracts with public and nonprofit entities.

To view the full policy brief, visit [www.ipp.missouri.edu](http://www.ipp.missouri.edu)

## FRESH FOOD from Page 4

While produce farmers aren't currently required to meet federal food safety standards, Boudreau mirrors the guidelines of Good Agricultural Practices (GAP), a voluntary federal certification program.

"Each case we deliver has a sticker on the top that lists the product, the date it was picked and a farmer ID number that can be traced back to the farm I picked it up from, so if there is a problem we can address it immediately."

Boudreau takes that produce and makes 30 deliveries most days during the growing season. But one size doesn't fit all schools.

"This program is about making something work for your school, not completely changing the way school food service is done," Fahrmeier said. "Lots of different models are happening. Some schools buy direct from a farmer who brings the produce right into the school. There are small produce brokers, and some large wholesale

grocers buy local produce."

The real test for the program comes in the lunch line, and students voice their approval between bites.

"I like the tomatoes because when you bite into them, it's like all those juices are bottled up like in an air balloon and when you pop it, it just explodes," said Joseph Lee, a fifth-grade student at Shepard Elementary.

Missouri Farm to School/Farm to Institution is a project of the Missouri Council for Activity and Nutrition and MU Extension that seeks to increase access to locally grown foods in order to strengthen the health, well-being and economic security of all communities and family farmers. It is funded through a contract with the Missouri Department of Health and Senior Services and a grant from the U.S. Centers for Disease Control and Prevention.

- Roger Meissen

## BENEFITS from Page 1

costs, that would translate into approximately \$3 million more annually. But, because employees pay roughly 27 percent of that cost through premiums and co-pays, the estimated cost increase to the university could be about

\$2.2 million annually.

Rubin urged Faculty Council members to continue the letter-writing campaign, urging high-profile individuals to pledge their support.

"I think that we probably need to keep pushing."

# Need a ride?

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## Come see the Staff Advisory Council in the Homecoming parade.

Sat., Oct. 15

We will be throwing your favorite candy, so come one and all. Bring your children and enjoy the fun.



**MIZZOU**  
**HOMECOMING**  
*A Century of Coming Home*



Staff Advisory Council's next meeting is Oct. 27, where we are "Working For You." Minutes of all Staff Advisory Council meetings can be viewed online at <http://staffcouncil.missouri.edu>

Staff: Don't forget to nominate a staff member that meets the MU Service Champion core values of: Respect, Responsibility, Discovery, and Excellence. Nomination forms are due Oct. 17. Go to <http://staffcouncil.missouri.edu/awards/muchamp.html> for more details.

# MU research discovery could curb autism language and social function struggles

## RESEARCHING AUTISM

Drug effects still being examined

University of Missouri researchers say there is a promising new avenue for improving language and social function for individuals with autism in the form of a new drug therapy intervention currently being examined.

Most drug therapies for people with autism have targeted psychiatric problems, including aggression, anxiety and obsessive behavior. Now, MU researchers are examining the use of propranolol (a drug used to treat high blood pressure and control heart rate, as well as to reduce test anxiety) to improve the primary traits associated with autism — difficulty with normal social skills, language and repetitive behaviors.

“We can clearly say that propranolol has the potential to benefit language and may help people with autism function appropriately in social situations, including making eye contact with others,” said David Beversdorf, associate professor and Thompson Endowed Chair at the MU Thompson Center for Autism and Neurodevelopmental Disorders. “Enhancing both language and social function is significant because those are two of the three main features of autism.

Clinical trials will assess the drug’s effect on all three features, including repetitive behaviors.”

Propranolol has been used for decades, with minimal side effects reported in healthy individuals. The MU researchers are the first to study the benefits of the drug in autism in a controlled manner. The next step is to conduct clinical trials to determine if the benefits are sustained over time and if the benefits outweigh other effects.

Propranolol acts by reducing the effect of norepinephrine brought on by stress in order to allow the brain to function as if there is no stress. This is beneficial for persons who have trouble with test taking.

In people with autism, the brain is hardwired in a different way, making processing more rigid in terms of social function and language. The researchers said they believe the drug acts on these hardwired processes and therefore improves tasks and functioning in these areas.

