

MAY 09 2011



## MU professor to join National Academy of Sciences

By **JANESE SILVEY**

A University of Missouri professor has been elected to an elite group of scholars charged with lending their expertise to the nation.



### **Birchler**

James Birchler, a curator's professor of biological sciences in MU's College of Arts and Science, will be inducted into the National Academy of Sciences next year. He'll be the fourth MU professor to join the group.

"I'm honored," said Birchler, who found out Tuesday about his election. "On the other hand, I'm humbled. It's a group that has had a number of illustrious individuals in it. It's a humbling experience to be included among them."

Established in 1863 by President Abraham Lincoln, the academy serves as an advising group on scientific issues. In addition to providing input on specific issues when asked, the group of about 2,100 members hosts an annual conference and presents a yearly report to Congress. Past members have included Albert Einstein, Orville Wright and Thomas Edison.

Birchler was among a group of 72 new members elected this week, and he's the first faculty member from the College of Arts and Science at MU to be elected to the academy, Dean Michael O'Brien said.

"I couldn't be more proud of the fact that he was the one who opened that door," O'Brien said in a statement. "He's a fantastic role model for all of us who are engaged in research."

Birchler studies the structure of chromosomes in corn and fruit flies, determining how they affect genes and determine an organism's traits. He co-founded what's known as the "gene balance hypothesis," which predicts how genes behave during evolution.

Birchler also is looking at separating and reducing chromosomes to minimal parts and rebuilding them to fit certain specifications to create artificial chromosomes. That work is still in the early stage, but ideally, it could lead to producing corn that more efficiently uses nitrogen, is more nutritious and is resistant to fungal disease or drought.

In addition to having implications in agriculture, the research could have medical uses in the future.

Birchler's election into the academy doesn't just boost his stature as a top faculty member, it also benefits the university. MU is a member of the elite Association of American Universities, a group of 63 higher-education institutes. AAU's criteria are based, in part, on how many faculty members serve on national academies. Last week, the University of Nebraska was kicked out of the AAU for not meeting standards.

Birchler's new position won't interfere with his core duties at MU, he said.

"The important thing is that I'll stay focused on scientific discovering and educating students," he said. "That's still the gratifying thing of the job that I do."

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# Operating budget heads to Nixon

By **RUDI KELLER**

JEFFERSON CITY — The \$23.2 billion operating budget sent to Gov. Jay Nixon yesterday contains many of the political statements usually removed from a final spending plan.

Lawmakers cut Nixon's chef at the Governor's Mansion, eliminated his ability to charge travel and staff to state agencies and cut each department's budget by the amount paid to top staff in excess of Lt. Gov. Peter Kinder's salary

Lawmakers completed work on the budget a day ahead of the constitutional deadline. The final budget bills, totaling \$950 million for various capital improvements and to continue projects under way, passed the House about six hours after it began debate on the operating budget.

The spending plan for the year beginning July 1 makes its biggest changes in four areas: school transportation costs, higher education funding, prescription drugs for senior citizens in a program called MoRx and rates paid for home health care. The four items total \$45 million.

And, after finalizing the budget, the House passed the bill that raises \$2 billion to make sure the spending plan is sound. The bill extends the tax on hospitals, ambulances and nursing homes that supports Medicaid, establishes a tax amnesty period later this year and renews MoRx.

Senate Appropriations Committee Chairman Kurt Schaefer, R-Columbia, said the state continues to face systemic budget problems, a point raised on the Senate floor. But he also said political realities mean no new taxes, even on items such as cigarettes, will come from lawmakers.

"It would have to start outside of this building," he said. "It is not going to happen here."

The budget does rely less on federal aid than the past two. Lawmakers will, however, have to find \$600 million or more next year to sustain spending. Revenues are expected to grow as the economy improves but at less than half the rate needed to close the gap

The \$28 million lawmakers estimate they did not spend is a down payment for next year, said Rep. Ryan Silvey, R-Kansas City. "Spreading the pain over more than one year, I think, is an extremely prudent strategy."

