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## Playing Hacky Sack on Speakers Circle helps keep staffer fit

*Derrick Fogle often footbags with students, who learn techniques from the veteran player*

ON FEB. 4, the University of Missouri was closed due to a blizzard. Freezing temperatures, snow squalls and gusting winds kept people indoors.

But not the Hack Man. He was playing Hacky Sack on a snow-swept Speakers Circle.

In one of hundreds of videos he's uploaded to YouTube, the Hack Man, dressed in winter attire, is shown bouncing a footbag off his ankles and thighs as the wind moans and the snow swirls.

The Hack Man is Derrick Fogle, a 50-year-old manager of technical services at the Academic Support Center. He's been playing Hacky Sack since he was 17 years old. In recent years he's been a fixture at Speakers Circle. Last year he played 81.5 hours freestyle (his calculation) and many more hours in Hacky Sack circles with students.

As perhaps a prelude to spring, a shirtless Fogle in shorts was footbagging last Friday on Speakers Circle for a small but attentive crowd. A couple of students showed up to kick the bag with him during his nearly two-hour session.

One of the students was Lance Doughman, a nontraditional student three semesters from gradu-

ation who has been kicking with Fogle since August 2012.

"Derrick's kicking is amazing," Doughman said. "I've never seen anyone outside of YouTube kick as well as he does. Playing with Derrick every week is like if Michael Jordan wanted to shoot hoops with me in my driveway."

Fogle kicks to music blasting from his portable player. He typically wears only shorts, socks and gym shoes in the nonwinter seasons.

For the past five years, he's videotaped his performances. He wants to document his longest kicks, which he edits into a YouTube video (several have gone viral with hundreds of thousands of hits). And he wants to document the aging process: How much has his kicking slowed over the years?

He loves to kick with students. "They are usually very positive

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#### Man, Ball and Circle

Derrick Fogle, manager of technical services at the Academic Support Center, took two hours of vacation time March 7 to play Hacky Sack on Speakers Circle.

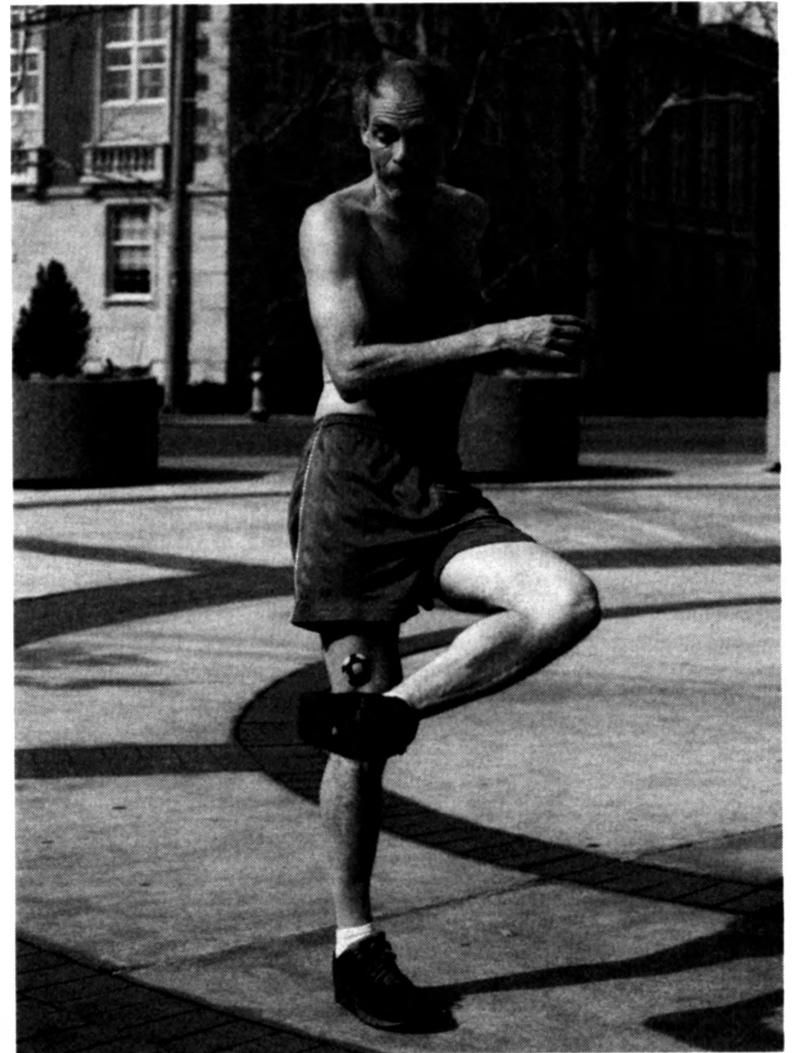


PHOTO BY ROB HILL

## Independent engineers to inspect campus buildings

*MU workers perform informal inspections daily*

GARY WARD, interim vice chancellor for administrative services, is leading the inspection process of more than 250 campus buildings owned or leased by the University of Missouri, MU administrators said. Independent structural engineers will perform the inspections.