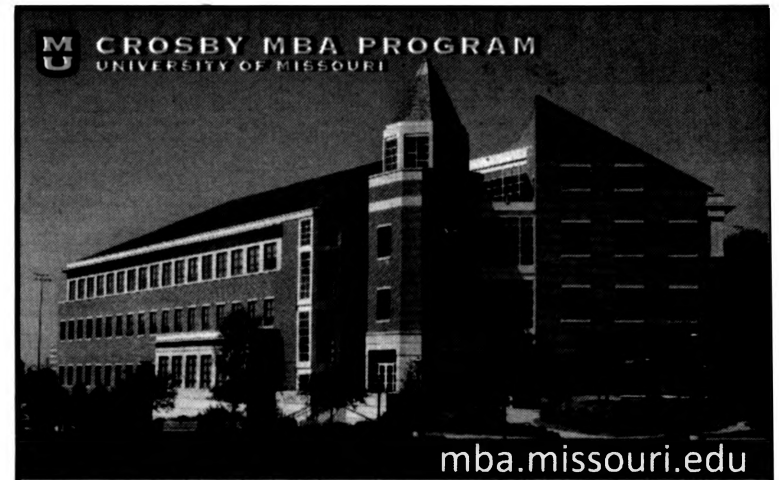
“When healthy persons are under stress, their neurons fire in an expedited manner to respond quickly to the stressor, that does not allow input from remote sources,” Beversdorf said. “Unfortunately, when trying to solve difficult problems, we need information from remote sources. For example, if we come in contact with a tiger, we are programmed to respond quickly and run away.

“However, this fight or flight response isn’t as helpful in today’s society because instead of facing a tiger, we are taking an exam or giving a speech. Evidence suggests that individuals with autism have a similar difficulty accessing input from remote sources regardless of the presence of stress when using language and communicating.”

In previous studies, researchers found that propranolol helped people with autism solve simple anagrams, or word unscrambling tasks. It also increased semantic word fluency, which requires understanding the definition of words and connectivity among different brain regions. It did not help with letter fluency, which involves identifying words that start with specific letters and requires less distributed connectivity among brain regions.

“We are interested to see if we can predict who will or will not respond to this drug among those with autism,” Beversdorf said. “In the follow-up study, we’re looking at markers of increased stress reactivity. If we find that those with higher stress reactivity are more sensitive to the effects of propranolol, it might help to identify who will benefit most from the drug.”

Beversdorf’s study, “Effect of Propranolol on Word Fluency in Autism,” was published in *Cognitive and Behavior Neurology*.



## Considering an MBA?

- Prepare for the GMAT or GRE
- Learn from students and alumni
- Meet with Crosby MBA and Kaplan representatives

## GMAT/GRE Panel

4:30 p.m. Tuesday, Oct. 18  
105 Cornell Hall

Enter your name in a drawing to win a FREE Kaplan prep course!

RSVP at facebook.com/crosbymba



Choose to thrive.

## Cultivating a faculty of writers

### WRITTEN WORD

Second writing retreat on the horizon

On Friday, Oct. 21, the Conley House will be silent.

It will be the second installment of the new monthly University of Missouri faculty writing retreats, and despite the flurry of written words generated from these outings, verbal conversation is forbidden.

Nine faculty members from various departments first gathered for a retreat Sept. 30 to work on dissertations, research articles, grant proposals and general manuscripts.

Amy Lannin, director of MU’s campus writing program, said the organization set up the retreats as a way to support the faculty as writers.

“When you think about the teaching of writing, it helps to think of yourself as a writer; to be able to make that transfer,” Lannin said.

Lannin said the feedback

from the first retreat was positive, and she is planning on capping the next session at 12 to 15 people. There will be coffee, snacks and lunch provided, and writers discuss their goals at the beginning of the day. Meanwhile, the MU Campus Writing Program staff will be on hand to give feedback.

“People said just getting organized and ready for the retreat made it all worth it,” Lannin said. “And having it on a Friday provides a good foundation for them to keep working throughout the weekend.”

Lannin said faculty writing retreats are beginning to gain national traction, and in the future, the campus writing program may set up a three-day retreat.

The one-day sessions will take place one Friday each month until the end of the school year. For more information or to sign up, visit <http://cwp.missouri.edu>.