They might get some help saving money from Nixon. He issued a statement soon after the operating plan was passed that said the budget overspent by \$30 million. "As we move forward, I will continue to make the decisions necessary to keep the state's fiscal house in order."

The governor's claim didn't fly with Silvey. "We spent \$16 million less than what he asked for," he said. "If he's right, it means this is the third year in a row he proposed an unbalanced budget."

Final floor action was a strong show of bipartisanship, with only about a dozen House members opposing the spending bills and four to six senators voting against the budget on most of the 12 bills they considered.

Aid to education is unchanged for the third year, at \$3 billion. The budget has \$10 million more than Nixon recommended for school transportation. That item will be \$107.7 million, \$45 million less than lawmakers set aside last year before Nixon cut it to balance the budget.

Colleges and universities will share \$12 million more than Nixon wanted, a 5.45 percent cut from this year's state aid. The University of Missouri will receive \$403.8 million, down from \$428.1 million this year.

For social services, the plan adds \$13.8 million to fund MoRx and adds \$8.9 million of general revenue to boost rates for the in-home health care program. That will draw \$15.5 million in additional federal funding.

In the House, many of the complaints about the budget came from Democrats who want to boost state finances. Rep. Mary Still, D-Columbia, who sponsored an unsuccessful bill to hike the cigarette tax, said the money to mitigate the cuts to higher education wasn't enough.

"They are cuts, and they are significant cuts at a time when our state investment in higher education is lower per capita than the investment of all of our surrounding states," she said. "This is hurting us. It is hurting our economy. We are not keeping up."

On the Senate floor, criticism came from conservatives who said the budget spends too much. Sen. Jim Lembke, R-St. Louis, said the state might need as much as \$700 million next year to make up the difference.

"The right thing to do by the taxpayers of this state would be for us to be able to look at those shortfalls and see if we want to deal with it in this fiscal year," he said.

The political statements in the budget generally are part of the process, whether Republican or Democratic majorities are in charge. It is part of the game, and most come out of the final version once lawmakers have asserted themselves.

The cuts to punish high administrative salaries saved \$852,702, and cutting the chef saves \$45,113 more. Nixon was given \$200,000 for travel costs.

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## **BUDGET HIGHLIGHTS**

### **EDUCATION**

\$3 billion for the foundation formula; no increase

\$107.8 million for school transportation

### **HIGHER EDUCATION**

\$403.8 million for University of Missouri; 5.4 percent cut

\$2 million for the UMKC Pharmacy doctorate program

### **REVENUE**

\$11.1 million for county property assessment costs, a cut of \$1.3 million

\$1.3 million to administer tax amnesty

### **TRANSPORTATION**

\$1.5 billion for road construction and maintenance

**AGRICULTURE**

\$1.1 million to hire 10 inspectors to regulate dog breeders

**ECONOMIC DEVELOPMENT**

\$10 million Small Business Credit Initiative

\$400,000 Missouri Federal and State Technology Program

No state funding for public radio

**INSURANCE, FINANCIAL INSTITUTIONS AND PROFESSIONAL REGISTRATION**

\$2.4 million to study an insurance exchange and develop a system to review rates

**LABOR AND INDUSTRIAL RELATIONS**

Cut two labor investigators

**CORRECTIONS**

\$659.7 million to fund all operations

**HEALTH AND SENIOR SERVICES**

\$581.1 million for in-home services, an increase of \$24.4 million to increase rates 4 percent

**SOCIAL SERVICES**

\$8.1 billion total budget

**ELECTED OFFICIALS**

\$200,000 for travel for Gov. Jay Nixon

\$300,000 for Auditor Tom Schweich for comparative audits



## UM president search nears a deadline

By **JANESE SILVEY**

Candidates wanting to be considered for the **University of Missouri System president's position** have until Monday to get their résumés and applications to the Board of Curators for "best consideration."

That's the deadline the UM System included on a national ad posted last month in higher education journals. Candidates are asked to provide a letter outlining their background and how their experiences would match the position requirements, as well as a résumé and at least five references.