On Feb. 22, Trabue, Hansen & Hinshaw Inc., structural engineering experts not affiliated with MU, inspected every apartment building in University Village and University Heights. The company found no structural deficiencies. However, workers installed wooden vertical supports to some walkways deemed a concern until a permanent solution is put in place.

Inspections of all Residential Life buildings older than 10 years were completed Feb. 23, administrators said. No major prob-

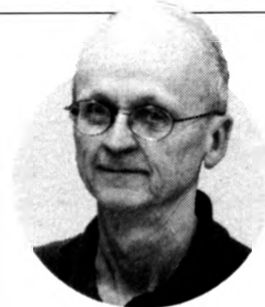
lems were found, though some general maintenance issues were discovered and addressed.

The inspections followed the Feb. 22 early-morning accident involving Columbia firefighter Lt. Bruce Britt, who was mortally injured at Building 707 in University Village after responding to a call about a walkway collapse.

Records show that workers inspected the University Village walkways several times over the past few years. Workers have also either completed work to reinforce some walkways or shut down a building deemed unsafe.

Indeed, about 300 custodian and maintenance workers conduct informal inspections daily as part of their routine duties, administrators said. They are expected to notify Campus Facilities of any problems they

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## Exercise motivation might be in the genes, scientist says

*Frank Booth talked of dangers of inactivity at Saturday lecture*

STUDIES SHOWING that most Americans are inactive — engaging in less than an hour's worth of moderate exercise a week — are so commonplace that they have lost their shock value. Unlike cigarette smoking, for which there are strong anti-smoking campaigns, being inactive carries with it little stigma. Couch potatoes even engage in some witty gallows humor about their lifestyle.

But Frank Booth isn't laughing.

Booth, an MU professor of biomedical sciences, claims that inactivity can be lethal. Just as smoking is linked to more than 400,000 deaths in the United States each year, inactivity places tens of millions of Americans at risk for major chronic ailments (coronary heart disease, various cancers, Type 2 diabetes, hypertension, obesity) and early death.

"Relative risk of death correlates to how active you are during life," Booth said at his March 8 lecture on genetics and exercise in Monsanto Auditorium, part of MU's Saturday Morning Science lecture series. "There is one U.S. death every 43 seconds due to lack of exercise," he said.

But telling people to exercise hasn't done much for people's motivation, despite researchers' documenting the health consequences, Booth said.

Perhaps science can offer another approach.

Booth's lecture focused on why some people seem more motivated to exercise than others. Researchers have attributed the reasons to culture, geography, psychology, hormones and — the point of Booth's lecture — genes. Booth is leading research to develop a way to tweak certain

genes in sedentary people to overexpress exercise motivation.

But this assumes that genes have something to do with motivating people to spend their leisure hours on a couch or a treadmill. Since 2009, Booth has examined this question in his research. He and colleagues have interbred two sets of lab rats — one group to become couch potatoes and the other exercise fanatics. Then, through MU's DNA Core Facility, they examine gene differences between the groups.

Through selective breeding of nine generations, Booth created indolent rats motivated to run on the wheel for 10 minutes a day, and Olympian rats who ran six to eight hours. "There was a 10-fold difference of animals wanting to run on their own," he said.

He and colleagues discovered

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**Concerts & Plays**

**THURSDAY, MARCH 13**

**University Concert Series:** Vince Gill, the CMA- and Grammy-winning country star, will perform at 7 p.m. in Jesse Auditorium. For ticket information, call 882-3781.

**University Theatre Series:** *The Blue Lights and Other Stories*, a collection of folk and fairy tales told for all ages, is at 7:30 p.m. through March 15 at the Corner Playhouse and at 2 p.m. March 16. For ticket information, call 882-7529.

