

# Mizzou Weekly

**Spring  
General  
Faculty  
Meeting**

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**April 12, 2012**  
University of Missouri  
[mizzouweekly.missouri.edu](http://mizzouweekly.missouri.edu)

## Counseling center offers staff, faculty training on mental health issues

**MENTAL HEALTH FIRST AID**

Nearly 200 MU employees trained since last summer

**M**any first responders at fires, accidents and in the aftermath of natural disasters are Red Cross volunteers. Typically they are trained in CPR, basic First Aid and how to communicate with people experiencing physical trauma.

But what about mental trauma? The Red Cross and many other health organizations don't train first responders on how to handle mental health crises, even though each year 25 percent of Americans experience psychological dysfunction. The MU Counseling Center in Parker Hall is helping change that through Mental Health First Aid, a 12-hour training program over two days offered at no cost to participants. The next session is May 24 and 25.

Participants are taught to spot and handle basic needs of people in mental distress. A responder remains on site with the person until the situation is resolved or a professional takes over. A quick and timely response to someone experiencing psychological

trauma can quicken recovery, said Christy Hutton, MU facilitator of Mental Health First Aid.

"The earlier people get help, the more likely they will return to a full life," she said.

Since last summer, nearly 200 Mizzou faculty and staff have completed the training. Feedback has been largely positive, and some participants have already used their training in real-life situations.

Robert Stagni is a Residential Life residence hall coordinator who took the class eight months ago. Last semester, Stagni helped a distressed student holed up in her room who had a history of cutting herself. "From the moment I entered the room," Stagni said, "I felt I had the tools to handle the situation."

**A Red Cross for mental health**

Mental Health First Aid was developed in 2001 in Australia by nurse Betty Kitchener and Anthony Jorm, a mental health researcher at the University of Melbourne. They envisioned a sort of Red Cross for mental health. Over the years, the program expanded in Australia and to other countries. In 2007 Betty

**SEE TRAINING on Page 2**



**HELPING OTHERS** Christy Hutton, MU facilitator of Mental Health First Aid, hopes the program can reduce stigma about mental health issues. The next campus two-day training session begins May 24. Registration deadline is May 17.

Rob Hill photo

## UM System budget proposes employee raises, increases to health benefits

**BALANCING SYSTEM BUDGET**

Funding for research from general revenue pool may be reduced

**A**n average 2 percent pay raise for qualifying Mizzou employees was proposed last week during the Board of Curators budget meeting at the Missouri University of Science & Technology in Rolla. Raises would be based on merit, promotions and tenure.

Any pay raises, however, may be offset by other costs. An increase of 1 percent to the employee retirement fund and 1 percent to health benefit premiums was discussed at the April 5-6 meeting, said Nikki Krawitz, the UM System's vice president for

finance and administration.

The system's fiscal 2013 budget is \$2.7 billion, an increase of about \$20 million from 2012. Of that, the proposed operating budget, which pays for salaries and other expenses, is approximately \$1 billion. State appropriations to the UM System total \$372 million, a decline of \$30 million from 2012's allocation.

Job losses, previously estimated to be 245 across the four campuses, were lowered at the meeting to around 200. Many job eliminations would be through not filling open positions, Krawitz said.

The projected UM System budget reduces general revenue funding for research by a still undetermined amount. Research funded through grants and donations will not

be affected, Krawitz said.

MU researchers interviewed were bothered by general revenue cuts for research. "Decisions that would jeopardize the research mission of MU are serious concerns," said Cheryl Heesch, a biomedical researcher and Faculty Council member.

"We are classified as a research institution and one of the stated goals is to increase the university's standing as a major research institution," Heesch said. "To maintain, and hopefully increase, our national reputation and to remain competitive for extramural funding of grants and contracts and licensing agreements, the message needs to be clear — the University of Missouri values and invests in research."

Other MU employees are concerned that salary

raises might be too low and offset by retirement fund and benefit premium increases.

"This salary raise pool will help, but only to the extent that the raise pool is greater than the raise pool at the other [Association of American Universities institutions]," said Joe Parcell, an associate professor of agricultural economics and vice chair of Faculty Council.

Even so, "the raise pool will help ease the salary compression issue," Parcell said. "This is where new employees are being paid as much as current employees because the going rate for new employees increases with competition."

Speaking for the Staff Advisory Council, vice chair Jen Rachow said of the salary and wage budget: "We appreciate the curators acknowledging

the importance of raises, and it would be nice to have an increase to offset any health insurance premium increase."

Besides those at Mizzou, employees at other UM System campuses would also receive qualified pay raises: 1 percent at UM-Kansas City and UM-St. Louis, and 1.5 percent at Missouri S & T.

Despite the UM System budget planning, leaders acknowledged that many cuts might not be necessary since the House restored the state's 7.8 percent reduction to higher education. The Senate is now debating the state budget. Until the state budget is finalized in June, curators will use the figures in Gov. Jay Nixon's fiscal 2013 agenda. They will meet again in June to finalize the system budget.

**“One Mizzou” strategic plan update**

A forum on campus progress will be held 2 to 3:30 p.m. April 19 in N201/ N202 Memorial Union.

All are welcome to attend. A question and answer session will follow talks by Mizzou leaders.

Event sponsors are Chancellor Brady Deaton, Provost Brian Foster, Faculty Council, Staff Advisory Council, Missouri Students Association, Graduate and Professional Council, and the Strategic Planning and

Resource Advisory Council.

Three strategic goals of the University of Missouri are to develop programs that help Missourians, the nation and the world; build on the Mizzou Advantage; and develop faculty, infrastructure and financial resources, according to the online “One Mizzou: 2020 Vision for Excellence” companion that can be viewed at [strategicplan.missouri.edu](http://strategicplan.missouri.edu).

**General Faculty Meeting**

The Spring General Faculty Meeting hosted by Chancellor Brady Deaton will take place 3:30 to 5 p.m. April 18 in the Student Center’s Chamber Auditorium.

Faculty and staff are invited to attend.

**5k run and dog walk**

Take part in the “Tim Heinsz 5k Run” and “Jim Devine Memorial Dog Walk.”

The event is at 9 a.m. April 21 and starts at the Carnahan Quadrangle. Registration cost is \$20, which includes food and drink on event day.

Register from 10 a.m. to 2 p.m. Friday at Speakers Circle, or at [law.missouri.edu/sba/th5k](http://law.missouri.edu/sba/th5k).

**Submit published papers for authors reception**

University Bookstore will recognize faculty writings published in trade and university publications in 2011.

If your work is chosen, it will appear at the May 15 campus authors reception during the annual Celebration of Teaching Excellence conference. For information on how to submit your work, call the bookstore at 882-7611.

**TRAINING from Page 1**

Sims, a former Missouri senator and today secretary of the Missouri Department of Higher Education, heard about Mental Health First Aid and helped bring it to America.

The program is administered by the National Council for Community Behavioral Health Care, the Maryland State Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

In the United States, about 45,000 people have completed training and about 1,000 have become certified instructors. There are eight U.S. training sites. The University of Missouri’s training is supported by Jim Spain, vice provost of undergraduate studies; George Justice, dean of the Graduate School; and Katherine Scroggs, vice chancellor for student affairs.