The system is looking for a leader after Gary Forsee resigned in January just shy of his third anniversary on the job. Steve Owens, the system's general counsel, is serving as interim president and has said he's not interested in the permanent position.

According to the ad, the next president should be passionate about higher education, be an innovative leader and have the know-how to best take advantage of the university's resources to move the state's economy, education, health care and culture forward. Curators have indicated they prefer someone with a business background, but the ad states several times that a candidate must have an understanding of academia as well.

"He or she will have the academic, business and political acumen necessary to lead a complex and diverse system and a proven track record of successful strategic relationships with academic, political, business and/or other relevant constituencies," the advertisement states.

About 30 candidates and nominees have surfaced as possible contenders, UM spokeswoman Jennifer Hollingshead said. Those names will be brought to the board during a closed portion of a special curators meeting May 19-20 in Kansas City, she said.

MU Chancellor Brady Deaton won't say whether he's interested in applying for the position. One once-rumored candidate, former U.S. Sen. Kit Bond, has said he's not a candidate.

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## Medtronic device finds a new use in pets

- Article by: [JANET MOORE](#) , Star Tribune- Minneapolis-St. Paul
- Updated: May 7, 2011 - 11:49 PM

*A veterinarian uses a glucose monitor for people to help treat dogs and cats with diabetes.*

Some years ago, a physician pulled out a new type of glucose monitor for diabetic patients and showed it to Dr. Charles Wiedmeyer.

"Wow, that would be great to put on a cat," he remarked, to the chagrin of his medical colleague.

**Wiedmeyer, an assistant professor of veterinary clinical pathology at the University of Missouri, has since become a national advocate for using a device from Fridley-based Medtronic Inc. on dogs and cats with diabetes.**

While the company's continuous glucose monitor is made for humans, Wiedmeyer says it adapts well to "companion animals."

It's not unusual for veterinarians to use medical devices intended for humans in dogs and cats. Dogs, in particular, are physiologically similar to humans in many ways. But few device companies are devoted solely to making products for the veterinary market.

Medtronic spokeswoman Amanda Sheldon declined to comment on Wiedmeyer's research, noting the glucose monitoring sensors have not been approved for use in dogs.

Pooches are especially susceptible to Type 1, insulin-dependent diabetes because their bodies don't produce enough insulin, a hormone that helps cells turn sugar into energy. In the past 30 years, the incidence of diabetes in dogs has increased 200 percent.

"If diabetes is detected, it has to be treated," Wiedmeyer says. "If not, the animal gets worse and worse and eventually will succumb."

Genetic disposition and obesity may play a role in the precipitous increase. And, as in humans, there is no cure.

But Fido's diabetes can certainly be treated, usually with insulin injections and a low-carb diet.

A persistent challenge for veterinarians treating diabetic pets is the ability to monitor glucose levels efficiently and accurately, readings that are necessary to determine the animal's insulin dosage.

In the past, blood was drawn from the animal in a veterinary hospital every two hours over a day's time as a way of monitoring glucose curves. But trips to the vet are often traumatic events for dogs and cats -- the excitement can cause their glucose levels to spike.

"Cats really get excited when you bring them to the vet," Wiedmeyer says. "It's difficult to get an accurate reading."

Medtronic's device, called the Guardian Real-Time System, was approved by the Food and Drug Administration for humans in 2007. The device is a patch with a cannula that is inserted into the skin and records blood sugar levels throughout the day and night. It's been a spectacular product for Medtronic -- in fiscal 2010, sales of continuous glucose monitors increased 34 percent to \$176 million. It's unclear how many of the devices have been sold in the veterinary market, though.

The product is generally best for pets who have not responded to conventional diabetes therapy. It also helps to have a persistent and engaged pet owner. A patch is attached to a shaved portion of the dog's or cat's neck, and then the animal is sent home for three days. (Dogs don't pick at the patch, although Wiedmeyer says a horse once ate one.)