**TUESDAY, MARCH 18**

**University Theatre Series:** *The Blue Lights and Other Stories*, a collection of folk and fairy tales told for all ages, at 7:30 p.m. through March 20 at the Corner Playhouse. For ticket information, call 882-7529.

**TUESDAY, MARCH 20**

**"We Always Swing" Jazz Series:** Newport Jazz Festival: Now 60 will perform at 7 p.m. at the Missouri Theatre. Tickets are available through Ticketmaster or by calling 449-3001.

**Courses & Workshops**

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

**THURSDAY, MARCH 13**

**Computer Training:**

"Access 2013: Fields & Tables" will be offered at 8:30 a.m. in 18 Arts & Science.

**TUESDAY, MARCH 18**

**Computer Training:**

"Photoshop CS6 2a: Size and Color" will be offered at 8:30 a.m. in 18 Arts & Science.

"HTML5 & CSS: Tables, Layout & Typography" will be offered at 8:30 a.m. in 25 Arts & Science.

"Photoshop CS6 2b: Changing Color" will be offered at 10:30 a.m. in 18 Arts & Science.

"Webinar: Budgeting with Excel: Part 2" will be offered at noon online.

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

**WEDNESDAY, MARCH 19**

**Computer Training:**

"Excel 2013: Worksheets" will be offered at 8:30 a.m. in 25 Arts & Science.

"Outlook 2013: Divide and Conquer your Inbox" will be offered at 1 p.m. in 18 Arts & Science.

"Introduction to HTML5 & CSS" will be offered at 1 p.m. in 25 Arts & Science.

**THURSDAY, MARCH 20**

**Computer Training:**

"Access 2013: Forms" will be offered at 8:30 a.m. in 18 Arts & Science.

"Access 2013: Reports" will be offered at 10:30 a.m. in 18 Arts & Science.

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

**Exhibits**

**Bingham Gallery:**

"Eminent Domain" by Matt Rahner

will be on display through March 14 with a closing reception at 5 p.m.

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

**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.

**State Historical Society:**

"The Missouri Conference on History" brings together teachers of history and other professional historians to share research, curriculum and promote interest in history March 17 and 18 at the Capitol Plaza Hotel, Jefferson City. For more information, visit [shs.umsystems.edu/mch](http://shs.umsystems.edu/mch).

"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**

**THURSDAY, MARCH 13**

**Distinguished Lecture Series in Psychological Sciences:** Irving Kirasch, professor emeritus at the University of Hull-United Kingdom and the University of Connecticut, will present "The

Emperor's New Drugs: Medication and Placebo in the Treatment of Depression" at 3:30 p.m. in Jesse Wrench Auditorium.

**Nutrition and Exercise Physiology Seminar:** Bettina Mittendorfer, professor at Washington University, will present "Muscle Protein Metabolism and Aging" at noon in the Medical Science Building.

**Life Science Society Symposium:** James Surowiecki, finance writer for *The New Yorker*, will present "The Balance Sheet: What's the Secret to Explaining Complex Topics to the Public Every Single Week" at 7 p.m. in Bush Auditorium.

**FRIDAY, MARCH 14**

**Biochemistry Seminar Series:** Andrew Goodman, a professor at Yale's School of Medicine, will present "Cooperation and Competition in the Human Gut Microbiota" at 1 p.m. in Monsanto Auditorium.

**Teaching and Technology:** Find out from instructors what teaching tools they couldn't live without and can't wait to share with others at "My Digital Teaching Toolbox" at 2 p.m. in 2206B & C Student Center.

**Economics Seminar:** Mo Xiao, associate professor in economics at the University of Arizona, will be presenting at 3:30 p.m. in Middlebush.

**SATURDAY, MARCH 15**

**Saturday Morning Science:** Bill Nye, scientist, engineer, comedian, author and inventor, will talk about science as entertainment at 10 a.m. in Jesse Auditorium.

**MONDAY, MARCH 17**

**Interdisciplinary Plant Group:** Dale Blevins, professor of plant sciences, will present "Hidden Hunger? Special Nutrient Needs of Plants Based on Their Structure and Metabolism" at 3:30 p.m. in Leadership Auditorium.

**TUESDAY, MARCH 18**

**Biological Sciences Lecture:** Gail Wilson, professor of natural resource ecology and management, will present "The Role of Mycorrhizas in Grassland Ecology and Restoration" at 3:30 p.m. in Monsanto Auditorium.

