

# MIZZOU WEEKLY

Volume 35, No 21

THE UNIVERSITY OF MISSOURI: CELEBRATING 175 YEARS IN 2014

Feb. 27, 2014

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## Center offers workstation analysis for MU faculty, staff

*Ergonomics are important, but so is taking a break, expert says*

A STIFF BACK, sore eyes and tired hands are common ailments of workers who sit at a computer most of the day.

For about a decade, MU's Adaptive Computing Technology Center has offered free workstation analysis for MU staff and faculty to help alleviate the problems.

Upon request through the office, Adaptive Technology Specialist Jennifer Thornhill visits workstations to examine the height of desks, chairs, lighting, the workers' posture, and the placement and design of computer keyboards and screens. She makes recommendations that might help the worker.

"People usually don't think about their posture and workstation setup until they're physically hurting," Thornhill said.

Workstation analysis was rare when Thornhill started working at MU nine years ago. But interest in the service has increased during the last two years.

The reason is mostly due to the center getting the word out about the importance of worker/workstation compatibility. A few years ago, the center began offering presentations and training on optimizing workstation setup



PHOTO BY ROB HILL

to avoid injury and eyestrain. In addition, the center became a partner with Healthy for Life, a University of Missouri System program that promotes healthy workplace habits.

Sometimes a client thinks a workstation adjustment means an

immediate fix to, say, lower back pain, Thornhill said.

That's seldom the case.

Thornhill usually does a follow-up a few weeks after the initial adjustment. If there isn't

### Workstation Optimization

Adaptive Technology Specialist Jennifer Thornhill speaks with Einar Palm, professor emeritus of plant pathology, about adaptive office equipment at the MU Extension Health Fair last semester.

See WORKSTATION on Page 3

## MU fundraising hits record at fiscal 2014 halfway

*The university plans to raise \$150 million in the fiscal year*

THE UNIVERSITY OF MISSOURI is on pace for a record-setting year of fundraising, administrators in advancement say.

The office has raised a record \$88.3 million in the first six months of fiscal 2014, surpassing the previous record of \$82.3 million raised in the same six-month period of fiscal 2013.

With a goal of raising \$150 million for the entire fiscal year, MU is on track to exceed a record amount of fundraising for a single year.

"Right now, Mizzou is all about progress," said Tom Hiles, MU vice chancellor for advancement. "We have a wonderful new chancellor and a great team of advancement professionals in place. It's an exciting time to work with donors and alumni who care so deeply about Mizzou.

"I am honored to work with a great university and the Mizzou community," he continued, "and I'm even more appreciative of the generous alumni and friends who

support the University of Missouri."

The goals of the One Mizzou campaign, still in planning stages, are to support MU's people, programs and places with private philanthropy.

Private investment in the university helps change students' lives by funding new scholarships

***'It's an exciting time to work with donors and alumni who care so deeply about Mizzou,' said Tom Hiles.***

and academic programs; alleviating national and global challenges, such as obesity and the need for sustainable energy sources by supporting research in MU laboratories; establishing cutting-edge learning environments by funding new teaching technologies; and

building MU's endowment to provide resources for the future.

"We are grateful to our many alumni who make giving back to Mizzou a priority," Hiles said. "Major gifts really help us move the needle on our fundraising goals. Perhaps more important, they inspire other MU alumni to invest in Mizzou."

Recent major gifts include:

- \$1 million from Molly Bean Phelps, for the Missouri School of Journalism
- \$1 million from Betty Francis for scholarships
- \$1 million from a confidential donor for scholarships for veterans
- \$1.57 million from Chuck Wall for the MU School of Law
- \$14 million in confidential gifts for several schools
- \$6.7 million from Jon Murray for the Missouri School of Journalism

— Nathan Hurst

## Children's Hospital nurses share more than their 2013 Nurses of the Year award

*As infants, the twins spent two months in the Neonatal Intensive Care Unit after being born prematurely*

THE NEONATAL Intensive Care Unit at MU Children's Hospital in east Columbia is a special place for twin sisters Sarah Cammack and Jennifer Hanford. Their parents worked there. They were newborns there. They work there. And one of Cammack's children received care there.

