



Walking with shelter dogs better than friends for seniors

By Sharon L. Peters, Special for USA TODAY

Seniors benefit more from regular walking sessions with shelter dogs than from scheduled walks with friends or a spouse.

That's the finding from a study to be reported at the annual conference of the International Society for Anthrozoology that begins today in Kansas City.

In 12 weeks, the dog-walking seniors, ages 74 to 87, showed significant increases in walking speed, balance and confidence, important markers for older adults to avoid the "downward spiral" that occurs when they walk less, lose lower-body strength and isolate themselves socially, says the study's author, University of Missouri professor Rebecca Johnson, director of the Research Center for Human-Animal Interaction.

The group assigned to walk with another person five days a week, the same frequency as the dog walkers, did not do as well. The reasons the dog walkers fared better, Johnson says: People in their 70s and 80s are devoted to volunteering, and the notion that "there was a dog that needed them" prompted them to arrive unfailingly for the walks. But those who walked with others engaged in "discouragement of each other," she says. If the weather wasn't good or one person wasn't feeling well, they would decide to shorten the walk or not walk at all. Seniors could benefit greatly if shelters organized dog-walking programs for senior, she says.



Blood clot blamed in student's death

MU freshman was 'ridiculously happy.'

By Janese Heavin

Published October 20, 2009 at 8:34 a.m.

A University of Missouri freshman who collapsed and died yesterday was a healthy 18-year-old who loved life and her school.

In fact, her mother said, Tracy Fisher would often ask, "Can it get any better than this?"

"Every day was better than the day before. She loved it there," Laurel Fisher said.

Tracy Fisher, who would have celebrated her 19th birthday today, collapsed while crossing College Avenue at the intersection with Rollins Road just before 10 a.m. yesterday. She was pronounced dead at University Hospital.

An autopsy showed that she suffered a pulmonary embolism, a blood clot that traveled from her leg to her lungs, said Ariel Goldschmidt of the Boone County Medical Examiner's Office. Clotting can happen randomly, but often there are risk factors such as a clotting disorder or dehydration, Goldschmidt said. Although her parents said Fisher did not have a troubled medical history, Goldschmidt said blood disorders can go undetected for years.

Fisher was a member of the Jewish Student Organization and Hillel, which is planning a memorial service at 6:15 p.m. today at its building at 1107 University Ave. MU counselors also are available to talk to friends and classmates, spokesman Christian Basi said.

The Fishers described Tracy Fisher as a vivacious and spirited young woman involved in dozens of activities.

"When she thought about going to college, she had a list of what she wanted to get involved in, and there were 12 different major activities," Laurel Fisher said. "She was well on her way to doing all of those things."

Tracy Fisher, a pre-journalism major, worked for The Maneater, MU's college newspaper, and had hoped to be a Summer Welcome leader in 2010. She kept a blog, "Budding Journalist," for CollegeAdventures.net, a Web site managed by college consultant Tam Warner Minton. "She was so excited to be there," said Minton, who helped Fisher with her college selection. "She just loved it up there. I'm still stunned."

Fisher, former editor of the newspaper at Richardson High School in the Dallas area, hoped to work in the magazine industry. In one blog entry, she wrote that she wanted to be chief editor or production manager for Seventeen or Cosmopolitan magazines. Big dreams, she acknowledged, "but I have the drive and by coming to Mizzou I now have the connections," she wrote.

"She loved Mizzou," her dad, Mark Fisher, said. "She really fell in love with the school."

During a phone conversation with her parents Friday, Tracy Fisher talked about having a hard day of classes today but was then looking forward to a birthday dinner at the Olive Garden.

"She was ridiculously happy," Laurel Fisher said.

The Fishers said friends and relatives are helping them and their two sons cope with the loss. "We have a lot of community and family support," Laurel Fisher said. "How are we getting through it? I don't know. One minute she's at school coming home next month for Thanksgiving, the next minute ... how could she not be here to watch 'America's Next Top Model' with me?"

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COLUMBIA MISSOURIAN

Mourners gather to remember Tracy Fisher

By Andrew Denney, Dean Asher

October 20, 2009 | 11:27 p.m. CDT

COLUMBIA — On a day when friends should have been celebrating Tracy Fisher's birthday, they were grieving her loss.

Nearly 100 people attended a memorial service for the pre-journalism student Tuesday night at Hillel, the Jewish Student Center on campus. It was the day after she died, and she would have turned 19.