**Food for the 21st Century:** Kattesh V. Katti, Curators Professor of Radiology and Physics, will talk on food for the future at 4 p.m. in 105 Ag Engineering Building.

**THURSDAY, MARCH 20**

**Nutrition and Exercise Physiology Seminar Series:** Justin Fletcher, an MU doctoral candidate, will present "Effects of Exercise and Obesity on FG21 & Hepatic Mitochondrial Adaptions" at noon in Acuff Auditorium.

**TUESDAY, MARCH 21**

**Biochemistry Seminar Series:** Niles Lehman, professor of chemistry at Portland State University, will present "Competition and Cooperation in the RNA World: A Game Theory Approach to the Origins of Life" at 1 p.m. in Monsanto Auditorium.

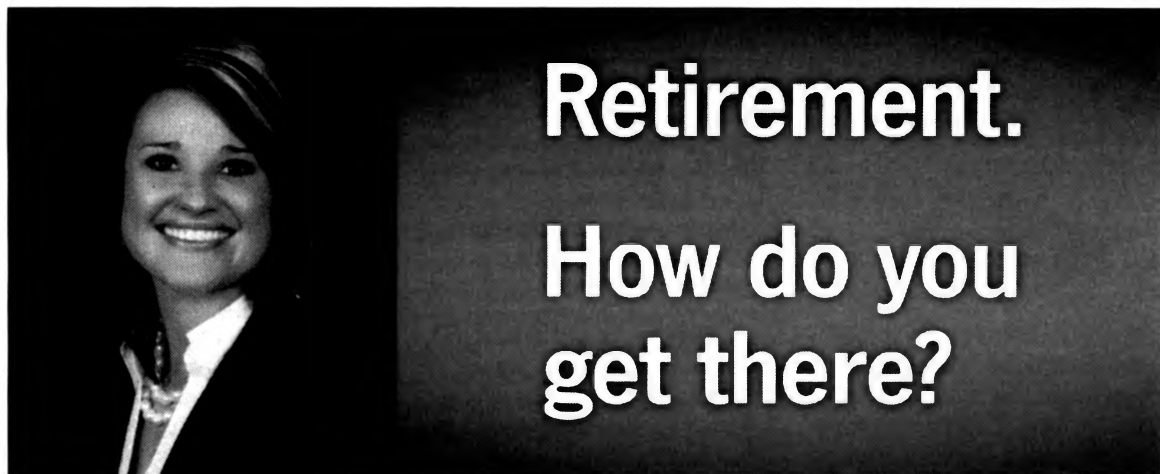
**Special Events**

**THURSDAY, MARCH 13**

**MU Life Sciences & Society Symposium:** The 10th annual symposium focuses on "Decoding Science: Bridging the Gap, Engaging the Public" through March 16. For more information, visit [issp.missouri.edu/decodingscience](http://issp.missouri.edu/decodingscience).

**THURSDAY, APRIL 10**

**10th Annual Soybean Biotechnology Symposium:** Bond Life Sciences Center. Register at [soybiotechnology.org/symposium](http://soybiotechnology.org/symposium).



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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

### ➔ Phishing email scams

Watch out for phishing email and pop-up message scams.

These messages claim to be a business or organization that you might deal with regularly, such as a bank, online service provider or even be a message purporting to be from an organization within MU.

Last week, some employees received a phony email asking them to supply information so their email was not deactivated.

Mitch Rackers, in the MU Division of Information Technology, offered some tips to spot phishing:

- Links that don't send you to a missouri.edu or umsystem.edu site, or the site that they claim to be representing.
- Requests that don't make sense, such as, "Your account is overquota. Click here to reactivate it." If it was full, shouldn't I just delete some content?
- Emails that ask you to reply to a nonuniversity email address.
- Requests for sensitive personal information or passwords.
- Poor grammar.

Questionable emails can be reported to [abuse@missouri.edu](mailto:abuse@missouri.edu).

### ➔ Teaching technology

The Excellence in Teaching with Technology awards recognizes staff, faculty and teaching assistants who use technologies effectively and demonstrate excellence in instruction at MU. Nominations will be taken through March 30.

Categories are Undergraduate Teaching (1 award), Graduate & Professional Teaching (1 award), Staff Support (1 award) and Graduate Instructor/Teaching Assistant (1 award).

For more information, visit [etatmo.missouri.edu/programs/awards.php](http://etatmo.missouri.edu/programs/awards.php).