The Mizzou classes differ from those offered in other parts of the

country in that, rather than have a class of 20 participants, MU registers up to 80. Larger classes are economical, Hutton said, and feedback from participants indicates that large classes don’t negatively impact learning.

That may be because of the class’s structure. Though there is formal instruction about spotting psychological distress, much of the class is spent in small groups engaging in activities, discussions and some role-playing of the interaction between a first responder and someone in crisis.

So far, community members have received the most training, and the program is expanding into companies, nonprofit organizations, grade schools, health care centers, law enforcement, and more colleges and universities, Hutton said.

**First Aid in action**

Jess Soete, an academic adviser at the School of Nursing, said

**First Aid Strategies**

Action plan for helping someone in crisis:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance

and information

- Encourage appropriate professional help
- Encourage self-help and other support strategies

Source: *Mental Health First Aid*

students often open up to her about their stress and depression. After taking Mental Health First Aid last January, Soete said she’s better prepared to respond to their needs.

Shortly after completing the course, Soete was advising a nursing student who was anxious, depressed and considering dropping out of nursing school. Soete calmed the student by being friendly and nonjudgmental. She walked the student to the MU Counseling Center, which helps troubled students and consults with faculty and staff about students.

Last month the teenager, now receiving regular counseling, thanked Soete for taking the time to help her, Soete said.

When Stagni, the Residential Hall coordinator, helped the distraught teenager in her room, he relied on his First Aid training that taught him how to ask questions when someone is experiencing dark

moods. Stagni learned that the student was depressed about her grades, personal life and family. She confided her history of cutting herself.

Stagni helped put her concerns in perspective. He removed all sharp objects from her room. He was glad she was flying home to visit her family the next day, since the change of environment would likely better her mood.

“I felt very comfortable and calm asking her questions,” Stagni said. “My calmness helped put her at ease.”

Stagni learned later that, after returning from home, the student was cheerful and talkative. She seemed to be her old self.

There are many cases like Stagni’s in which first responders have diffused an escalating situation, Hutton said.

But Hutton also hopes that more people entangled in the web of psychological malaise

will feel comfortable asking for help. Typically what stops them is the stigma surrounding mental health, she said.

“Stigma comes a lot from fear and lack of information,” Hutton said. “But everybody gets anxious and depressed. We just do it to different degrees and in different ways.

“If people weren’t afraid to acknowledge their distress,” she continued, “they would get the help they need more quickly and the problem would have less impact on their life.”

**Other MU mental health programs**

• **MU Counseling Center:** helps psychologically troubled students and consults with faculty and staff about students. The center oversees Mental Health First Aid. Visit [counseling.missouri.edu](http://counseling.missouri.edu).

• **Employee Assistance Program:** a confidential service provided to all employees, their families and organizational work units regarding personal concerns, anxiety and stress. Visit [counseling.missouri.edu](http://counseling.missouri.edu) and click on the tab Employee Assistance Program.

**Mental Health First Aid training**

**When:** 8 a.m.–5 p.m. May 24, and 8 a.m.–12 p.m. May 25

**Where:** The Reynolds Alumni Center Ballroom

**Registration:** No charge for the training, but the registration deadline is May 17.

For more information, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org) or email [huttoncc@missouri.edu](mailto:huttoncc@missouri.edu).

**Attention Staff**

**2012 SRW Arts & Crafts Showcase**

Tuesday, May 15 –Thursday, May 17  
Show off your talent, reserve a booth or space contacting Rebecca Bergfield, [bergfieldr@missouri.edu](mailto:bergfieldr@missouri.edu)

**Staff you are invited to the First Annual**

Campus-wide forum on progress toward the campus’s strategic plan. April 19th 2:00 PM–3:30 PM  
Mark Twain Ballroom N201/202 Memorial Union  
[staffcouncil.missouri.edu](http://staffcouncil.missouri.edu)



MU Staff Advisory Council  
“Working For You”

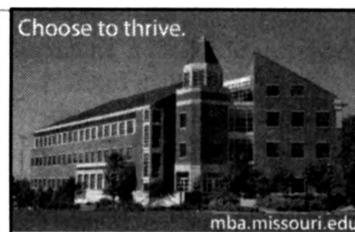
Save This Date  
May 14-18  
Staff Recognition Week  
“Representing Staff Matters”

**Congratulations**

March  
Service Champion Winner  
**Ashley Siebenaler**  
MU Graduate School

February  
Service Champion Winner  
**Matthew Ross**

Matt was an administrative employee. He will be 25 years in the Office of Administrative Resources (OAR) on March 16, 2012. Matt passed away on March 16, 2012. He will be missed by all who have known him.



**Considering an MBA?**

Join MU Crosby MBA students and representatives to learn more about the MBA program, including a part-time day option for MU employees.

**Info Session**

3:30 p.m. Tuesday, April 17  
105 Cornell Hall

RSVP at [facebook.com/crosbymba](http://facebook.com/crosbymba)



**MizzouWeekly**

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# Deaton hosts follow-up to food forum at Mizzou

## FEEDING THE WORLD

Deaton asks scientists to get involved in solving world hunger

Chancellor Brady J. Deaton and Bill Davies, a sustainable agriculture expert, talked basic necessities — food and water — in an April 4 hunger forum in the Bond Life Sciences Center's Monsanto Auditorium.

The purpose was to draw attention to water as it relates to food shortage.

Food experts say all aspects of government are needed to address food security and hunger. Deaton called for scientists to get involved, as well.

Deaton was appointed in 2011 by President Barack Obama to lead the Board for International Food and Agricultural Development; and Davies is the director of the Centre for Sustainable Agriculture at Lancaster Environment Centre, one of the top environmental centers in the world.

Davies said that the people who need more food live in areas where water is scarce. "We need a revolution," he said. "We need to produce more, but we need to produce more with less."

The forum was a follow-up to the inaugural Christopher "Kit" Bond Distinguished Lecture March 14. In that lecture, international

agriculture experts and scientists proposed sustainable approaches to increasing food production and preventing rising food costs that in the past have led to social unrest in more than 30 countries. Deaton joined speakers Dino Patti Djalal, Indonesia's ambassador to the United States, and Roger Beachy, president emeritus of the Donald Danforth Plant Science Center.

In the April 4 forum, the chancellor revisited discussion about the necessity of applicable scientific research to feed the 1 billion malnourished around the world.

He said Norman Borlaug, an agronomist and Nobel Peace Prize winner, was credited with saving hundreds of millions of lives in a massive green revolution that nearly doubled wheat production in Pakistan and India.

"Most people are now calling for another green revolution," Deaton said. "With all the genomics work that is underway and the very important scientific work across the life sciences spectrum, we have the potential of changing the nature of human health in the world today."

Using science to solve the communal and international problem of hunger is part of MU's mission as a land-grant university, Deaton said, highlighting this year's 150th anniversary of the Morrill Act that established

land-grant colleges in 1862.

The sciences of nutrition, medicine, health and food production and their application to farming practices would have to be a part of feeding the malnourished.

Deaton said the notion that simple applied science to effect change in Third World countries is dumb-downed science is inaccurate and damaging to progress, as is the belief that agriculture is not important.