The reading from the patch is downloaded to a computer for analysis. "The instrument really is revolutionary," Wiedmeyer says.

There are skeptics. Dr. Robert Hardy, a small-animal internist at the University of Minnesota's veterinary teaching hospital, isn't a convert. He said the device has many limitations and doesn't save money. "I don't think it would be feasible or useful for the majority of dogs or cats we see with diabetes," he said.

At Missouri, the cost of the patch/probes is about \$150. The software and recording device are reusable.

Wiedmeyer said one limitation is that the animal must be brought in to the vet three times a day over a three-day period for blood samples. Or the pet's owner can extract the blood samples, but sometimes that's not feasible.

But he said there has been increasing acceptance of the idea since he and his colleagues at Missouri published numerous articles in veterinary journals about their research beginning in 2003.

"It was something that was new. It's hard to adapt to new things," he said. "Plus, at the time, the monitor was big as a pager, so it was cumbersome. People have come around since then."

## Vet recommends glucose monitor for pets

Published: May 8, 2011 at 8:03 PM

FRIDLEY, Minn., May 8 (UPI) -- A Medtronic glucose monitor developed for people has been found to work well on people's cats and dogs, as well, a U.S. veterinary researcher says.

The Fridley, Minn., company's Guardian Real-Time System continuous glucose monitoring device was approved for humans with diabetes in 2007.

But Dr. Charles Wiedmeyer, an assistant professor of veterinary clinical pathology at the University of Missouri, is a proponent of using it for pets, the Minneapolis Star Tribune reported Saturday.

"It was something that was new. It's hard to adapt to new things," Wiedmeyer said. "Plus, at the time, the monitor was big as a pager, so it was cumbersome."

However, now the device is a small patch with a tube that is inserted into a small area of shaved fur on the animal's back where it cannot easily scratch.

Previously, pets had to be brought to a veterinarian hospital for diabetes detection and treatment. With the use of the Guardian Real-Time System, the results are downloaded to a computer for analysis.

A Medtronic spokeswoman declined to comment on use of the company's device on animals, the Star Tribune said.

# REUTERS

## Study pushes to expand "prediabetes" label

By Frederik Joelving | May 7, 2011 8:32 AM EDT

Having normal blood sugar levels is no guarantee against developing type 2 diabetes down the road, according to Italian researchers.

In fact, they report in the journal *Diabetes Care*, people at the high end of what's considered the normal blood sugar range are twice as likely to get the disease as are those in the low end.

But does that mean doctors should treat these people any different, as the researchers suggest? Not at all, said one expert who wasn't involved in the new work.

**"The concern here is that people get started on medications at a level below the conventional threshold for diabetes," Dr. Michael LeFevre, a family physician at the University of Missouri in Columbia, told Reuters Health.**

**"My personal recommendation is that people should strive to manage their weight and be physically active irrespective of what their blood (sugar) level is," he added.**

Type 2 diabetes is a lifestyle disease in which the body no longer responds appropriately to the hormone insulin, which helps ferry sugar from the blood into our cells after a meal.

When fasting blood sugar levels reach 126 milligrams or more per deciliter, doctors will diagnose diabetes, because too much sugar in the blood will cause severe damage to the heart, kidneys and other organs over time.

Traditionally, blood sugar levels below 100 milligrams per deciliter have been considered safe, whereas levels between 100 and 126 signal a higher risk of diabetes -- termed prediabetes.

But according to the new study, by Dr. Paolo Brambilla and colleagues at the University Milano Bicocca in Italy, the currently accepted "normal" blood sugar range might be too wide.

The researchers looked at data for nearly 14,000 men and women who'd had blood drawn several times at their clinic.

The patients were between 40 and 69 years old and all of them had normal blood sugar levels at first. Over the next seven to eight years, on average, about two percent of the women and nearly three percent of the men developed diabetes.

Less than one percent of those who started out with fasting blood sugar levels between 51 and 82 milligrams per deciliter wound up with the disease, while more than three percent did so if they had values between 91 and 99.