- Megan Cassidy

**GO TIGERS!**

Refreshments • Tours • Fun For Kids

Saturday, October 15, 2011

10 a.m. - Noon @ Ellis Library

**Homecoming Open House**

MU Libraries University of Missouri

MIZZOU UNIVERSITY OF MISSOURI

# calendar



## Concerts & Plays

### Sunday, Oct. 16

**“WE ALWAYS SING” JAZZ SERIES:** Presents Rene Marie, an award winning singer who has quickly become a heroine to many, at Murry's at 3:30 p.m. and at 7 p.m. Tickets are available through Ticketmaster or by calling 449-3001.

## Courses & Workshops

### Thursday, Oct. 13

**COMPUTER TRAINING:**

- “Introduction to HTML5 & CSS” will be offered at 8:30 a.m. in N3 Memorial Union.
- “Birds of a Feather - Smartphones” will be offered at noon in 205A Locust Street Building.
- “Windows 7” will be offered at 1 p.m. in N3 Memorial Union.
- “PowerPoint: Art, Charts & Final Production” will be offered at 1 p.m. in 4D11 East Ellis Library. Registration is required online at [training.missouri.edu](http://training.missouri.edu) or call 882-5000.

## Exhibits

**BINGHAM GALLERY:** “Third Annual Alumni Exhibition” presented by the MU Art Department, will be on display from Oct. 10 through Nov. 3 with a reception to be held on Oct. 12 from 4 to 6 p.m.

The museum, located in the Fine Arts Building, is open from 8 a.m. to 5 p.m. weekdays.

**MUSEUM OF ART AND ARCHAEOLOGY:** “The Mediterranean Melting Pot: Commerce and Cultural Exchange in Antiquity” which provides a fascinating look into the ancient world, will be on display through Dec. 18.

The museum, located in Pickard Hall, is open from 9 a.m. to 4 p.m. Tuesday through Friday, 9 a.m. to 8 p.m. Thursday, and from noon to 4 p.m. Saturday and Sunday.

**STATE HISTORICAL SOCIETY:** “Fred Geary: Master of the Woodcut,” a collection of more than 50 masterpieces which reveal his expertise and will be on display through November.

Gallery hours are 8 a.m. to 4:45 p.m. Monday through Friday, and 8 a.m. to 3:30 p.m. Saturday.

**MUSEUM OF ANTHROPOLOGY:** “Japanese Art & Archery,” an exhibit focusing on the prominence of the bow in Japanese culture as well as ceremonial and functional equipment, will be on display through Jan. 31, 2012.

The museum, located at 100 Swallow Hall, is open from 9 a.m. to 4 p.m. weekdays.

**THE CRAFT STUDIO GALLERY:** The craft studio Gallery's objective is to present shows of well-crafted and cohesive art works to broaden ideas about art. The following artisans will be on display:

- Dennis Helsel's work will be on display from Oct. 3 through Oct. 14.
  - The Plastic Camera Juried Show will be on display from Oct. 17 through Oct. 28.
- The Gallery, located in the N12 Memorial Union, is open from 10 a.m. to 9 p.m. Monday through Thursday, 10 a.m. to 6 p.m. Friday, noon to 6 p.m. Saturday, and noon to 4 p.m. on Sunday.

## Lectures & Seminars

### Saturday, Oct. 15

**SATURDAY MORNING SCIENCE:** Marie Csete, University of California-San Diego, will present “The Stem Cell Therapy Race: Roadblocks to the Finish Line” at 10:30 a.m. in the Life Sciences Center's Monsanto Auditorium.

### Monday, Oct. 17

**DEPARTMENT OF STATISTICS COLLOQUIUM SERIES:** Sastry Pantula, National Science Foundation, will present “Statistical, Mathematical, and Computational Sciences at the Division of Mathematical Sciences” at 12:10 p.m. in Room 7, Hulston Hall, School of Law.

### Tuesday, Oct. 18

**EDUCATIONAL TECHNOLOGIES:** Presents “Course & Program Evaluation with MoCAT” from noon to 1 p.m. in S204 Memorial Union.

**MU CROSBY MBA PROGRAM:** “GMAT Panel” will help you learn more about the GMAT required for admission while students and alumni share their experiences and tips, and will be presented from 4:30 to 6 p.m. in 105 Cornell Hall. For more information, call 882-2750.

### Thursday, Oct. 20

**DISTINGUISHED LECTURE SERIES IN PSYCHOLOGY:** Linda Spear, Distinguished Professor, presents “Adolescence: Neurobehavioral Characteristics, Differential Alcohol Sensitivities, and Intake” from 3:30 to 5 p.m. in Jesse Auditorium.