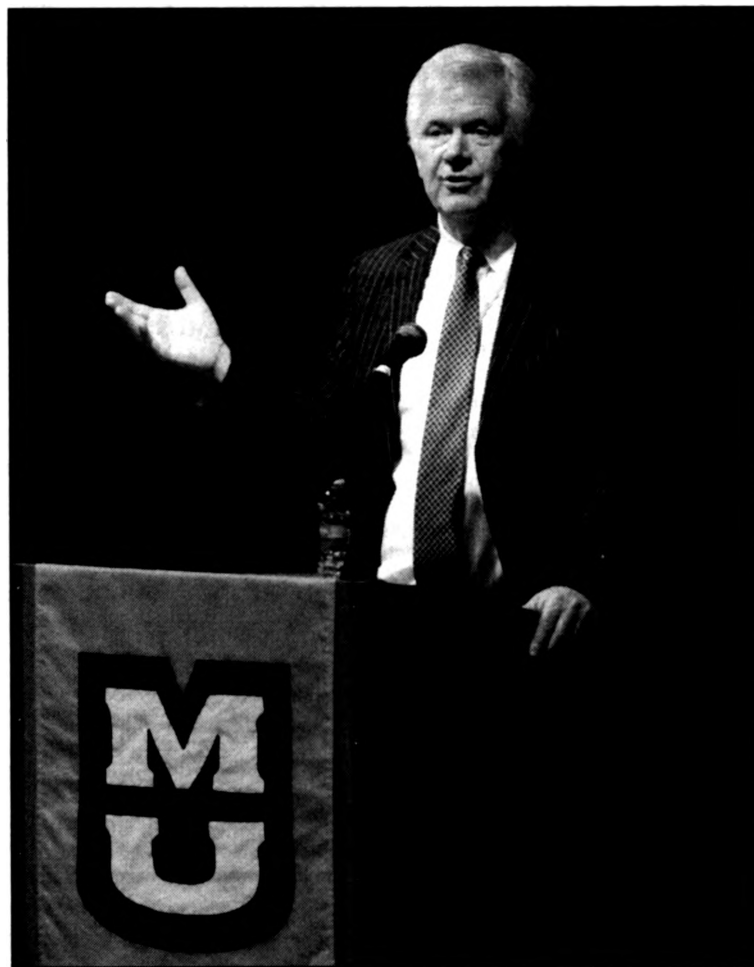
"I have underestimated in my career how ignorant well-intended people can be," Deaton said.

Feeding a global population expected to grow to 9 billion by 2050 would require not only more food, but also understanding distribution, nutritional value, the cultural issues surrounding food, and the effects of food production on the economy and environment, Davies said.

Davies discussed crop science and manipulating root and soil biology in dry conditions to produce more crops. He said change will come from wasting less and making use of the opportunities climate change offers.

"The time is now," he said. "In my view, this is the opportunity."

— Lauren Foreman



Mary Fama photo  
**WORLD HUNGER** Chancellor Brady Deaton and Bill Davies (shown in picture), a sustainable agriculture expert, took part in a lecture on feeding the world held in the Bond Life Sciences Center's Monsanto Auditorium. The event was a follow-up to the Christopher "Kit" Bond Distinguished Lecture March 14.

## Slimdown competition challenges Columbia to shed the weight

### TIGER INSTITUTE

Challenge weighs the benefits of maintaining a healthy body weight

Missouri is "waisting" away. State stomachs have bulged to an unprecedented level in the past decade; 31.4 percent of Missourians and 27.4 percent of Boone County citizens are obese, according to the Centers for Disease Control and Prevention.

The Tiger Institute for Health Innovation wants to help Missourians slim down by overseeing the first Columbia Slimdown Challenge, a weight-loss program modeled on a health challenge created by Cerner Corp.

Similar to the NBC reality show *The Biggest Loser*, the competition challenges four- to six-person teams to lose the greatest percentage of weight over a 12-week period beginning May 1.

"We encourage anyone to join, even if you don't think you have weight to lose," said Rachel Lassiter, marketing coordinator of Tiger Institute. "I personally joined a team to get myself in the habit of going to the gym on a regular basis."

Participants keep track of their weight at eight scales located in public places around Columbia. MU football coach Gary Pinkel, basketball coach Frank Haith and athletic director Mike Alden will help kick off the entry weigh-ins at 7:30 a.m. April 23 at the Hy-Vee South, 405 E. Nifong Blvd., weigh-in kiosk.

Participants have an opportunity to win \$50,000 in prizes, including a boot camp training course at Wilson's Fitness Center, restaurant gift cards, a Kindle Fire and a FitBit device that records steps taken, distance walked, calories burned and sleeping patterns.

The team and three individuals who lose the greatest overall percentage of weight will receive the grand prize: tickets to MU's first game as an SEC team against the Georgia Bulldogs.

Lassiter said the competition could lead to more partnerships in local community health outreach.

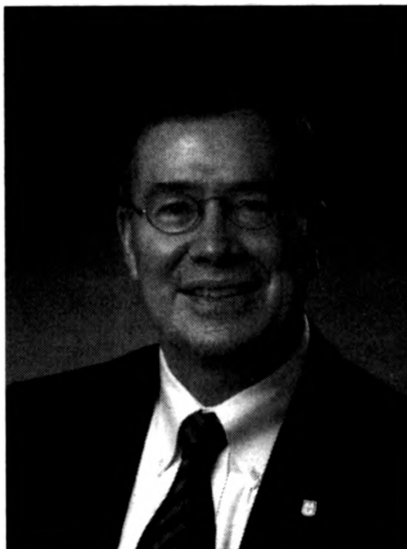
"It's about what we can do together to offer health programs to the community at large," Lassiter said.

Registration begins April 16. For more information, visit [columbiaslimdownchallenge.com](http://columbiaslimdownchallenge.com).

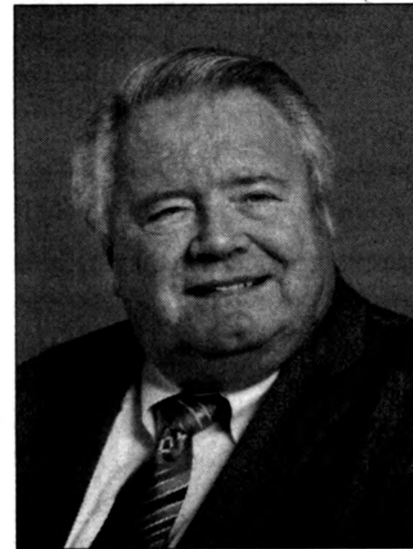
— Trevor Eischen

# Spring General Faculty Meeting

April 18, 2012, 3:30 to 5 p.m.  
Chamber Auditorium  
MU Student Center



Chancellor  
Brady J. Deaton



Faculty Council Chair  
Harry Tyrer

University of Missouri



# calendar



## Concerts & Plays

### Today, April 12

#### SCHOOL OF MUSIC:

"Convocation: A Conversation with Peter Phillips" at 3 p.m. in Whitmore Recital Hall.

#### MU SCHOOL OF MUSIC:

Jazz Combos at 8 p.m. at The Bridge, 1020 E. Walnut St.

### Friday, April 13

#### SCHOOL OF MUSIC: Student recital:

Nimali Siriwardana and Xinqi Zhao, pianos, at 7 p.m.