Cammack and Hanford are registered neonatal nurses in the intensive care unit (NICU). Last November at a ceremony in St. Louis, they were named along with 20 other Missouri nurses as the 2013 March of Dimes' Nurses of the Year.

More than 300 nominations were submitted representing 55 different health organizations throughout Missouri. A selection committee of health care profes-

sionals reviewed the nominations and determined the winners.

"It is a huge honor," Hanford said. "It was overwhelming to be there with all the nurses with different experiences."

Cammack and Hanford were born March 17, 1984, prematurely and spent two months in the NICU.

At the time, the sisters' parents, Debbie and Craig Anderson, were NICU nurses. The Andersons worked there for six years until 1985. Cammack said that their parents' occupation played a big role in her and Hanford's career choice.

Barb Brucks cared for the infant twins when she was a nurse in the unit. Now the NICU man-

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**Concerts & Plays**

**THURSDAY, FEB. 27**

**University Theatre Series:** *A Midsummer Night's Dream*, a comic fantasy by Shakespeare, at 7:30 p.m. through March 1 at the Rhynsburger Theatre and at 2 p.m. March 2. For ticket information, call 882-7529.

**TUESDAY, MARCH 4**

**University Concert Series:** Celtic Nights, which features six vocalists as well as six step dancers and two musicians, will perform at 7 p.m. in Jesse Auditorium. For ticket information, call 882-3781.

**Courses & Workshops**

Registration is required online at [training.missouri.edu](http://training.missouri.edu) or call 882-5000.

**THURSDAY, FEB. 27**

**Computer Training:**

"Outlook 2013: Taking Control of your Calendar" will be offered at 8:30 a.m. in 18 Arts & Science.

"Dreamweaver CS6 1a: Introduction" will be offered at 8:30 a.m. in 25 Arts & Science.

"Dreamweaver CS6 1b: Images & Links" will be offered at 10:30 a.m. in 25 Arts & Science.

"Excel 2013: Functions" will be offered at 1 p.m. in 18 Arts & Science.

"PowerPoint 1a: Introduction" will be offered at 1 p.m. in 25 Arts & Science.

"PowerPoint 1b: Shapes and Proofing" will be offered at 3 p.m. in 25 Arts & Science.

**TUESDAY, MARCH 4**

**Computer Training:**

"Webinar: Mizzou Dissertation/

Thesis Formatting" will be offered at noon online.

**WEDNESDAY, MARCH 5**

**Computer Training:**

"InDesign CS6 2a: Masters and Text Editing" will be offered at 8:30 a.m. in 25 Arts & Science.

"InDesign CS6 2b: Editing and Publishing" will be offered at 10:30 a.m. in 25 Arts & Science.

"Dreamweaver CS6 2a: CSS Basics" will be offered at 8:30 a.m. in 25 Arts & Science.

"Dreamweaver CS6 2b: CSS Layout" will be offered at 10:30 a.m. in 25 Arts & Science.

"PowerPoint: Charts & Customization" will be offered at 1 p.m. in 25 Arts & Science.

"Visio 2013 Basics" will be offered at 1 p.m. in 18 Arts & Science.

"PowerPoint: Graphics and Animation" will be offered at 3 p.m. in 25 Arts & Science.

**FRIDAY, MARCH 7**

**Computer Training:**

"LeadIT Budget/Finance Power Hour" will be offered at 1 p.m. in 205A Locust Street Building.

**Exhibits**

**Bingham Gallery:**

"The Undergraduate Juried Exhibition" will be on display through today.

The gallery, located in the Fine Arts Building, is open 8 a.m.-5 p.m. Monday-Friday.

**Ellis Library Colonnade:**

Colonnade exhibits may be viewed during regular Ellis Library hours.

**Jesse Hall Auditorium Display Case:**

"Black History Month 2014: Living Civil Rights: Challenges for the 21st Century" will be on display through the end of February.

**Museum of Anthropology:**

"Alcohol, Tobacco and Firearms: An Ethnohistoric Perspective from Across the Globe" will be on display through May. The museum, located at 100 Swallow Hall, is open 9 a.m.-4 p.m. weekdays.

The Grayson Archery Collection will be on display in the exhibit hall and the Museum Support Center on Rock Quarry Road through July 10.