Fisher collapsed shortly before 10 a.m. Monday while crossing the intersection of College Avenue and Rollins Road. An autopsy revealed that a blood clot had formed in her leg, blocking the flow of blood to her lungs.

“She was the kind of person Hillel directors love having around,” said Kerry Hollander, executive director of MU’s local Hillel, a national organization for Jewish college students. “She was knowledgeable, and to say she was friendly is too trite. She made friends and was a friend.”

Hollander said the memorial on Tuesday was a regular evening service that included the Mourner’s Kaddish — “the prayer said in memory of those who are deceased.”

Hollander said Fisher was “very involved” in campus organizations, including Hillel and Sigma Alpha Epsilon Pi, a Jewish sorority she had pledged.

The Sigma women took up the front row at the service, leading the crowd in prayers in both Hebrew and English, and recalling her sense of humor and cheerful disposition.

“She was a very happy person, and the world had a great loss today,” said sorority president and MU senior Amanda Rude. “We’re all trying to make sense of it.”

The service was stirring. Many people were in tears, and some left the room momentarily to regain composure.

Members of the MU Counseling Center were also present, checking with people as they left. Several took a stand at the podium at the end of the service and told of the impact Fisher had on their lives.

Some had known her for upward of four years. Others had only met her a few times.

"She always had a smile on her face. She took everything with a grain of salt, and that's something to be admired," said Sherman Fabes, who met Fisher at the beginning of the school year.

"I didn't know her that well, it was so short a time, but she gave off that vibe that she was going to be there for you, no matter if you'd known her for two months or two years," Fabes said.

The fact that Fisher would have turned 19 loomed over the service as the Sigma women lit 19 candles on a table on the side of the room. Also on the table was a bulletin board with several pictures, and a few pumpkins with Sharpie markers next to them.

Pumpkins were a favorite of Fisher's, and mourners were encouraged to write messages on them. It didn't take long for the gourds to wind up covered with notes and memories.

Originally from Dallas, Fisher attended Richardson High School, where she was active in choir, theater and the school newspaper, the Talon. Her friends from back home have equally fond memories of her.

"Every time I saw her, she was really happy and had friends around her," said former Richardson student Miranda Moore, who met Fisher the summer before their freshman year of high school. "We once traded dresses for a dance and she gave me her bat mitzvah dress. I still have it."

University of North Texas student Shelley Jackson was involved with Fisher in theater and the school newspaper for two years. She used a single word to describe Fisher: "Joy."

"No matter what had happened to her earlier in the day and no matter what was making her stress, she always had a smile, a joke, a laugh, a dance."

After Jackson heard about Fisher's death Monday afternoon, she and her friends chose to spend time sharing funny stories about Fisher and laughing at memories.

"I think she'd like that more than us sobbing over everything," Jackson said. "She'd rather us laugh and remember her beautiful smile."

Fisher eventually decided to go to MU to pursue journalism with the help of Tam Warner Minton, an independent college consultant.

"I knew her well. She was also a friend of my son's in high school so she was over often for social events," Minton said. "She was sunny and upbeat, looking on the bright side of everything."

Minton recognized Fisher's determination, skills and leadership. She offered her a chance to contribute to the blog she operates as part of her consulting business on collegeadventures.net. Minton hoped to chronicle a bright young student's entry into college.

Journalism was not Fisher's only passion. She poured great determination into choir and the stage, friends recalled. That determination eventually took her to Scotland.

"We performed together on an international stage at the Fringe Festival in Edinburgh, Scotland," said Erin Kane, one of Fisher's and Jackson's friends from high school.

"She was my roommate on that trip and we had a blast. She has this amazing bell-like laugh that was infectious. We told her she sounded like Elmo. She laughed all the time. And her mouth is always open in pictures because she's making faces or laughing for the camera."

Fisher was always active in the Jewish community and was the president of her youth group at Temple Shalom in Dallas. Her friends remember her ability be positive about any situation, whether a budget meeting for her sorority or a tragedy in a friend's life.

"One time, I was still really upset about another friend who had passed away. So she got together with two of our other friends and they came and literally kidnapped me in the middle of a Sunday," Jackson said.

"They put a blindfold over me and tried to be serious about the whole thing, but I kept hearing Tracy just laughing and laughing. Eventually, we got into her car, and when we stopped, we were at one of her favorite restaurants, Pokey-O's. There, we sat down and they all hugged me and comforted me. The whole thing was her idea."