**Graduate recital:** Hyungyi Yoon, piano, at 8:30 p.m.

Both performances are in Whitmore Recital Hall.

### Saturday, April 14

#### SCHOOL OF MUSIC:

**Student recital:** Jamey Kelly, composition, at 2 p.m. Ryan Cooper, baritone, and Grace Lyden, piano, at 3:30 p.m. **Senior recital:** Alison Tatum, violin, and Natalia Bolshakova, piano, at 8:30 p.m. All performances are in Whitmore Recital Hall.

#### SCHOOL OF MUSIC: University Singers perform at 7 p.m.

at First Baptist Church of Columbia, 1112 E. Broadway.

### Sunday, April 15

#### SCHOOL OF MUSIC: Student ensemble:

Tuba Euphonium Ensemble, at noon. **Student recital:** Cindy Graeler, piano, at 2 p.m.

**Graduate recital:** David Snow, violin, and Natalia Bolshakova, piano, at 3:30 p.m.

**Guest artist and faculty recital:** David Spencer, Iskander Akhmadullin, trumpets, and Natalia Bolshakova, piano, at 5 p.m.

**Student composers concert** at 8 p.m. All performances are in Whitmore Recital Hall.

### Monday, April 16

#### NEW MUSIC INITIATIVE:

MU New Music Ensemble will perform at 8 p.m. in Whitmore Recital Hall.

### Tuesday, April 17

#### SCHOOL OF MUSIC: Graduate recital:

Ronaldo Sarmanho, violin, and Renata Tavernard, piano, at 7 p.m.

**Student recital:** Andrew Israel, viola, at 8:30 p.m. Both performances are in Whitmore Recital Hall.

### Wednesday, April 18

#### SCHOOL OF MUSIC:

**Graduate recital:** Le Kang, piano, at 8:30 p.m. in Whitmore Recital Hall.

### Thursday, April 19

#### UNIVERSITY THEATRE

**SERIES: Hamlet**, Shakespeare's famous play with an adapted script for contemporary audiences, at 7:30 p.m. today through April 21 in the Rhynsburger Theatre. For ticket information call 882-7529.

## Courses & Workshops

### Today, April 12

#### COMPUTER TRAINING:

- "Dreamweaver CS5 3: Tables, Templates & Movies" will be offered at 8:30 a.m. in N3 Memorial Union.
  - "Excel 2010: Formatting & Printing" at 8:30 a.m. in 4D11 East Ellis Library.
  - "Access 2010: Forms & Reporting" at 1 p.m. in 4D11 East Ellis Library.
- To register, call 882-5000.

### Monday, April 16

#### COMPUTER TRAINING:

- "Word 2010: Formatting Thesis & Dissertation" at 1 p.m.

in N3 Memorial Union. To register, call 882-5000.

### Tuesday, April 17

#### COMPUTER TRAINING:

- "PHP Functions" will be offered at 8:30 a.m. in N3 Memorial Union.
  - "Webinar: RightFax FaxUtil" at noon at <http://doit.missouri.edu/training/webinar.html>.
  - "Dreamweaver CS5 1: Getting Started, Images & Links" at 1 p.m. in N3 Memorial Union.
  - "PowerPoint: Presentations that Wow" at 1 p.m. in 4D11 East Ellis Library.
- To register, call 882-5000.

### Wednesday, April 18

#### COMPUTER TRAINING:

- "Introduction to HTML5 & CSS" at 8:30 a.m. in N3 Memorial Union.
  - "Photoshop CS5: Advanced Projects" at 8:30 a.m. in 4D11 East Ellis Library.
  - "InDesign CS5 4: Modifying & Finalizing Documents" at 1 p.m. in N3 Memorial Union.
- To register, call 882-5000.

### Thursday, April 19

#### COMPUTER TRAINING:

- "Dreamweaver CS5 4: CSS Projects & Publishing" at 8:30 a.m. in N3 Memorial Union.
  - "HTML5 & CSS: Tables, Layout & Typography" at 8:30 a.m. in 4D11 East Ellis Library.
  - "Photoshop CS5 CS5: Selections & Layers" at 1 p.m. in N3 Memorial Union.
  - "Web Design" at 1 p.m. in 4D11 East Ellis Library.
- To register, call 882-5000.

## Exhibits

#### BINGHAM GALLERY:

"MFA Thesis Exhibitions" will be on display through April 26. The gallery, located in the Fine Arts Building, is open 8 a.m.-5 p.m. weekdays.

#### MUSEUM OF ANTHROPOLOGY:

"Walk the World: Shoes from Six Continents," an exhibit focusing

on traditional footwear, will be on display through Aug. 1.

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

#### MUSEUM OF ART AND ARCHAEOLOGY:

- "Collecting for a New Century: Recent Acquisitions" showcases the wide diversity and quality of museum acquisitions and will be on display through May 13.
- "Ritualizing Place: Suibhne Gealt," an installation and exhibition of drawings by artist Caoimhghin Ó Fraithile, will be on display through May 13.
- "Black Women in Art and the Stories They Tell," symbolized artwork that portrays stories of black women, will be on display through April 29.

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

#### STATE HISTORICAL SOCIETY:

- "Fred Geary: Missouri Master of the Woodcut" includes over 50 masterpieces of exceptional work in nationwide woodcutting and will be on display through April.
- "1942: Thomas Hart Benton's Year of Peril," an exhibition in commemoration of the artist's Year in Peril series created at the outset of the U.S. involvement in World War II. The exhibition will be on display Tuesday-Saturday through Aug. 15. Gallery hours are 8 a.m. to 4:45 p.m. Monday-Friday, and 8 a.m. to 3:30 p.m. Saturday.

## Lectures & Seminars

### Saturday, April 14

#### SATURDAY MORNING SCIENCE:

Scott Frey, MU Miller Family Chair in cognitive neuroscience, will present "How the Human Hand Shapes the Brain" at 10:30 a.m. in Monsanto Auditorium.

### Tuesday, April 17

**CROSBY MBA PROGRAM:** Talk with current MBA students and Crosby MBA representatives to learn how getting an MBA can enhance your career at 3:30 p.m. in 105 Cornell Hall.

### Wednesday, April 18

#### COMPLIANCE AND QUALITY SEMINAR:

Cyndie Parks, MU director of records management, will present "Records Management: What are My Responsibilities?" at 1 p.m. in Acuff Auditorium.

### Thursday, April 19

#### DISTINGUISHED LECTURE SERIES IN PSYCHOLOGY:

Ken Sher, MU professor of psychological sciences, presents "Is There an Addictive Personality?" at 3:30 p.m. in Jesse Auditorium.

## Films

### Thursday, April 19

#### MUSEUM OF ART AND ARCHAEOLOGY:

*King of Hearts* (1967), directed by Philippe de Broca and starring Alan Bates and Genevieve Bujold, will be presented in 106 Pickard Hall at 7 p.m. This event is free and open to the public.

## Special Events

### Friday, April 13

#### MU REMEMBERS CEREMONY:

Please join the campus community to remember the lives and dreams of students who have departed from us. The memorial ceremony will begin at 2 p.m. in Memorial Union's Stotler Lounge.