After controlling for other factors that might influence the likelihood of getting diabetes, that corresponded to a two-fold difference in risk of developing the disease.

The findings are in line with an earlier study from Oregon, and the Italian researchers say they can help identify the people who need extra medical attention.

According to the American Diabetes Association, more than 25 million people in the US have diabetes, and as many as 79 million have prediabetes.

But LeFevre, who's a member of the U.S. Preventive Services Task Force, a federally supported expert panel, said he was concerned about the label "prediabetes" -- let alone expanding it downward into lower blood sugar ranges.

"We don't know that there is a magic threshold" for blood sugar, he said. "As the blood sugar goes up, the risk of complications increases."

Unless you're diabetic, he said, the best thing to do is to eat a healthy diet and get lots of exercise. And that goes for people with low blood sugar as well.

"I would be very concerned if people with low (blood sugar) levels would allow themselves to be sedentary and overweight as a result of these findings," LeFevre said.

The American Diabetes Association could not comment on the findings in time for this article.



**The Sacramento Bee**  
*Life Captured daily.*

## 5 motivation myths debunked

By HOLLIS TEMPLETON / [www.Fitbie.com](http://www.Fitbie.com) May, 9, 2011

### MU mention page 2

Calories in, calories out-in theory, losing weight should be that simple. But we're going to venture a guess that the reason two thirds of Americans are classified as overweight or obese isn't because they can't do basic math. Age, genetics, hormones, and the big one-a lack of will power-better explain the disconnect between wanting to lose weight and actually doing it.

In fact, while 84 percent of people claim they're trying to take better care of their health today than just a few years ago, 59 percent of people reported they don't have the will power to change their habits, according to a recent survey by The Futures Company. Lack of will power is the number one barrier preventing Americans from living healthier lifestyles, ranking higher than a lack of money, time, desire, and a perceived lack of need, according to the survey.

So what's the secret to propelling yourself from an "ah-ha" moment to reaching a healthy weight? It's all about the day-to-day. Focusing on lifestyle changes, heeding the right how-to advice, and finding support from a group of like-minded peers will help you stay on track better than if you focused on the impetus (a scary obesity poster in the subway) or the end result (fitting into your skinny jeans again).

Here, we sift through motivation research and enlist the help of Andy Core, an exercise physiologist, motivational speaker, and author of the forthcoming book "Why Don't I Do What I Know That I Should?," to muddle through five motivation misconceptions-and provide the help you need to stay on track.

Myth 1: Knowledge is power.

The Reality: Information can be ineffective if you don't know how to apply it.

You're overweight. And if you don't lose weight, you're putting yourself at risk for cardiovascular disease, diabetes, and early death. The message is clear and it's one that's been hammered into our heads via every medium available. Still, even the most scientifically sound PSAs or flashiest billboards are void of a vital piece of information-how one actually goes about losing weight.

"Knowledge without application is guilt-inducing," says Core, adding that over time, information overload can actually become demotivating. "In a way, it's better not to know than to know and to not do," he says.

A better solution: "If you really want to move people-busy, working people-to change, you need to use direction versus information," says Core.

**Research suggests that directions are more motivating than cold hard facts. When University of Missouri scientists analyzed data from 358 reports on the success rates of interventions designed to increase physical activity among 99,000 healthy adults, programs that focused on behavior change-feedback, goal setting, calorie and weight tracking, and exercise recommendations-were better predictors of success than cognitive-based approaches, those that focused on education and changing attitudes.**

Myth 2: The end result is what matters.

The Reality: Enjoying the path to success is what helps you reach it.

You know the Chinese proverb "The journey is the reward," but you've probably never thought of it in terms of losing weight. The reward typically associated with a diet and exercise plan is watching your goal weight calibrate on the bathroom scale. But according to Core, thinking ahead to that magical day isn't enough to motivate you to get there. "Starting with the end in mind is the fast track to failure in a health-improvement program," he says. "You want to have goals, but your daily focus should be on gaining gratification from checking the box."