Ariel Goldschmidt of the Boone County Medical Examiner's Office said her death was likely to be "near instantaneous."

A number of different factors can contribute to a pulmonary embolism, he said, such as heredity and environmental factors. Dehydration and previous leg injury/trauma can also contribute.

Fisher had no known history of illness or blood disease.

Goldschmidt said there is no normal screening for the presence of blood clots, but symptoms of thrombosis can include shortness of breath. Drugs can be prescribed to deal with known clotting disorders.

"A doctor is unlikely to check for blood clots just randomly," he said.

Fisher is survived by her parents, Mark and Laurel Fisher, and two brothers. She is also survived by the countless friends and acquaintances who said they will always remember her personality and love of others.

"I'll never forget how she kept smiling at me and telling me that no matter what, she'll always love me," recalled Jackson of her "kidnapping" incident. "It was the best."

MACC moving to Parkade Center, reaches MU admissions pact

By David Reed

The night before enrollment opens at Moberly Area Community College's Columbia campus, students — some with sleeping bags — line up outside the administration building as if they're trying to get front-row tickets for a rock concert.

"We have to hire security guards," said Jaime Morgans, MACC public relations director. After the doors open, "there are bodies everywhere, lining the hallways."

The early morning and evening classes at the satellite campus are particularly popular with students holding down full-time jobs.

Enrollment at Missouri's 12 community colleges increased nearly 13 percent this year, and MACC's enrollment had the second-highest jump — 28 percent. The number of students enrolling at the Columbia campus has increased from 870 in 2005 to 1,692 this fall. MACC now leases buildings at Stephens College and the University of Missouri along with the main building on Walnut Street behind the Stephens campus.

"We've outgrown everything we've been in," Morgans said.

But next fall, MACC will move all of its Columbia operations to the Parkade Center on Business Loop 70 and plans to increase enrollment to about 1,800.

The agreement to lease 37,000 square feet in Columbia's original shopping mall was signed in mid-September, and the community college plans to do extensive renovations to accommodate administration and faculty offices, a faculty lounge, science labs and general classrooms.

Parkade, which has slowly added tenants in the past few years, will be about 95 percent occu-

pled after MACC moves in, Manager Benjamin Gakinya said.

"We've warned them — it's going to get a lot busier in there," MACC President Evelyn Jorgenson said.

She pointed out that the new location benefits the commuter college by providing ample parking space, and it's on the bus line and close to low-income areas of the city.

Each of Missouri's community colleges has a designated service area, and the MACC region includes Boone County at the southern end. MACC began offering classes in Columbia in 1998, two years after Jorgenson became president. She lived the previous 21 years in Columbia, where she taught adults at Douglass High School and got her master's degree and doctorate at MU.

"I felt the need for a community college all the time I lived in Columbia," Jorgenson said.

After getting associate degrees, about 25 percent of MACC's students transfer to MU to get bachelor's degrees, Morgans said. The community college had 240 Columbia graduates last year. Of MU's almost 31,000 students, about 1,400 are transfer students from community colleges, and MACC is the No. 1 provider of transfer students to MU.

About the same time Jorgenson signed the lease agreement with Parkade, she and MU Provost Brian Foster signed an agreement to start the Mizzou Connection Program.

The program will offer 50 degree options. The goal is to strengthen the relationship between MACC and MU and provide resources, such as early MU academic advising and information

about campus activities while the students are still attending MACC.

"MU research has shown that transfer students do as well or better than native students," Jorgenson said.

MACC also wants to provide adult technical training and career training that will make the local workforce more attractive to industries considering moving to or expanding in Columbia, she said. "I think we can play a very important role in supporting economic development in Columbia." ♦



PHOTO BY JENNIFER KETTLER

The 215,000-square-foot Parkade Center will be nearly filled when MACC moves in.

MU journalism school honors media leaders and Slate online magazine

The Associated Press

COLUMBIA | Six media leaders and the online news magazine Slate will receive the Missouri Honor Medal for Distinguished Service in Journalism.

Medalists are selected by faculty of the University of Missouri School of Journalism. The winners were scheduled to lecture at the Columbia campus Tuesday before receiving the awards at an evening ceremony.

The 2009 medalists are Mazhar Abbas of Pakistan; Advertising Age editor-in-chief Rance Crain; Missouri Press Association executive director Doug Crews; photographer Bill Eppridge; retired Missouri journalism professor Rod Gelatt; former Washington Post ombudsman Deborah Howell; and Slate, which will be represented by editor David Plotz.