### Monday, April 16

#### COLUMBIA SLIMDOWN CHALLENGE:

This event is a 12-week weight-loss competition. Join the challenge by forming a team of four to six people. Together you will compete against other teams to lose the highest percentage of weight. Registration begins today at [ColumbiaSlimdownChallenge.com](http://ColumbiaSlimdownChallenge.com), and the official weigh-in week begins April 23. Visit the challenge website for weigh-in locations and instructions.

### Thursday, April 19

#### LEARNING COMMUNITY PARTNERS RECEPTION:

The event is for university faculty and staff who partner with *Residential Life* to enhance the experience of residents, and those who are interested in being part of MU learning communities. It will be held at 2 p.m. in Memorial Union's Stotler Lounge.

Email upcoming events to [mizzouweeklycalendar@missouri.edu](mailto:mizzouweeklycalendar@missouri.edu)

# Join Us for Sustainability Week!

Tigers is proud to partner with Sustain Mizzou for "Sustainability Week" - April 23-27

We're sponsoring a concert at The Bridge on Tuesday, April 24 at 7 p.m. The \$5 donation at the door will benefit the Sustain Mizzou Food Drive.

Look for our booth in the MU Student Center that week too. We'll have product information, account opening materials and more prizes and giveaways!



N17 Memorial Student Union, Lower Level  
Columbia, MO 65211 • [tigerscu.org](http://tigerscu.org)  
573.443.8462 or 888.673.2844

Federally insured by NCUA. Additional coverage up to \$250,000 provided by Excess Share Insurance Corporation, a licensed insurance company.

# classifieds

## INCOME TAX PREPARATION

Retired CPA with large University of Missouri clientele will assist you with your income taxes. Evening appointments also available. Call 573-442-7856.

## BEDROOM FURNITURE FOR SALE

All cherry wood, classic Queen Anne design, like new. Double-size 4-poster bed, armoire, double dresser with mirror, two night stands. \$500-You

haul. Call Eve (573)864-5698 or Cliff (573)864-5699

For a limited time, classified ads are FREE for MU faculty, staff and retirees, and \$9 for the general public, for up to a 30-word line ad.

• Home phone number or e-mail address required.

\* Deadline: Noon Thursdays.

\* No refund for cancelled ads.

To submit an ad, call 884-1278 or email [mizzouweekly@missouri.edu](mailto:mizzouweekly@missouri.edu)

# Extension program connects disabled farmers with service dogs

## A FARMER'S BEST FRIEND

Missouri AgrAbility helps hundreds of farmers each year

Four years ago, Bruce Trammell was knocked cold when a track hoe bucket swung against his head while he worked on a railroad switch as a subcontractor for Union Pacific.

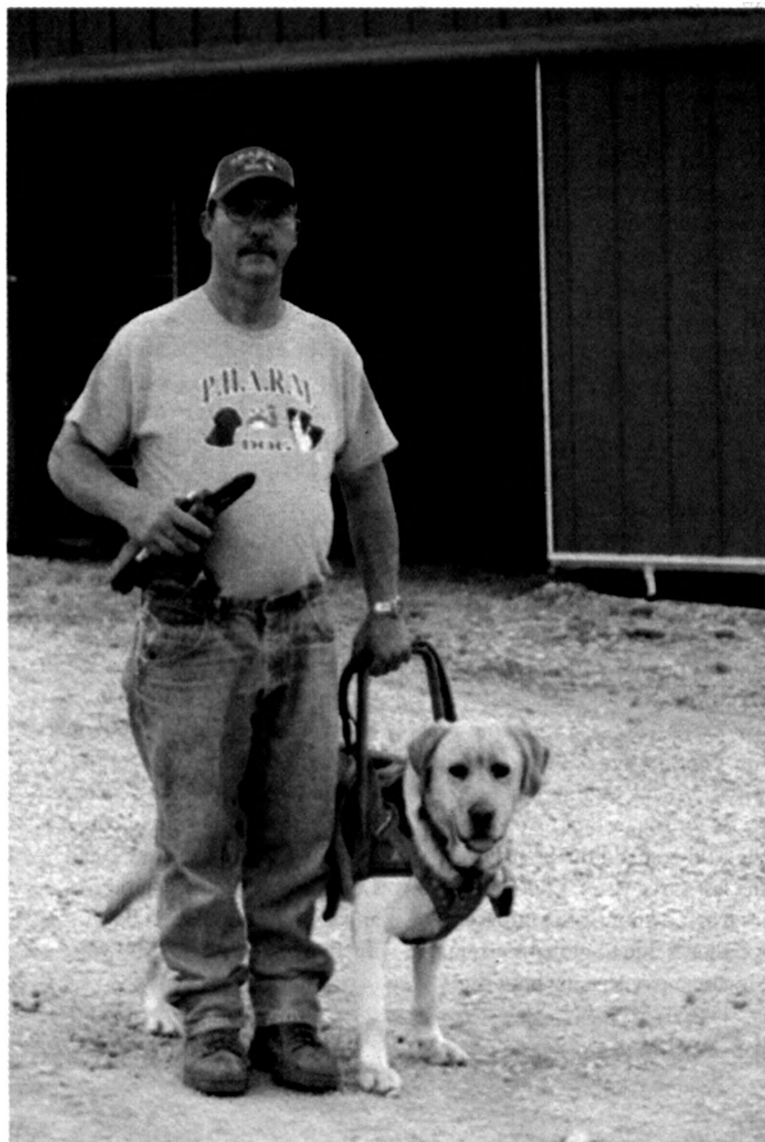
The crushing impact has caused him chronic medical problems that include vertigo, migraines, slurred speech and memory loss. For months after the accident, Trammell was too depressed to leave his 46-acre farm in Kingston, Mo., for anything other than hospital visits. His ailments worsened.

Then he met Odie. "It's like a dream come true," Trammell, 53, said. "Not only is he going to be my buddy, but he's going to be my right hand and stabilize me [from falling] so I can do the things I need to do."

Trammell and Odie, an 18-month-old yellow Labrador, were united on March 12 through Pets Helping Agriculture in Rural Missouri (PHARM), a special program within the University of Missouri's AgrAbility project.

Started in 1994, Missouri AgrAbility helps physically disabled farmers in the state perform daily duties. "Agriculture is dangerous work," project director Karen Funkenbusch said. "Farmers can become temporarily disabled or have chronic health conditions."

MU Extension faculty and staff lend their expertise by providing onsite training and aid. Each year they perform about 50 extensive field assessments on disabled or sick farmers and work less formally with hundreds more. Onsite help might be as simple as welding a handrail to a tractor, or as challenging as coordinating daily nursing care through an independent living provider.



**BEST FRIENDS** The service dog, Odie, has enabled Bruce Trammell, who suffers from vertigo among other health problems, to work on his 46-acre northwestern Missouri farm.

### Odie steadies master

AgrAbility is administered by the U. S. Department of Agriculture as both a national and state project. Funded by a federal grant, Missouri AgrAbility is overseen by MU Extension and the biological sciences department. It partners statewide with various independent living centers.

For PHARM, AgrAbility partnered with Midland Empire Resources for Independent Living in St. Joseph, Mo. PHARM builds on the

AgrAbility model by using canines — rather than people, gadgets and medical aid — to help farmers. The program has two components: training herding dogs to round

up cattle and sheep, of which a handful have been placed; and training service dogs, of which Odie is the inaugural graduate.