**Museum of Art and Archaeology:**

The museum's Cast Gallery is open in Mizzou North's main lobby.

**State Historical Society:**

"James Otto Lewis' Aboriginal Portfolio: Native American Portraits from the 1820s to the '30s" will be on display through May 31.

The gallery, located in Ellis Library, is open 8 a.m.-4:45 p.m. Monday-Friday, and 8 a.m.-3:30 p.m. Saturday.

**Lectures & Seminars**

**FRIDAY, FEB. 28**

**Biochemistry Seminar Series:** Paul Insel, professor at the University of California-San Diego, will present "G-protein-coupled Receptors: Unexpected Expression Patterns and Roles for Nature's Largest Family of Signaling Receptors" at 1 p.m. in Monsanto Auditorium.

**SATURDAY, MARCH 1**

**Saturday Morning Science:**

Ron Cott, professor of veterinary medicine, will present "Called By the Wild Things" at 10:30 a.m. in Monsanto Auditorium.

**MONDAY, MARCH 3**

**Interdisciplinary Plant Group:**

Spencer Behmer, professor at Texas A&M, will present "Plant-Insect Interactions: A Nutritional Perspective" at 3:30 p.m. in Leadership Auditorium.

**TUESDAY, MARCH 4**

**Biological Sciences Lecture:**

Butch Brodie, executive vice president of the Society for the Study of Evolution at the University of Virginia, will present "Time to Change the Channel: Predator-Prey Arms Races and the Evolution of Tetrodotoxin Resistance in Snakes" at 3:30 p.m. in Monsanto Auditorium.

**Food for the 21st Century:**

David Beversdorf, associate professor of radiology, will talk on food for the future at 4 p.m. in 105 Ag Engineering Building.

**Medical Pharmacology and Physiology Seminar:**

Jil C. Tardiff, professor of medicine and cellular and molecular medicine at the University of Arizona, will present "From Computational Biophysics to Genetic Cardiomyopathies: Forging an Integrative Approach to Hypertrophic Cardiomyopathy" at noon at the Medical Science Building.

**Monroe-Paine Distinguished Lecture Series:**

Gerald Friedman, professor of economics at the University of Massachusetts at Amherst, will present "Missouri and Single Payer: Health Care Finance Beyond the Affordable Care Act" at 7 p.m. in Lester Bryant Auditorium.

**WEDNESDAY, MARCH 5**

**Plant Sciences Seminar:**

David Kramer, professor at Michigan State University, will present on plant science at 3:30 p.m. in the Monsanto Auditorium.

**FRIDAY, MARCH 7**

**Biochemistry Seminar Series:**

Timothy Durrett, assistant professor of biochemistry at Kansas State University, will present "From Burning Bush to Chocolate Vines: Using Sequence Diversity to Explore MBOAT Substrate Specificity" at 1 p.m. in Monsanto Auditorium.

**SATURDAY, MARCH 8**

**Saturday Morning Science:** Frank Booth, professor of biomedical sciences, will present "If We Know Exercise Is Good for Us, Why Don't We Do It?" at 10:30 a.m. in Monsanto Auditorium.

**Films**

**THURSDAY, FEB. 27**

**True/False Film Festival:** The documentary film festival will be happening in downtown Columbia through March 2. For more information and tickets, visit [truefalse.org](http://truefalse.org).

**Special Events**

**FRIDAY, MARCH 7**

**E-Week:** Join the engineers for the kickoff of E-Week through March 15 with the seventh-annual dome lighting and festivities starting at 5:30 p.m. on the Francis Quadrangle. For more information about the dome lighting and E-Week, visit [engineers.missouri.edu/eweek](http://engineers.missouri.edu/eweek).

**SATURDAY, MARCH 8**

**A Taste of Arts and Science:** The College of Arts & Science presents a day of good food, fantastic professors and diverse topics. Check-in begins at 8:15 a.m. in Jesse Wrench Auditorium. For more information, visit [coas.missouri.edu/events/taste.shtml](http://coas.missouri.edu/events/taste.shtml), or contact Amanda Schlink at 884-4482.