COLUMBIA MISSOURIAN

Missouri Honor Medalist Bill Eppridge discusses photojournalism, technology

By Haleigh Castino

October 20, 2009 | 5:32 p.m. CDT

COLUMBIA — In a 75-minute period, Bill Eppridge used dozens of his photographs to tell a dynamic story of his life in the role as a photojournalist.

As one of this year's seven Missouri Honor Medalists, Eppridge presented "Epic Poem: Fifty Years in Photojournalism."

Eppridge began his lecture Tuesday by giving his perspective on photography in today's world.

"The surge in technology — the blossoming of the Internet, Facebook — has impeded the progress that we are hoping to be making in photographic journalism," he said.

Eppridge's first professional assignment was for National Geographic magazine soon after graduating from MU. During the nine-month assignment, he shot photos in 11 countries, resulting in 32-page spread for the publication.

The definition of photojournalism, Eppridge said, is similar to that of essay writing because the critical moments of an essay are very nearly the same as the critical moments in a photograph.

"I prefer to tell stories," Eppridge said.

Throughout his career Eppridge made it known that he never wanted to do the same thing twice, he said.

Epbridge covered Vietnam, Woodstock, the Beatles' first visit to the U.S. and Barbra Streisand — twice.

“This type of coverage is not allowed now,” Epbridge said about his experiences shooting for Barbra Streisand, in which he said he was allowed to interact with his subject much more directly than public relations directors today would allow.

When Epbridge was assigned to cover Bobby Kennedy just before his campaign for presidency, he was told that he was to tell the story of Kennedy as “his brother’s brother.”

“There was no Secret Service or protection,” Epbridge said. “If I had a question I would ask him myself.”

Epbridge was there, next to Kennedy, on the night he was assassinated. He said the media crew with Kennedy that night had urged him not to go back through the kitchen to exit.

“(Kennedy) was facing one way and we were facing the other,” Epbridge said. The crowd closed in behind Kennedy and soon there were 15 or 20 people between Epbridge and Kennedy.

Epbridge said he’s all over the place, photographing anything that interests him.

“I always carry a camera — you never know,” he said.

Posted on Wed, Oct. 21, 2009

Missouri grads seek alumni club in the home of the Jayhawks

The Associated Press

COLUMBIA | Some lonely University of Missouri graduates living in Lawrence, Kan., want to form an alumni chapter at their alma mater's biggest rival.

Missouri grad Robert Rescot, now a graduate student at the University of Kansas, told the Columbia Daily Tribune he plans to submit a formal proposal to Kansas this semester. The Mizzou Alumni Association says it is happy to help.

Rescot says he wants to "promote genuine goodwill" and help loyalists on both sides of the rivalry look past the schools' differences.

Missouri and Kansas are members of the Big 12 Conference's North Division and compete in one of college sports' oldest rivalries. The competition has its roots in the Civil War when pro-slavery Missourians sought to prevent Kansans from prohibiting slavery in their state.

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Open Column

Anonymous Columbian made Nebraska visitors' day

Tuesday, October 20, 2009

Editor, the Tribune: My husband and son were in Columbia on Oct. 8 to attend the Missouri-Nebraska football game. Shortly after arriving, my husband lost his wallet, which contained not only his ID, cash and credit cards, but more important, his tickets to the game!

An anonymous woman found my husband's lost wallet in downtown Columbia and turned it in at the police station on Walnut Street. After much searching and calling around, we were so relieved to find that it had been turned in! It was really uplifting that she did that, and we just want to thank her for being such a good Samaritan.

Rod and Shirle Humphrey
103 Paula Drive

St. Charles

Columbia hospitals taking steps to stop spread of H1N1 virus

By Michael Sewall

October 21, 2009 | 12:01 a.m. CDT

COLUMBIA — Although many hospitals on the national level are trying to keep out visitors with flu symptoms to control the spread of the H1N1 virus, Columbia hospitals are taking more measured steps.

Hospitals around the country are turning away visiting children and tightening restrictions on adults, too, in hopes of limiting the spread of swine flu in the hallways — though there's little science that this works.

Utah and Colorado are recommending visitor limits for hospitals statewide. But mostly, it's a hospital-by-hospital decision, meaning clinics in the same town can have different rules.