As a puppy, Odie was rescued from a shelter and trained as a service dog, which includes barking to alert others if a patient falls. Odie also fetches objects beamed with a green laser. The Labrador helps Trammell by fetching tools and household items.

But something else is of greater utility.

Because of his injury, Trammell has severe balance problems. He's cut and bruised his arms in falls and sustained concussions from falling backward. A wheelchair became his principal transportation.

He's walking again thanks to Odie.

Odie is fitted with a leather harness and extended handle (like those on guide dogs) that Trammell grasps to steady himself. Trammell is venturing outdoors to make building repairs and tend vegetables in his high tunnel.

"When he was placed with Odie, you could see his posture change," said Jackie Allenbrand, the MU Extension outreach specialist who founded PHARM in 2005.

"He was standing more upright with more confidence."

### Riding the fields together

Because the USDA grant doesn't pay for dog training, which can run \$5,000, PHARM is continually strapped for cash. To pay the bills, it holds fundraisers and accepts donations.

Living on worker's compensation and his wife's wages, Trammell can't afford to donate to PHARM, but he's giving back by volunteering at program fundraisers.

"I would not have this dog if Jackie didn't design the program," Trammell said.

Man and dog continue to develop a special bond. Trammell wants to modify his tractor cab so he and Odie can ride together on the farm fields.

"I'm glad that I got him," Trammell said. "I just feel very, very blessed."

### PHARM Dogs for Missouri Farmers

PHARM currently has a waiting list for herding and service dogs.

The herding dogs are border collies who at 12 months old are trained for eight to 10 months.

The service dogs are Labradors or Lab mixes who begin training at eight weeks old for 18 to 24 months.

For Missouri farmers with questions about the PHARM dog program, email Jackie Allenbrand at [allenbrandj@missouri.edu](mailto:allenbrandj@missouri.edu).

**FREE FAMILY EVENT!**

## Adventures in Education

Hands-on learning for grades K-5.

Activities involve:  
computers, animals,  
chemistry, bugs,  
plants and more!

**Saturday, April 21**

**10 a.m.- 2 p.m.**

**Jesse Hall**

<http://gradschool.missouri.edu/adventures>



# MIZZOU

# GOLF CAMPS

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Open to players ages 11-18 at any skill level.

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The Mizzou Golf Camp is a fun way to learn the game. Every player will receive individual and group instruction from the Mizzou and Columbia College coaching staff. Our philosophy emphasizes teaching the fundamentals and mechanics of the game of golf.

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# Above-average temperatures, thunderstorms for mid-Missouri this summer, MU weather expert predicts

## TALK ABOUT THE WEATHER

Twister not likely to hit Columbia area this year

**T**ornadoes swept across north Texas this month, causing massive damage. In late February and early March, twisters ravaged the Midwest and the South, with southern Missouri taking a wallop in the Branson area.

Tornado season lasts into June in Missouri. Could Columbia be in one's path? And what will summer weather be like in mid-Missouri?

For nearly a year, the Midwest has experienced drought and warmer than normal conditions. This spring in mid-Missouri, residents can expect wetter than average months, said Pat Guinan, state climatologist with the MU Extension Commercial Agriculture Program. The soil will need the rain because above average winter temperatures and strong winds have dried out the land, he said.

"There's been a few days when we had a lot of sunshine,

high temperatures, low humidity and winds blowing 30 to 40 miles per hour," Guinan said. "That led to significant moisture loss in the soil."

This summer's weather depends upon the La Niña climate pattern, said Anthony Lupo, MU professor and chair of the atmospheric science department in the School of Natural Resources.

La Niña could "lead to a drought and above-average heat throughout the Midwest from Texas to Iowa, where farmers with parched fields can least afford dry conditions," he said.

In mid-Missouri, he expects a hot summer, but there is a bright spot. "It could be less humid in terms of atmospheric moisture," he said. Southwest Missouri will experience the driest and hottest conditions.

If summer begins dry, it'll make the rest of the season especially hot, Lupo said. The sun's rays, rather than drying out wet soil, radiate off the dry earth to increase heat.

Lupo expects plenty of thunderstorms in the Midwest during the year. Northeast Missouri may have more thunderstorms than the rest of the state, he said.

"Even though we'll receive rain, heavy downpours are not as valuable as rain showers," Lupo said.

"The soil cannot absorb all of the water, and much of it runs off. We need prolonged periods of light rain to moisten the subsoil where most crops' roots go for water."

The warm Midwest conditions could lead to a "heat dome" affecting the rest of the country, as happened in 2011. This causes cooler temperatures in America's northwest and northeast. In America's southeast, Lupo predicts warmer than normal temperatures with normal precipitation.

As for the rash of tornadoes in the Midwest and the South over the last three years, Lupo said it's hard to know if the intense weather is due to global warming. He was more certain about the

possibility of Columbia being hit during tornado season. It's not likely this year, Lupo said.

"They tend to hit to the east [Illinois, Indiana and Kentucky] because there is more moisture there," he said.

The Columbia area is coming off one of its warmest winters since the early 1990s, with temperatures since December running 4 degrees to 6 degrees higher than normal, Guinan said. "This winter will rank easily in the top five mildest winters for the state of Missouri," he said.

Can Missourians expect a mild 2012-13 winter?

That's difficult to answer, Lupo said. Just because this winter was mild doesn't mean next winter will be. In late January and early February of 2011, after all, Columbia had a severe thunderstorm, shutting down MU for a few days. Since 2000, Lupo said, winter temperatures and snow accumulation have fluctuated a lot in the Midwest.

## Selling Something?

Classified ads are free for university employees for two weeks and only \$9 for the public.

For more information, call 884-1278 or email

mizzouweekly@missouri.edu



Healthy for Life: T.E. Atkins UM Wellness Program



## Earn your Wellness Incentive!

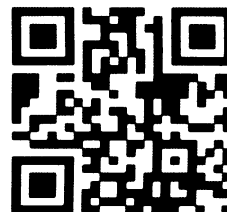
Time is running out for Faculty & Staff to earn a **\$100 Wellness Incentive** in a tax-favored account to use for medical expenses in 2012 by completing the **personal health assessment and health screenings**.

Already had your annual physical since July 2011?

Great, fill out the **Doctor Screening web form** at [www.wellness.umsystem.edu](http://www.wellness.umsystem.edu) and send it to the number listed on the form.

Remember, it must be completed in its entirety to get credit!

Create your Cerner account and schedule your screening appointment today by going to [www.healthyforlife.umsystem.edu](http://www.healthyforlife.umsystem.edu)



# Campus Dining Services draws students to themed dining facility events

## DINNER AND A SHOW

Staff's flash mob rocks Plaza 900

**D**inner in a student-dining facility can be routine. You swipe in. You stand in line. You sit down and eat.

But the routine changed recently at Plaza 900 dining facility.

Hundreds of students turned out on April 6 for Plaza 900's "fan favorite" menu and the chance to win an Xbox 360. Then the unexpected happened.

Popular dance music suddenly blasted through the sound system and about 15 Campus Dining Services (CDS) staffers left their serving stations to shake their bodies in a choreographed dance. Truman the Tiger and a few Golden Girls appeared out of nowhere to join in.