### From INSPECTION on Page 1

find. Problems involving safety are addressed immediately.

Comprehensive audits of each building are done every seven to eight years.

In its report, released publicly along with more than 1,000 pages of MU maintenance documents, Trabue, Hansen & Hinshaw Inc. noted that Building 707's primary structural steel and support beams did not fail in the walkway collapse.

Other independent engineers have told MU that it is impossible to know if the collapse could have been predicted.

### From HACK MAN on Page 1

about what I'm doing," Fogle said. "I love the noncompetitive, cooperative nature of a Hacky Sack circle."

But he reaches a more meditative state while freestyling, sometimes keeping the footbag bouncing for up to three minutes at a stretch — a monster rally in the Hacky Sack world.

Hacky Sack is one way that Fogle stays fit. The other is biking. Some people own automobiles with more than 150,000 miles on them. Fogle hasn't driven more than 150,000 miles in his entire life, he said. He bikes most everywhere, claiming to ride 70 to 80 hours a week. On Feb. 21, 2013, a blizzard closed the university and employees struggled to get home on highways. Fogle was trapped on the Katy Trail.

Through a combination of carrying and pushing, he got his bike home.

Winter is tough on Hacky Sack players. Fogle admits to going stir-crazy to kick. He can't kick at home because his family doesn't like the noise and disruption. Fogle has gained some relief by kicking in Doughman's kitchen.

By late February, however, regular returns to his kicking arena seemed imminent as a warming trend thawed the campus. He wrote on Facebook: "Look for the first sign of spring at Mizzou: When the Hack Man blooms on Speakers Circle!"

Then, last Friday, while a man wearing khakis and a windbreaker preached the Word, the Hack Man kicked. His longest rally was more than a minute, performed to an artist's rendition of The Beatles' "When I'm 64." "It was a really wonderful day," Fogle said.

But responsibilities beckoned. Even though he had taken the afternoon off, Fogle was called back to work. A server had crashed.

### From MOTIVATION on Page 1

that exercise motivation appeared to have a genetic component. In the Olympian rodents, researchers isolated genes high in dopamine, the pleasure molecule. These animals apparently got a rush from exercise. The couch-potato rodents did not, findings suggest.

Booth hopes to help develop a non-addictive drug that stimulates genes in inactive people to get them to exercise.

Even so, when talking about genes expression, qualifiers are needed. Genes are not fate. Many factors contribute to the biology and behavior that makes someone fit or fat.

Booth cited studies and cutting-edge, if baroque, health measurements suggesting that fit people who feel 10 for 15 years younger than their numerical age are exactly right, at least when it comes to bodily health. Studies also indicate that a fit body many times correlates to a fit mind.

Booth, who is fit and agile in his 70s, recommends that people do strength training at least two to three times a week and aerobic workouts four times a week.

# Collaboration with MU offers new model in predictive farm management

DUPONT, the University of Missouri and the U.S. Department of Agriculture-Agricultural Research Service (USDA-ARS) have announced they will collaborate in soil-mapping resources, predictive technologies and expertise to help growers improve crop yields through better nitrogen application management and other field input planning.

The collaboration aims to enhance sustainable crop production through field and crop modeling that targets the specific soil, climatic, watershed and production conditions within producers' fields with real-time information.

The three-year agreement among DuPont Pioneer, the MU College of Agriculture, Food and Natural Resources (CAFNR), and USDA-ARS will bring together the respective strengths of each party in the development of precision agriculture sensors and soil-mapping, including the characterization of soil types, topography and watersheds, said Brent Myers, assistant professor of plant sciences at CAFNR and MU Extension corn specialist.

Through a unique computerized process that uses the latest technology, the collaboration will result in more accurate soil mapping units than ever before, those involved in the collaboration said. Higher-resolution soil information will enable improved placement and management of crop inputs such as nitrogen fertilizer.

The enhanced soil maps build on public soil survey data to help crop producers make timely decisions to more sustainably improve yields and per-acre



Getting Dirty

Collaboration of the entities could improve soil quality on farm fields through more accurate soil mapping, said CAFNR professor Brent Myers, shown examining sod from a Missouri farm field.

PHOTO BY KYLE SPRADLEY

income. Soil analysis procedures will better identify unique land areas called Environmental Response Units (ERUs). These ERUs can be used to develop a variety of management zones.

MU and USDA-ARS will provide the improved soil mapping resolution.