"Checking the box" could mean finishing a workout, drinking eight glasses of water in a given day, or dedicating 10 minutes in the evening to laying out your gym clothes and making a healthy lunch for the next day, says Core. The important thing is that it becomes a positive experience that you want to repeat, he says, adding that setting up healthy lifestyle patterns helps you build the momentum necessary to reach a weight loss goal.

In a Medicine & Science in Sports & Exercise study, 136 women between the ages of 44 and 55 with BMIs of 25 to 38 took part in a weight loss program focused on adopting small changes in their diet and exercise patterns. Researchers made specific recommendations for daily caloric intake and exercise frequency and monitored participants' weight on a weekly basis. After 4 months, the women had lost 6.2 percent of their body weight, on average, and reported being highly motivated by the improvements in mood, increased energy levels, and better sleep quality that resulted from increased exercise. Study authors concluded that feelings of enjoyment and interest in physical activity helped explain the effectiveness of the intervention beyond seeing a lower number on the scale.

Myth 3: I am my own biggest motivator.

The Reality: Social support is essential to reaching a weight loss goal.

You could have all the gumption in the world, but it won't get you far if you're going at weight loss alone-or from inside a circle of friends who make unhealthy decisions, says Core.

Research suggests that having obese friends can make you gain weight, too-and that your peers can help you lose weight or maintain weight loss. The trick to using social support to your advantage is surrounding yourself with the right company. "Ask yourself Are my family and friends encouragers, or are they part of the problem?" Core suggests. Think about your coworkers, too. "Working adults spend most of their waking hours at the office, so if the workplace doesn't have your back, that's a big roadblock to sustaining motivation," says Core.

And don't forget about your online support structure. In a study published in the International Journal of Medical Informatics, researchers at University of Texas Medical School at Houston surveyed 193 members of the SparkPeople online weight loss community and found that 88 percent of respondents used the site for encouragement and motivation, while 59 percent used it as a source of information and 43 percent as an outlet for sharing experiences.

Myth 4: Scare tactics work.

The Reality: Messages that evoke strong emotion only work if you're unaware of a threat.

Scare tactics-from in-your-face ads depicting the consequences of obesity to a doctor's chiding for your through-the-roof cholesterol-will make your stomach churn, but they're not always effective at promoting a change in behavior, especially if you're overweight and understand that unhealthy food and drink choices are part of the reason why. "If people are already aware-and most are hammered with information-it's harassment at best and demotivation at worst," says Core, explaining that guilt is not an effective motivator. "If the choice to change is pressured upon you by other people, then the long-term success rate is really slim," he says.

Consumers tend to agree. When researchers asked 142 obese adults about their opinions on things like public health initiatives, media campaigns, commercial diets, and fitness programs for a survey published in the journal BMC Public Health, they found that respondents preferred interventions focused on lifestyle changes rather than those that strictly promoted weight loss and rated programs that were judgmental, stigmatizing, or shameful as least effective.

In a society overloaded with information, it's hard to control the messages coming at you (ever tried turning off a billboard?), but you can seek out the positives. Look to weight loss success stories or case studies for inspiration, suggests Core. "As a motivational speaker, it's like a holy grail for me if I can get someone to think If they can do it, maybe I can do it, too," he says.

It's also important to surround yourself with powerful cues that will aid in making healthy changes, says Core. These can be things like checklists on your fridge, bathroom mirror, or smartphone or photos of yourself at a smaller size. These cues will help you stay motivated from within, says Core, explaining that dieters will be more successful in the long-term if they are fueled by self-determination and decide to make lifestyle changes without external interference.

Myth 5: Failure is a sign of weakness.

The Reality: Failure results from a lack of preparation or poor behavior patterns.

If you hit a weight loss plateau or derail your diet over a holiday weekend, it's not a reflection on your character and you shouldn't beat yourself up over it, says Core, explaining that core values don't drive motivation.

"Most people at some point in their lives have felt motivated to live healthy," says Core. "Those same people have also felt unmotivated," he adds, explaining that the two sometimes happen just days apart. "In a period of days, your core values, your metabolism, the way you were raised, and your life experiences haven't changed."