**Black History Month**

**THURSDAY, FEB. 27**

**MU Black History Month Committee:** Michael Middleton, deputy chancellor, will present "Living Civil Rights: A Mizzou Challenge" at 7 p.m. in Leadership Auditorium.

**FRIDAY, FEB. 28**

**BLACKout Magazine:** "Free Your Mind II," a poetry and musical performances inspired by African-American struggles, is at 7 p.m. in Missouri Theatre.

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For a limited time, and while space allows, 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 email address required.
- Deadline: Noon Thursdays.
- No refund given for cancelled ads. To submit ad, call 884-1278 or email [mizzouweekly@missouri.edu](mailto:mizzouweekly@missouri.edu)

**MIZZOU WEEKLY**

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## IN BRIEF

### ➔ Loftin calls for building inspections

Last Saturday, Chancellor R. Bowen Loftin called for inspections of every building owned or leased by the University of Missouri.

The announcement came following the incident early Saturday at University Village, a 12-unit apartment complex owned by MU, in which Columbia firefighter Lt. Bruce Britt was killed while attempting to assist residents after a walkway collapse.

At 10 a.m. today, MU will ring campus bells in Lt. Britt's honor.

### ➔ Recyclemania

MU is taking part in Recyclemania, a competition through March 29 involving 600 universities and colleges dedicated to minimizing waste and increasing recycling.

Help increase recycling participation and awareness throughout campus. Mizzou recycles cardboard, paper, plastic bottles, aluminum cans and glass. Learn more at [sustainability.missouri.edu](http://sustainability.missouri.edu).

### ➔ Free women's basketball tonight

Faculty and staff are invited at 7 p.m. to Mizzou Arena tonight where the Tigers women's basketball team will take on the Ole Miss Rebels. Each employee who presents their Mizzou ID can bring a guest for free admission. Doors open at 6 p.m.

### ➔ Proposal for teaching session

Submit your proposal for a concurrent session in the 2014 Celebration of Teaching May 20-22.

The celebration includes workshops and discussion sessions and is open to faculty, staff and graduate instructors. Visit [celebration.missouri.edu](http://celebration.missouri.edu).

### ➔ Fellowship award

Nominate an MU faculty member or faculty emeritus by March 1 for the 2014 C. Brice Ratchford Memorial Fellowship Award. The \$5,000 award is given each year at a University of Missouri Board of Curators meeting to a person who has made significant contributions to the land-grant mission in extension, internal education or agricultural economics programming. See guidelines at [provost.missouri.edu/faculty/awardsmemorial.html](http://provost.missouri.edu/faculty/awardsmemorial.html).

# CAFNR staff worker brings Cardinal red to the office

IF YOU HAPPEN TO BE in the Agriculture Building, and you were to wander into the office of Debbie Lingle, grants and contracts specialist in the Division of Plant Sciences, you would be greeted by a sea of Cardinal red. As spring training draws near, what better way to get excited than to surround yourself with an impressive collection of St. Louis Cardinals memorabilia?

Lingle grew up in the town of Richland, Mo., and moved to Columbia after meeting her husband. She has worked for the University of Missouri ever since.

She has many hobbies, including reading, listening to The Beatles and, most important, watching Cardinals baseball.

*'My favorite piece of my collection is easily my Stan Musial autographed baseball,' said Debbie Lingle.*

"What I love most about baseball is the same thing that

turns many people away from the sport," Lingle said. "While some think that it's boring waiting for each pitch, I love the strategy involved and the anticipation because anything can happen once the ball leaves the pitcher's hand."

Growing up, Lingle was surrounded by loyal St. Louis Cardinals baseball fans — her father and older brother. She adopted their ways, and continues to carry on the family tradition. During her high school years in the early 1970s, Lingle began her collection of all things Cardinals by purchasing a T-shirt.

Since then, her collection has grown to include clocks, board games, autographed baseballs, calendars, jewelry, posters, lighters, key chains, magazines, knick knacks, flags and more. The majority of her memorabilia is displayed in a glass cabinet.

Lingle's first favorite Cardinal was Curt Flood, who played for the Cardinals from 1958 to 1969. Since then, some of her favorites have included Jim Edmonds, Scott Rolen, Tommy Herr, Darrell Porter, Adam Wainwright and Yadier Molina.