"Management decisions strongly depend on how crops respond to the soil and landscape," Myers said. "Public soil maps are very valuable, but we can now track differences in fields at a much higher resolution than previously available. ERUs identify smaller areas within fields that can be similarly managed. This collaboration provides opportunities for connecting innovative soil and landscape science with decision-making for millions of acres in the U.S."

Although nitrogen is one of the most important crop inputs, it is also among the most complex and uncertain aspects of modern agricultural production. In addition to being susceptible to environmental losses, its effectiveness is impacted by soil type and day-by-day weather conditions, Myers said.

By using high-resolution elevation data and landscape watershed information, producers can better determine water and nitrogen movement on the section and county levels, Myers said. Together with soil and productivity information, growers can more accurately plan, place and manage nitrogen applications on a real-time basis.

— Kyle Spradley



## 2013/2014 Season "We Always Swing" Jazz Series



Photo Credit: Jimmy & Dena Katz

**College of Arts & Science Signature Concert**  
**"NEWPORT JAZZ FESTIVAL: NOW 60"**  
 Thursday, March 20 • 7 p.m.  
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AN ALL-STAR ENSEMBLE:  
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 Karrin Allyson (vcls), Mark Whitfield (g),  
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**Catherine Russell [4/13/14]**  
**Brad Mehlau Trio [4/20/14]**

**TICKETS / INFO**  
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 Mon - Fri 10 a.m. - 5:30 p.m.

MU Students: Charge tickets at MSA/GPC Box Office, Student Center

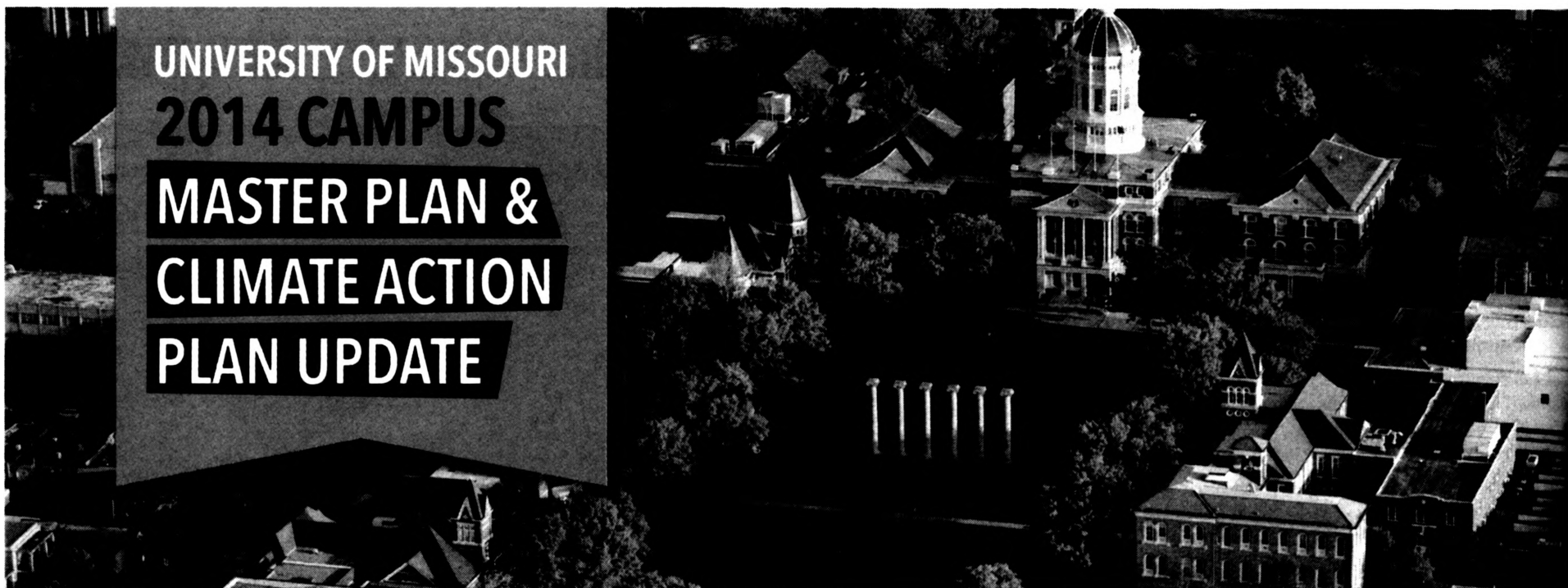


ticketmaster

Gregory H. Crowl, MD  
 Health & Wellness Center

CAFNR

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**UNIVERSITY OF MISSOURI  
2014 CAMPUS  
MASTER PLAN &  
CLIMATE ACTION  
PLAN UPDATE**

Mizzou's proactive approach has allowed the university to meet job demands and enhance the state's competitiveness by graduating students in science, technology, engineering, mathematics and medicine (STEMM) programs.