### Saturday, Oct. 22

**SATURDAY MORNING SCIENCE:** Cheryl Nickerson, Arizona State University, will present “Space Bugs, Vaccines, and Microbiology Research in Space Flight” at 10:30 a.m. in the Life Sciences Center's Monsanto Auditorium.

## Films

### Thursday, Oct. 20

**MUSEUM OF ART AND ARCHAEOLOGY:** *Demetrius and the Gladiators* (1954), directed by Delmer Daves and starring Ernest Borgnine, Susan Hayward, Victor Mature and Michael Rennie, will be presented at 7 p.m. in 106 Pickard Hall. The film is free and open to the public.

## Special Events

### Friday, Oct. 14

**BLACK AND GOLD FRIDAY:** Celebrate 100 years of Mizzou Homecoming with fabulous black and gold ensembles! Make sure you stop by the University Bookstore to save 25 percent on Mizzou insignia clothing and gift items.

**HMI GOLF TOURNAMENT:** Health Management and Informatics Graduate student organization is having its 4th

annual fall classic golf tournament fundraiser at noon at Lake of the Woods golf course. The cost is \$75/person or \$300/per team of four. Contact Jure Baloh at [jure.baloh@mizzou.edu](mailto:jure.baloh@mizzou.edu) to sign up.

### Saturday, Oct. 15

**BREWER BREAKFAST:** Make plans to part of the centennial celebration of Homecoming by attending the 13th annual Brewer Breakfast. Enjoy a complimentary pancake breakfast from 7:30 to 9:30 a.m. at the Mizzou Rec.

### Friday, Oct. 21

**CAMPUS WRITING PROGRAM:** Will have a faculty Writing Retreat from 9 a.m. to 3 p.m. in the Conley House conference room. They will provide lunch and a quiet place to work. The event is open to faculty members on campus. Registration is required at [etapps.missouri.edu/cwp/event](http://etapps.missouri.edu/cwp/event).

# classifieds

The classified advertising section is open to faculty and staff members and retirees.

Home phone number required.

No campus numbers will be printed.

Rates: 30-word maximum \$9

Deadline: Noon Thursday of week before publication.

No refunds for cancelled ads.

Mizzou Weekly Classifieds: Make check payable to University of Missouri and send to Classifieds, Mizzou Weekly, 407 Reynolds Alumni Center, Columbia, Mo. 65211



1911 2011  
**MIZZOU  
HOMECOMING  
100**

*A Century of Coming Home*

## Celebrating our 'grandest tradition'

To the Campus Community:

This week, as the Jesse Hall dome shines gold, we celebrate our 100th anniversary of Homecoming, which was born at the University of Missouri in 1911 and has become one of our grandest traditions.

Over the past few weeks, many students have dedicated time, talent and creativity as part of the nation's largest student-run Homecoming celebration. Mizzou's worldwide alumni base is 260,000-plus strong. As many begin their journey home this week, I want to recognize MU students for keeping this tradition alive and well.

At Mizzou, Homecoming means serving not only our campus community but also our community at large. Through your efforts, we were able to collect 63,555 pounds of food for The Food Bank of Central and Northeast Missouri and over 5,000 units of blood for the American Red Cross in what is annually their largest multi-day blood drive in the nation. Additionally, more than 300 students participated in a day of service to help prepare campus for thousands of alumni and visitors this weekend while dozens of alumni chapters across the country hosted service projects to honor Mizzou in their home communities.

Please join me and the Mizzou Alumni Association in welcoming home alumni this weekend for campus decorations, the parade, the Romp, Chomp and Stomp Homecoming Centennial Tailgate, and the football game against the Iowa State Cyclones.

For more information, or to participate in these events, go to [www.mizzou.com/homecoming](http://www.mizzou.com/homecoming).

I hope to see you dressed in black and gold this weekend as we celebrate Mizzou!

With Tiger Pride,

Brady J. Deaton  
Chancellor

# Wellness Incentive health screening could bank subscribers \$100

## HEALTH & BENEFITS

MU introducing new program to benefit package

With a fresh wellness program this fall, merely evaluating your current state of health will pay off in the new year.

The University of Missouri has announced a partnership with Cerner Health to provide a new \$100 Wellness Incentive as part of the health and wellness plan changes for 2012, and

faculty and staff can already partake in the program.