"My favorite piece of my collection is easily my Stan Musial autographed baseball," Lingle said. "My husband got it for me four years ago."

Lingle's husband grew up outside of Kansas City, Mo., and was a Royals fan until Lingle converted him to a Cardinals fan.

"I think my favorite Cardinals memory occurred when my husband and I visited the [Baseball] Hall of Fame the year that the Cardinals were the reigning champions," Lingle said. "I got to strut around the building in my various Cardinals wear. Believe me, I got some dirty looks from some Yankee fans on that day. That last part alone will stick with me forever."

— Amy Zuroweste



PHOTO BY KYLE SPRADLEY

#### Cardinals Fan

Debbie Lingle, grants and contracts specialist in the Division of Plant Sciences, is a loyal St. Louis Cardinals fan. Her office is full of Cards memorabilia.

From WORKSTATION on Page 1

improvement, Thornhill tries other methods.

What's the best recommendation she has for comfort at the workstation? Surprisingly, it's not about upgrading a chair or adjusting a computer screen.

"Having a workstation checked out is really important," she said. "But you should take a break. You should get out of your seat and move, stretch, walk around the building."

Adaptive Computing Technology Center also offers loans of different types of keyboards, mice and other types of office equipment.

Workers can use the equipment for two weeks, with the option of extending the loan. They can discover what works best for them before purchasing an item on their own.

The Adaptive Computing Technology Center, part of the Division of Information Technology, is at N18 Memorial Union. For more information or to set up a workstation appraisal, email [actcenter@missouri.edu](mailto:actcenter@missouri.edu) or call 884-2828.

— JeongAn Choi

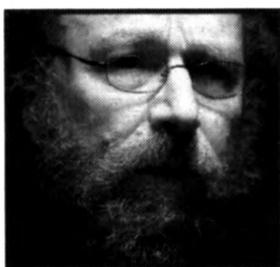


## 2014 Monroe-Paine Distinguished Lecture in Public Affairs

Sponsored by the Harry S Truman School of Public Affairs

# "Missouri and Single Payer: Health Care Finance Beyond the Affordable Care Act"

Presented by



Dr. Gerald Friedman, Ph.D.  
Professor of Economics,  
University of Massachusetts at Amherst

Tuesday, March 4 - 7:00 p.m.  
M105 Lester Bryant Auditorium  
University Hospital and Clinics -1st Floor  
For more information on Dr. Friedman, please visit our web page: [truman.missouri.edu/calendars.html](http://truman.missouri.edu/calendars.html)

## Research of zebrafish neurons might help scientists understand certain birth defects

THE ZEBRAFISH, a tropical freshwater fish similar to a minnow and native to the southeastern Himalayan region, is well-established as a key tool for researchers studying human diseases, including brain disorders.

Scientists can determine how individual neurons in zebrafish develop, mature and support basic functions like breathing, swallowing and jaw movement.

MU researchers say that learning about neuronal development and maturation in zebrafish could lead to a better understanding of birth defects such as spina bifida in humans.

"We are studying how neurons move to their final destinations," said Anand Chandrasekhar, professor of biological sciences and a researcher in the Bond Life Sciences Center.

"It's especially critical in the nervous system because these neurons are generating circuits similar to what you might see in computers. If those circuits don't form properly, and if

different types of neurons don't end up in the right locations, the behavior and survival of the animal will be compromised."

The scientists studied zebrafish embryos, which are nearly transparent, making internal processes easy to observe. Using modified zebrafish expressing green fluorescent jellyfish protein, Chandrasekhar and his team were able to track neuronal migration.

"This approach is used extensively to visualize a group of cells," Chandrasekhar said. "In our study, clusters of green cells glowed and indicated where motor neurons were located in the brain."

These motor neurons that Chandrasekhar studied are located in the hindbrain, which corresponds to the human brainstem and controls gill and jaw movement in these tiny fish.

Chandrasekhar's study was published in the February 2014 edition of *Mechanisms of Development*.

## MU program offers counseling to people grieving over pet loss

*Program is free to clients of the Veterinary Medical Teaching Hospital*

WHEN A PERSON SUFFERS the loss of a loved one, they have many options for grief counseling to help them work through their emotions.