**INFILL STUDY COMING THIS YEAR**

This year, a cross-sectional campus group began studying where future development might occur at MU. Since the previous campus infill study in 2007, significant changes have occurred, including Mid-Campus Housing, Parking Structure No. 7, Missouri Orthopaedic Institute, the Patient Care Tower and the extension of Hospital Drive.

Once the technical aspects of campus systems are surveyed, the cross-sectional group will work with the university's Campus Facilities Planning Committee to refine recommendations for campus growth.

**GWYNN HALL GETS A MAKEOVER**



Rising enrollment, ongoing maintenance costs and declining state funds are challenges for educational and general space; Campus Facilities would need more than 18 times its annual budget to fix all the maintenance issues on campus. When possible, university administrators are choosing to renovate buildings instead of making small repairs. Gwynn Hall is the latest complete renovation and now has three up-to-date centrally scheduled classrooms, a high-tech metabolic kitchen, labs for drawing blood and tissue samples, and exercise and strength machines in the basement—features they either didn't have before or were located in other buildings.

**PROJECTS IN DESIGN OR CONSTRUCTION**



- Jesse Hall Renovation
- Swallow Hall Renovation and Reconstruction\*
- Dobbs Group Replacement Project\*
- Virginia Avenue South Housing\*
- Plaza 900 Food Court Renovation
- Memorial Stadium East Side Addition

- Missouri Orthopaedic Institute Addition\*
- East Campus Chiller Plant Phase 2
- Johnston – Wolpers Renovation\*
- Turner Avenue Garage Elevator Addition
- Green Tennis Center Addition
- Medical Science Addition

\*Seeking LEED Certification

**MIZZOU IS RANKED  
36 of 164**

Mizzou climbed 99 spots to 36th place on the Sierra Club "Cool School" list for 2013.

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\* U.S. EPA Green Power Partnership

**OPEN FORUM**

**WHEN: MARCH 17, 3:30 - 5 P.M.  
WHERE: STOTLER LOUNGE**

**STORMWATER MASTER PLAN**

MU implemented the Stormwater Master Plan in 2012 to set goals and provide guidance for future development on campus. To address the problems, including flooding and soil erosion, stormwater planners at Mizzou now aim to ensure that runoff is not increased and look for ways to improve water quality with each new construction project. The newest BMP is a bioretention at the corner of Stewart and Providence roads.

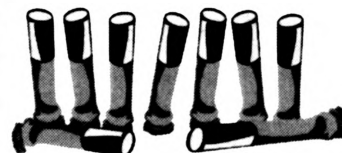
**Mizzou BMP Model: The University of Missouri uses a variety of BMPs to control stormwater runoff throughout the campus. Cisterns, swales, pervious pavers and bioretention help turn affected areas into environmentally sustainable spaces.**

**CLIMATE ACTION PLAN**

**RECENT ACCOMPLISHMENTS:**

- **Carbon Emission Reduction:** 28 percent carbon emission reduction as of fiscal year 2013 from 2008 base year.
- **Renewable Energy:** More than doubled the amount of offsite wind energy purchased in fiscal year 2013 to 15 million kWh. This is 27% of all purchased electricity.
- **Energy Conservation Savings:** Energy conservation saves MU \$8.1 million annually, which is equivalent to \$233 annual reduction in tuition per student. Since the program started, the total cumulative cost avoidance has hit \$60.5 million.

The solar thermal project at the MU Power Plant uses evacuated heat tube technology to efficiently collect heat from the sun and transfer it to the plant make-up water system, which boilers convert to steam to create energy.



Volunteers from Mizzou and Missouri River Relief picked up about **32,000 cigarette butts** in two Big Butt Recycling events, keeping the butts out of storm drains and ultimately out of streams.

Tigers for Community Agriculture harvested and sold **2,967** pounds of tomatoes, onions and other fruits & vegetables to Campus Dining Services and the University Club.



University Libraries  
University of Missouri

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Color    same as captured  
File types                                      pdf created from tiffs  
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