A flash mob had broken out at Plaza 900.

The event, called the Bengal Rock Party, was part of Campus Dining Services' themed nights. The concept was developed several years ago to generate interest in the dining facility experience. Each facility is in charge of coming up with the themes, a special menu



Rachel Coward photo

**FLASH MOB** Plaza 900 staff member Megan Thomas, center, dances during the Bengal Rock Party. The event was part of Campus Dining Services' themed nights.

and activities or entertainment.

For the Bengal Rock Party, Plaza 900 chef Brian Lambiotte wanted to give customers the feeling of a concert.

"That's where the 'fan favorite'

items came from," Lambiotte said. "We gave them what they wanted — the best of everything." As for the concert, Plaza 900 servers spent time practicing and making floor space for the Bengal

Rock Party's flash mob dance.

"We give a lot of license to each facility to come up with something truly unique," said Eric Cartwright, Campus Dining Services executive chef. "We always

do the expected holiday meals, but this gives us an opportunity to add even more variety for the customers. It gets people excited."

During the themed events, CDS staff capture the reactions of customers on video to upload to social media sites.

"We'd like to get the word out on these experiences to as many people as we can," said Michael Wuest, marketing manager. "If people see it online, they'll be on the lookout for it the next time they are dining with us."

The events draw diners. In March, Rollins dining facility held an Ozark themed night, complete with a barbecue and servers dressed in flannel. Rollins served 20 percent more customers during the event as compared to a normal night, Cartwright said.

CDS staffers are having a blast with the themed dinners. But what about the students?

"Totally unexpected," "definitely something different," "fresh," "looks like I'm getting seconds" were some of the student comments overheard at the Bengal Rock Party.

— David Earl

# Be a Superhero to Kids with Cancer

## St. Baldrick's Head-Shaving Event

5 p.m. Saturday, April 14  
Boone Tavern • 811 E. Walnut St. • Columbia, MO

Thomas Loew, MD, is director of the division of hematology and oncology at MU's School of Medicine and Children's Hospital. He's pledged to be a superhero by shaving his head and mustache to support childhood cancer research.

### What can you do?

Join Dr. Loew, medical students at the University of Missouri, families touched by childhood cancer and others to support the St. Baldrick's Foundation and lifesaving childhood cancer research.



Get involved:

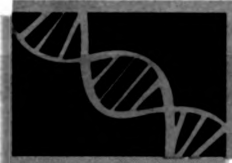
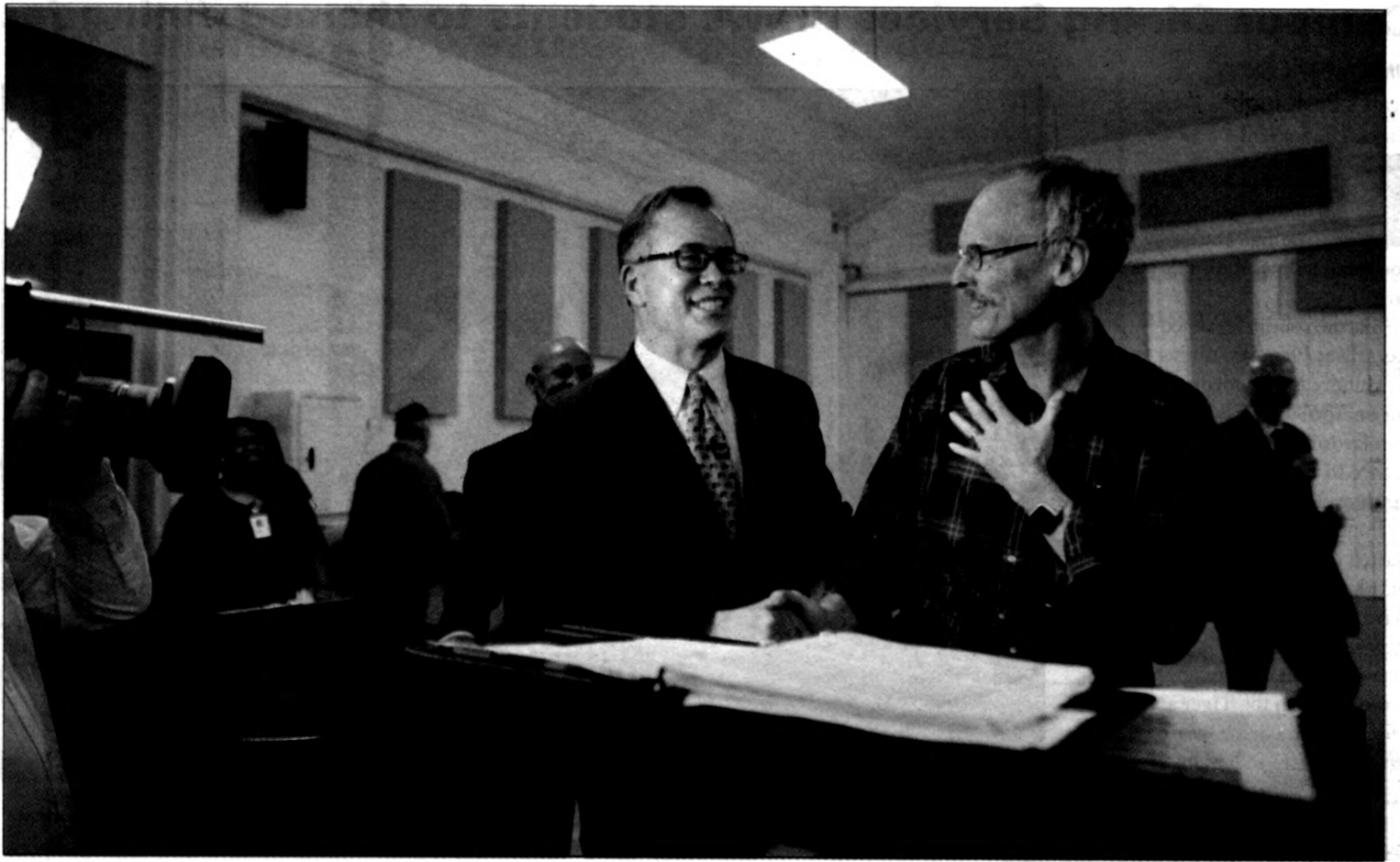
[StBaldricks.Org/Events/Mizzou](http://StBaldricks.Org/Events/Mizzou)



**KEMPER AWARDS**

Chancellor Brady Deaton and other MU leaders surprised Paul Crabb, professor and director of choral activities, Monday, April 9, with his being chosen for a 2012 William T. Kemper Fellowship for Teaching Excellence award. Crabb, who was teaching a choral class at McKee Gymnasium when notified, has been with the MU School of Music in the College of Arts and Science since 2003. *Mizzou Weekly* will run profiles of all five Kemper winners in an upcoming issue.

Rob Hill photo



**Missouri Life Sciences Week at Mizzou!**

**April 16 - 21, 2012**

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

EVENTS take place at the MU Bond Life Sciences Center and are FREE & OPEN to the public.