But there are few resources for people who lose their beloved companion animals, such as a dog, cat or horse.

Together In Grief, Easing Recovery (TIGER) is a program announced in November in the University of Missouri College of Veterinary Medicine that is designed to help people work through their troubled emotions after losing a beloved pet.

Francesca Tocco, a doctoral student in the MU Sinclair School of Nursing and the MU Research Center for Human-Animal Interaction (ReCHAI), uses her background in social work to help pet owners come to terms with their grief and prepare veterinary medicine students for working with grieving clients.

Companion animals can make a strong and lasting mark on the lives of their owners, Tocco said. "This bond does not disappear when those animals pass away.

"Strong emotional and physical reactions such as grief, pain, shock, anxiety and guilt are healthy and normal," she continued. "These reactions can often be overwhelming, which is why TIGER strives to provide assistance and support to those going through this difficult time."

The TIGER program, which is free to clients of the MU Veterinary Medical Teaching Hospital, can assist with many aspects of companion animal loss, including:

- end of life concerns such as euthanasia
- moral and ethical concerns related to animal health care
- family counseling
- grief in anticipation of an animal's death
- how to talk to children about animal health and death
- ways to memorialize the special bond with a companion animal
- resources to help people cope with the loss of an animal
- grief counseling

- training for veterinary clinicians and students

Rebecca Johnson, director of ReCHAI and a professor in the MU College of Veterinary Medicine and MU Sinclair School of Nursing, said this program provides a chance to put research into action.

"The TIGER program is a great opportunity for the researchers at ReCHAI to assist clients at the MU Veterinary Teaching Hospital with the difficult decisions and circumstances they often face surrounding the death of beloved pets," Johnson said.

"The program aims to help people during these difficult experiences, and also to assist doctors and students at the VMTH in helping their clients," she said.

The TIGER program is supported by the MU College of Veterinary Medicine and a donation from William Canney, an MU alumnus.

For more information about the TIGER program and to inquire about services, email [mucvm-vmthgriefsupport@missouri.edu](mailto:mucvm-vmthgriefsupport@missouri.edu).

### From TWINS on Page 1

ager, Brucks nominated Cammack and Hanford for the award.

"They are outstanding nurses and have contributed so much to our hospital," Brucks said. "They deserve to be recognized for their extraordinary level of patient care, compassion and leadership in the nursing profession."

[NICU], working here as a nurse myself and then having a baby that was also cared for in the NICU," Cammack said.

Both sisters are married, enjoy sewing, reading and craft making. They earned a BSN, or bachelor of science in nursing, from Truman State University in Kirksville, Mo. They have worked

together at the NICU for about seven and a half years.

"It is nice to be able to talk to someone about work and have them know exactly what you mean," Hanford said. "We did not always anticipate working together, but now can't imagine anything different."

If not for their wearing differ-

ent hairstyles, the sisters could almost be identical. "People have a difficult time telling us apart at first," Hanford said, "but once they get to know us, they can tell the difference."

Cammack said that nursing is their passion, and they feel honored to be recognized in their field. However, Cammack

and Hanford don't take all the credit for their success. They said that they're working with a great team, and that's what made this award possible. "I can't imagine working anywhere else," Cammack said. "I feel like this award honors everyone around us."

— JeongAn Choi, with additional reporting by Mark Barna

**'We did not always anticipate working together, but now can't imagine anything different,' said Jennifer Hanford.**

On Nov. 6, 2013, Cammack gave birth prematurely by cesarean to her second child, Arlee, at MU Women's and Children's Hospital. Arlee was born at 34 weeks gestation and brought immediately to the NICU. She weighed 5 pounds, 8 ounces. Arlee was at the NICU until Dec. 9.

"I can't imagine a better group of people to have take care of my baby," Cammack said. "They treated her like she was their own and always included me in decisions regarding her care."

Today, the infant is healthy and happy and weighs 12 pounds, 13 ounces, Cammack said.

"It feels like a full circle — being born and cared for in the

### Seeing Double

Twin sisters Jennifer Hanford, left, and Sarah Cammack have worked together in MU Children's Hospital's NICU for seven and a half years.



PHOTO BY JUSTIN KELLEY

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