What did change: your habits. Perhaps you stopped tracking calories or skipped a series of workouts and feel like you've completely killed your diet. The best way to power past a slip-up: "Think execution versus outcome," suggests Core. "Reenergize and refocus on checking the box. Don't focus on what good things happen if you do, or bad things happen if you don't." And to make weight loss goals-and mistakes-more manageable from a success/failure standpoint, don't get too far ahead of yourself. "You don't have to change your life; you only have to change your day," says Core.

# COLUMBIA MISSOURIAN

## Seniors symbolically rejoin real world through MU Columns

By Ryan Cornell

May 6, 2011 | 8:06 p.m. CDT

**COLUMBIA — More than 1,700 class of 2011 graduates crowded onto Francis Quadrangle and squeezed through the MU Columns for the MU Senior Sendoff on Friday.**

Where the quadrangle had once been empty save for a handful of students throwing around a Frisbee 30 minutes earlier, seniors filled the quadrangle lined with professors, deans and advisors.

The celebration began with a speech by Zach Parolin, president of the Alumni Association Student Board. He spoke of different memories during the class of 2011's four years, including beating Kansas in 2008, rushing Faurot Field on ESPN College Gameday during the last Homecoming, hosting Barack Obama on a stop during his campaign, and last winter's three consecutive snow days, which earned the most cheers from the audience.

"On top of those milestones, the personal accomplishments you've achieved during your time here have brought you a long way from the 18-year-old freshman you once were," Parolin said. "You'll come full circle from that first day of freshman year, carrying the spirit of Mizzou with you to the new chapter of your life."

At this point, a collective "aww" could be heard throughout the crowd.

Senior Sendoff, also known as Tiger Prowl, has been an annual tradition since 2000. While MU freshmen run through the MU Columns toward Jesse Hall to symbolize their entrance into the university during Tiger Walk, graduating seniors walk the opposite direction through the columns toward downtown Columbia, not only to celebrate their new status as Mizzou alumni, but also their transition from academic students to the "real world."

However, not everyone exiting the historic columns will be leaving MU after next Friday's graduation ceremony.

Rhianna Andrews, a social work major, plans to stay for graduate school. "The emotions haven't really hit me yet," Andrews said. "But then again, it might be because I'm sticking around for another year."

Andrews laughed with her friend at the group of girls across the quadrangle trying and failing to capture a moment of airtime on film. They kept jumping up and down, not quite in sync with one another. "Yeah, we tried to get a high-five from Truman," she said. "But there were just too many people."

Another senior not ready to leave his sociology major, Robert Neparadny, who will be graduating this December, said, "It's still fun for me, but it doesn't mean as much because I'm still going to be here next semester."

Seniors then hurried over to the long lines at Mel Carnahan Quadrangle, where live music played, free food was served and organizers gave out cups of Budweiser to students 21 and older.

In Chancellor Brady Deaton's earlier speech, he captured the feelings of the day. "After the Tiger Prowl, you're going to prowling the world and join the 250,000 living Mizzou alumni around the world," Deaton said.

"You can leave Mizzou, but Mizzou will never leave you," he said.

## COLUMBIA MISSOURIAN

# MU professors share their love of philosophy and the arts

By Anne Koncki

May 7, 2011 | 5:24 p.m. CDT

**COLUMBIA – Philosophy professor Bill Bondeson’s devotion to the arts is undeniable. As he recounted memories of past experiences in his career, one moment stuck out in his mind.**

That moment was when he conducted Handel’s “Messiah” with little prior notice. Bondeson said he’d always wanted to conduct the piece, and it was one of the most glorious experiences of his life.

“To have the feeling of being in the presence of intense beauty is an experience I’ll never forget,” Bondeson said. “I could go through many more memories like that.”

Throughout his “Last Lecture,” at 2 p.m. Saturday in Bush Auditorium along with former colleague Professor Stuart Palonsky, he quoted many great thinkers and philosophers whose ideas he admired.