**Monday, April 16**

**BUCK'S ICE CREAM DAY!** Free Tiger Stripe and chocolate from 8 a.m. - 3 p.m. in McQuinn Atrium, or until we run out, so don't wait!

**8:00 am - 3:00 pm, Monsanto Auditorium**  
*Exploring Life Sciences at MU - A* conference for mid-Missouri high school students and their teachers.

**10:00 am - 3:00 pm, McQuinn Atrium**  
POSTER SESSION with nearly 150 research posters! (Section 1)

**10:00 am - 3:00 pm, McQuinn Atrium**  
EXHIBITS - MU Core Facilities, research centers and other programs

**11:30 am - 1:30 pm, McQuinn Atrium**  
FREE LUNCH! (until 1:30 or until the food is gone!) All are welcome!

**Tuesday, April 17**

**4:30 - 6:00 pm, McQuinn Atrium**  
SPARC (Scientific Partnership and Resource Connection)  
**Networking Reception** - A "town and gown" event bringing science and business together to facilitate technology transfer and economic development! Featuring tables/displays showing MU, mid-Missouri, and state economic development efforts in the sciences and examples of new business start-ups resulting from MU research!



**Wednesday, April 18**

**10:00 am - 3:00 pm, McQuinn Atrium**  
POSTER SESSION 150 posters - different from those presented Monday! (Section 2)

**10:00 am - 3:00 pm, McQuinn Atrium**  
VENDOR SHOW - scientific supplies and equipment

**11:30 am - 1:30 pm, McQuinn Atrium**  
FREE LUNCH! (until 1:30 or until the food is gone!) All are welcome!

**3:30 pm, Monsanto Aud.**  
CHARLES GEHRKE DISTINGUISHED LECTURE:  
*Mass spectrometry tools to study wine and grape metabolomics* - Oliver Fiehn, University of California-Davis, Professor, Molecular and Cellular Biology and Director, Metabolomics Core Facility

**Thursday, April 19**

**9:00 a.m. - 4:30 p.m.**  
FRAMING YOUR FUTURE: A science career conference (see inset for detailed schedule)

**4:30 - 6:00 pm, McQuinn Atrium, 5th floor**  
ACES (Alternative Career Exploration in the Sciences) Career Opportunities Networking Event for grad students and post docs  
Hors d'oeuvres reception with representatives from a number of life sciences industry employers



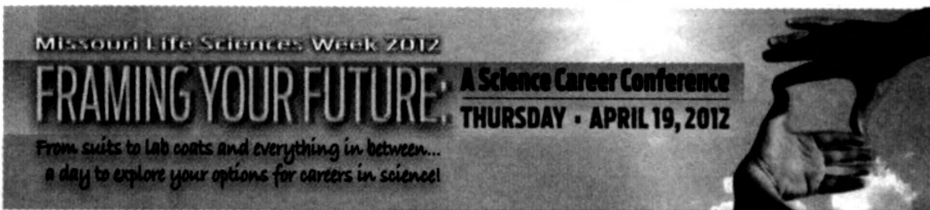
**Friday, April 20**

**1:00 pm, Monsanto Auditorium**  
SEMINAR: *Applications of the Tree of Life*  
David Hillis, N.A.S., University of Texas-Austin, Alfred W. Roark Centennial Professor, Section of Integrative Biology

**3:00 pm, McQuinn Atrium**  
RESEARCH AWARDS PRESENTATION  
Also, imaging awards presented by core facilities

**Saturday, April 21**

**10:30 am, Monsanto Aud.**  
SATURDAY MORNING SCIENCE  
*Composting and the food cycle*  
Tim Reinbott, Superintendent, MU Bradford Research Farm



**9:00 - 10:20 a.m., Monsanto Auditorium**  
*Your Job Search: "Wing It" or "Plan It?" What is Likely to Work in 2012 and Beyond?*  
Presenter: John Lombardo, Medical College of Wisconsin. Moderated by ACES (Alternative Career Exploration in the Sciences)

**10:30 - 11:30 a.m., room 171 (Reading Room)**  
*High Tech Ventures: An Alternative Career Path*  
Presenters: Jake Halliday, President and CEO, Missouri Innovation Center; Chris Fender, Director of MU Office of Technology Management and Industry Relations

**10:30 - 11:30 a.m., room 107**  
*Government Positions and Your PhD: AAAS Science and Technology Policy Fellowships, NSF and NIH*  
Presenter: Mark Kirk, MU Professor of Biological Sciences

**1:15 - 2:00 p.m., room 107**  
*Writing the Right Scientific Résumé/CV*  
Presenter: Michele Stabinsky, Corporate Technical Recruiter, Sigma Aldrich. Moderated by Division of Biological Sciences

**2:00 - 2:45 p.m., room 107**  
*Scientific Interviews: Strategies to Success*  
Presenter: Michele Stabinsky, Corporate Technical Recruiter, Sigma Aldrich. Moderated by Division Biological Sciences

**1:15 - 2:45 p.m., room 171 (Reading Room)**  
*Biotechnology Careers: Food Systems*  
Panelists: Peter Jensen, Monsanto; Jo Britt-Rankin, MU Food for the Future Initiative; Kaiwen Cheng, John Deere; Phil Kerr, Solae; Jessica Roland, DuPont Nutrition and Health. Moderated by College of Agriculture, Food and Natural Resources/Agronomy Club

**1:15 - 2:45 p.m., Monsanto Auditorium**  
*Biomedical and Pharmaceutical Careers*  
Panelists: Scott Mittelstadt, Senior Group Leader, Abbott Labs; Melissa Taylor, Associate Toxicologist, ABC Labs; Andrew Vick, Executive Vice President, Seventh Wave Laboratories. Moderated by Phil Clifford, Medical College of Wisconsin

**3:00 - 4:30 p.m., room 107**  
*Is Graduate School for ME?*  
Presenters: Nathan Applegren, PhD student; Lydia Cook, DVM, PhD candidate; Luis Jimenez, MBA, CEO, EternoGen. Moderated by ACES (Alternative Career Exploration in the Sciences)

**3:00 - 4:30 p.m., room 171 (Reading Room)**  
*"Out of the Box" Scientific Careers*  
Presenters: Brandon Blakey, Applied Biosystems; Glen Nowak, CIO, Centers for Disease Control; Luke Helm, Dow AgroSciences; Kathleen M. Kelsey, Penn Vet Working Dog Center; Denise Bouvrette, Monsanto. Moderated by Biochemistry Club

**3:00 - 4:30 p.m., Monsanto Auditorium**  
*Salary Savvy: Negotiation Tips and Tactics*  
Presenter: Dallas Ford, Syngenta. Moderated by College of Engineering

**4:30 - 6:00 pm, McQuinn Atrium, 5th floor**  
ACES (Alternative Career Exploration in the Sciences) Career Opportunities Networking Event for grad students and post docs  
Hors d'oeuvres reception with representatives from a number of life sciences industry employers

Presented by the Bond Life Sciences Center in cooperation with

- MU Office of Research
- College of Agriculture, Food and Natural Resources
- School of Medicine
- College of Engineering
- College of Veterinary Medicine
- College of Arts and Science
- College of Human Environmental Sciences
- Department of Nutrition and Exercise Physiology
- UM Bioinformatics Consortium
- Charles W. Gehrke Lectureship Fund

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