Subscribers in the UM System medical plan who complete both a health screening and a 15-minute personal assessment questionnaire will receive \$100 deposited into a tax-favored account to use for medical expenses in 2012. Even though the funds may not be used until 2012, the Wellness Incentive components can be completed as soon as possible, said Laura

Schopp, director of Healthy for Life: T.E. Atkins University of Missouri Wellness Program.

The personal assessment questionnaire portion can be completed online, while the health screening is completed at a separate time and consists of general testing of cholesterol, blood sugar, blood pressure, height and weight. The personal assessment portion asks lifestyle questions, offers recommendations and

resources and calls attention to any health risks for the subscriber.

Schopp explained the incentive is voluntary and all information is confidential and not examined on an individual basis.

"This program will help us to uncover our population's health needs and to design programs to address those health needs effectively," Schopp said.

A subscriber is identified as the individual who signed up for

UM System health coverage. At this time, they are the only individuals eligible for the \$100 Wellness Incentive.

Subscribers can start their voluntary Wellness Incentive by heading to healthyforlife.umsystem.edu and creating a Cerner Health account. Cerner Health is a confidential personal health platform that allows users to maintain a personal health record. It is also where the personal health assessment must be completed.

There are two ways to complete the second component of the Wellness Incentive — the health screening. Free health screenings for individuals covered by the UM System health care plan will be conducted on campus at scheduled times before April 30, 2012, though faculty and staff are encouraged to complete screenings before the new medical plan year begins Jan. 1.

Many dates allow walk-ins, but an appointment is preferred and can be set up at healthyforlife.umsystem.edu. The screening can be completed at any campus-held health screening, but faculty and staff can also have the screening completed at their discretion by their own physician and have the results faxed to the UM System to complete the Wellness Incentive. The form for physician screening information can be found at wellness.umsystem.edu.

If one were to choose the latter, however, the screening must be completed between October 2011 to April 30, 2012. Any screenings completed before October are not valid.

"This is exciting because it really illustrates the university's commitment to preventive measures rather than simply waiting for people to get sick," Schopp said. "... A healthy, vital population helps us meet our mission, so we need to cultivate a work place that supports our employees' health."

Upcoming free health screenings on campus will be Oct. 25, Oct. 26, Nov. 8, Nov. 10 and Nov. 11. For times and locations, or to learn more about the 2012 Wellness Incentive, go to wellness.umsystem.edu.



# Breast cancer.

## Schedule your mammogram.

More than 60 percent of women survive breast cancer when it is detected and treated early. **Do your part.** To schedule a mammogram, please call (573) 882-8511.

Sign up at [www.ellisfischel.org](http://www.ellisfischel.org) for free cooking classes and spa events exclusively for breast cancer survivors!

 **Ellis Fischel Cancer Center**  
University of Missouri Health Care  
[www.ellisfischel.org](http://www.ellisfischel.org)



Have you or someone you love been affected by breast cancer? Tell us your story at [www.facebook.com/ellisfischel](http://www.facebook.com/ellisfischel).

## MizzouWeekly

Volume 33 No. 8

[mizzouweekly.missouri.edu](http://mizzouweekly.missouri.edu)

A publication for the faculty and staff of the University of Missouri, published by Publications and Alumni Communication, 407 Reynolds Alumni Center, 882-7357

Editor Greta Lieske

Advertising Elizabeth Solomon, Molly Leonard, Scott Reeter

Photographers Nicholas Benner, Rob Hill

Designer Allison Olsen

Writer Megan Cassidy



University Libraries  
University of Missouri

### Digitization Information Page

Local identifier                      MizzouWeekly(print)

### Source information

Format                                      Newspaper  
Content type                              Text with images  
Source ID                                  Duplicate copies University Archives weeded out  
Notes

### Capture information

Date captured                              July-December, 2022  
Scanner manufacturer                      Plustek OpticBook  
Scanner model                              A300 Plus  
Scanning system software                      Book Pavilion  
Optical resolution                              600 dpi  
Color settings                              8 bit grayscale for majority of pages;  
    24 bit color for color illustrations/portraits/photographs  
File types                                      tiff  
Notes

### Derivatives - Access copy

Compression                              Tiff: LZW compression  
Editing software                              Adobe Photoshop 2022  
Resolution                                      600 dpi  
Color    same as captured  
File types                                      pdf created from tiffs  
Notes    Images cropped, straightened, and brightened.