That's the case in Columbia, and any visitor restrictions will be up to the individual hospital, said Kit Wagar of the Missouri Department of Health and Senior Services. Boone Hospital Center isn't changing any visitation policies, **and University Hospital is now taking the temperature of all visitors to the Neonatal Intensive Care Unit. But for now, no big changes in visitation policies are being considered.**

"It's an ongoing battle that we fight with infection like all hospitals, and it's no different now with this flu," said Bryant Gladney, manager of ambulance services at Boone Hospital Center. "At this point, in our community, we don't see a need for any more restrictions with this influenza bug."

Nationally, there's a huge variation in what hospitals are doing to prevent the spread of the flu. Stanford University Hospital barred anyone under 16 from visiting, while the Central Vermont Hospital turned away the under-12 crowd. Other hospitals have made the cut-off age for visits 14 or 18. The Indiana Heart Hospital has had visitors answer questions and wear a green sticker showing they were cleared to enter, and the Inova

Health System hospital chain in Washington, D.C., is limiting visitors for pregnant women.

Still, the hospitals are monitoring the situation and stressing education for visitors who do come into the hospital. They've posted signs warning those with symptoms to stay out and have personnel keeping a watch on visitors showing signs of the flu.

"You wouldn't want to bring that into that environment and make it difficult for all the other people," MU Health Care spokesman Jeffrey Hoelscher said.

Although visitors are one risk, health care workers are another concern. Hoelscher and Gladney both said employees are being encouraged to wear masks and get the H1N1 vaccine. They are already required to get the seasonal flu vaccine.

Neither the Centers for Disease Control and Prevention nor the American Hospital Association have set guidelines on the issue. Local hospitals are taking precautions as they go instead of setting restrictions. In the case of H1N1, officials are hoping the public takes responsibility and stays away from the hospital if they're sick.

"We would highly encourage anyone who has H1N1 to stay home. Period," Hoelscher said. "That's the best policy you can adhere to."

— *The Associated Press contributed to this report.*

Missouri Lawyers

WEEKLY

Abolitionist to be 'tried' for raid at Pottawatomie Creek

by Donna Walter

Published: October 13, 2009

Abolitionist John Brown will stand trial Thursday night on charges of leading a raid that killed five pro-slavery men in Kansas.

University of Missouri law professor Frank O. Bowman III will defend Brown, and Morley Swingle, the Cape Girardeau prosecutor, will, of course, prosecute the defendant. Frederick Douglass himself - as portrayed by University of Missouri Deputy Chancellor Michael Middleton - will take the stand in support of his fellow abolitionist.

The trial, which will be held at 7 p.m. Thursday at the Missouri Theatre Center for the Arts, is the fourth annual production of the MU School of Law's Historical and Theatrical Trial Society. The program, which is free and open to the public, is an unscripted trial, complete with judge, jury, witnesses and lawyers.

Judge Deanell Reece Tacha, a judge on the 10th U.S. Circuit Court of Appeals, will preside over the mock trial. Brown will be tried under modern antiterrorism law.

"The reason for doing this, in addition to providing some historical education to people in Columbia about who we were 150 years ago, really has to do with the fact that you get to explore a whole bunch of interesting and counterintuitive ideas," Bowman, the society's faculty adviser, said in an interview.

"Brown, certainly most people would think he was at least on the right side in opposing slavery and that perhaps he had a clearer idea earlier of what would be necessary to destroy slavery. At least, that's my argument as his lawyer," he said.

Brown is well-known for the 1859 raid on Harper's Ferry, for which he was tried, found guilty and hanged. But three years earlier, he led a raid on Pottawatomie Creek, near Lawrence, Kan., where he and his men murdered five pro-slavery settlers. No one was ever tried for this act.

"Their plan was to sweep the creek of the pro-slavery people in Kansas and show the pro-slavery people that the anti-slavery people are willing to fight," Swingle said.

He said he's been busy preparing for this trial.

"I don't want to lose this case and let this guy get away with murder," he said, pointing out that Al Capone got an acquittal at last year's mock trial of the St. Valentine's Day Massacre.



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Both Swingle and Bowman have third-year law students assisting them, and each team member has a big part both preparing for and trying the case, Swingle said.

The prosecutor predicted his opponent is aiming for jury nullification, and Bowman freely admitted Swingle has the facts on his side.

"Morley's going to try John Brown for murder, and I'm going try slavery, and we'll see who wins," Bowman said.

A Web site Bowman and his law students set up, www.warandreconciliation.com/hatts.html, provides a detailed history of events occurring at the time.