**Bondeson has retired after working as a philosophy professor and community medicine professor at MU since 1964. Palonsky will be leaving for a year after 20 years as director of the Honors College.**

Palonsky, who introduced his colleague and friend Bondeson, began the lecture by making philosophical jokes, which had the audience laughing. This introduction was part of a tradition for the two men when they worked in the Honors College, Julie Melnyk, the associate director of the Honors College, said.

“You have to realize how inspirational he was,” Palonsky said of Bondeson in the introduction.

Bondeson thanked many colleagues who influenced him throughout his journey. "They got me where I am today," he said.

Bondeson's love of education and the arts was apparent, and he was an advocate of learning for learning's sake.

"We're here to help people live in those wider tents," Bondeson said, speaking of widening one's scope of knowledge.

Bondeson also said he would like to see a performing arts center at MU. He specifically mentioned KU's performing arts center "at the risk of getting shot."

"I'd like to pick that thing up and bring it here," Bondeson said, which resulted in laughs from the audience.

Bondeson wished, above all, for intellectual and spiritual development for the university.

"I wish the cause of teaching gets continued," Bondeson said. "It's been a grand, grand time."

Bondeson plans to travel with his wife, Linda Cupp, now that he is retired.

"Linda and I have a travel schedule that knows no bounds," he said.

Cupp said although Bondeson isn't officially teaching anymore, he will come back and do so occasionally.

"Teaching is his calling," Cupp said. "There's no doubt about that."

Also in attendance for the lecture was John Berlau, a former student of Bondeson's who flew from Washington, D.C., to visit his family in Kansas City and see Bondeson's lecture.

"I remember he really made thinkers from Descartes to C.S. Lewis come alive for me," Berlau said.

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# LGBTQ students unite at Lavender Graduation

By **JANESE SILVEY**

Kayden Prinster was already involved in the lesbian, gay, bisexual, transgendered and queer community at the University of Missouri when he realized he was in the wrong category.

Prinster, born female, previously identified as bisexual but three years ago realized the "T" in LGBTQ was a better fit. When Prinster began identifying as a transgendered male, having that network of support on campus was critical and remains so as he continues to find himself.

"Thank you, LGBTQ Center," he said during a special graduation ceremony last night. "Because I would not have made it to this point without everybody. I would not have made it out of college without this kind of support."

Prinster was one of six MU graduating seniors recognized during the third-annual Lavender Graduation. Held this year at the new MU Student Center, the event aims to recognize LGBTQ students who have overcome specific challenges to get to graduation day.

In an intimate hourlong ceremony with about 15 people on hand, keynote speaker Struby Struble, an employee at the Center for Social Justice, combined normal commencement advice with some personal tips from and for the LGBTQ community.

Borrowing from film director Baz Luhrmann's 1999 "Everybody's Free," known as the "graduation song," Struble combined its advice — wear sunscreen, floss, don't read beauty magazines — with her own suggestions: Get a tattoo, get pierced and get arrested for a worthy cause ... just make sure you know who's going to bail you out.

She emphasized the focus on loving yourself and appreciating the body you have.

"We're fabulous," she said. "And we might even know it."

From her own life experiences after graduating from MU, Struble — who has lived abroad and been a semi-professional soccer player — urged graduates not to be picky about employment.

"If you need money, get a job," she said. "As my girlfriend says, 'Activists need to pay rent, too.'"

Before venturing out in the world, the LGBTQ graduates will go on to receive their respective degrees from academic departments in commencement ceremonies next weekend.

Victoria Lake, who came out to her family as a lesbian over the winter break, will earn a bachelor's degree in psychology from the College of Arts and Science. Still, having a smaller event set aside for lesbian, gay, bisexual, transgendered and queer students was special for her, she said.

"I think it's nice to recognize people who have more struggles than others," she said.

Plus, other minority groups already have those types of celebratory events, Prinster pointed out.

"Knowing there are special ceremonies for other cultural groups, it's nice not being overlooked. Again."

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