Families Fit, Together.

Curbing alcohol abuse
HELPING COMBAT TEENAGE DRINKING

Living well with a disability
ADVOCATING FOR BETTER HEALTH

Floating like a butterfly
ORBITING MONARCHS
Margaret Tran puts her majors in environmental studies and economics to practical use as program coordinator for the group EARTH, which organizes student efforts in recycling and sustainability. One project is a campus garden that provides area food pantries with seasonal produce; she also oversees local food coordination for the student advocacy group Environs. The Derby senior, a National Merit Scholar, also writes and performs for the rock band Random Rain.

A Summerfield Scholar and senior in political science and journalism, Devin Lowell of Concordia returned in January from an Alternative Break in New Orleans, where he helped rebuild a hurricane-damaged house. Two Study Abroad sessions in the United Kingdom honed his interest in international issues, one topic for the University Daily Kansan column he writes.

Bethany Christiansen, an Emporia junior majoring in English and creative writing, is completing a research project that blends James Joyce’s “Ulysses” with Dante’s “Inferno” in comic-book form. She plans to study literature at Cambridge University in England this summer. She is a Watkins-Berger Scholar as well as a Hall Center Scholar.
Working together to curb teenage alcohol use

MERGING THEIR EFFORTS MAKES COUNTIES’ WORK MORE EFFECTIVE

Teenagers and alcohol can be a lethal combination, and few know this grim reality better than police and sheriff departments and district attorneys across Kansas.

Now, thanks to a $10.5 million grant, officials in 14 counties are working with the Kansas Department of Social and Rehabilitation Services, KU’s Workgroup for Community Health and Development, and the Greenbush Southeast Kansas Educational Service Center on practical ways to reduce and prevent underage drinking.

A program overseen by Cheris Coggins and Sunny Gates in Harper County is typical: Law enforcement and other officials in Anthony, Harper, and Attica signed a memorandum that guides their efforts to limit teenagers’ access to alcohol and promotes prosecution after arrests. They agreed to such practical steps as reducing illegal access to alcohol; they also meet with young people in monthly sessions to discuss practices and policies. Schools and churches have set up complementary programs.

Coggins is seeing positive responses. One participant told Coggins she “never would have guessed there might be as much collaboration and involvement from such a variety of people in the community.”

c tb.ku.edu/en/services
Wallace Meyer directs the KU School of Business Entrepreneurship Program.

RedTire is “a wonderful program. ... It gives me hope.”

-Kay Brenner, owner of Kay’s Pharmacy in Herington

Keeping the doors open

RETIREMENT CAN CLOSE A SMALL BUSINESS FOREVER, BUT NEW PROGRAM WILL HELP STUDENTS TO BUY IN

A conversation Wallace Meyer of the School of Business had with an economic developer in Goodland sparked an idea that could help sustain communities across Kansas.

The developer told Meyer that the most worrisome thing facing his town was, “We have no one to succeed our small-business owners when they retire.”

Goodland isn’t alone. The owners of about 13,000 small businesses — nearly a quarter of all such businesses in Kansas — hope to retire within five years but have no plans for the future of their firms.

Meyer, director of KU’s Entrepreneurship Program, and colleagues created the Succession Planning Cooperative LLC, known as RedTire because it strives to ‘redefine retirement’ for small-business owners. It will identify KU and Kansas State University students in such core areas as pharmacy, medicine, agriculture, and banking who hope to live in Kansas communities. These students will be matched with local business owners, and RedTire will guarantee loans to help the students purchase those businesses when their owners retire.

RedTire is “a wonderful program. ... It gives me hope.”

-Kay Brenner, owner of Kay’s Pharmacy in Herington

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business.ku.edu/redtire

Pharmacist Kay Brenner and her husband, Vic, have owned Kay’s Pharmacy in Herington since 1981 and have had several KU student interns.
High-school students in the Confucius Institute’s StarTalk: Chinese Jump! summer language program practice Chinese calligraphy during a July 2009 field trip to the KU Edwards Campus in Overland Park.

“My students love this class,” she says. “We are extremely happy with the content, the pace, and the teacher. She is very engaging, and the kids like her so much.”

Goddard is one of 22 Kansas school districts that have participated in the institute’s single-session or academic-year Chinese culture or language programs. Nearly 2,000 elementary and secondary students have benefited from this partnership with the Southeast Kansas Educational Service Center in Greenbush.

Sunderland, whose school also offers Arabic and Japanese classes through Greenbush, knows the program is a success: “The students are already begging for Chinese 2 next year.”

confucius.ku.edu
Going the distance

INTERACTIVE BROADCASTS AND ON-SITE COURSES OPEN THE WORLD TO LIFELONG LEARNERS

World War I. The Inca empire. MGM musicals. These and about 35 other topics are being offered this spring in courses designed by KU’s Osher Institute of Lifelong Learning. Partner organizations such as community colleges, retirement centers, and museums offer the courses, often taught by KU faculty or staff to students who are often 50 or older. Many of the courses through Osher, an affiliate of KU Continuing Education, are taught on-site, but the key to the program’s effectiveness is the interactive video broadcasts to four Kansas sites.

Seward County Community College in Liberal just became an Osher partner, and President Duane Dunn already sees the benefit: “We would not be able to bring the speakers and the programs to our community through other means, so this allows us to discuss and interact with experts on the different subjects.”

Distance technology, Dunn notes, has enabled his college to fulfill a central goal: providing Seward County residents with learning opportunities no matter their age — or their interests.

osh.ku.edu
continuinged.ku.edu
Patients at a National Cancer Institute-designated center have access to the newest, most promising therapies and laboratory discoveries. That’s why the KU Cancer Center is focused on earning NCI designation. Kansans deserve access the best treatments here in Kansas.
Photos here and on the cover: The 12-week Healthy Hawks program at the KU Medical Center has two facets: educational sessions with nutritionists and other health professionals, and physical exercises that are fun and beneficial for the whole family.
FAMILIES LEARN LASTING LESSONS FOR HEALTHY LIVES

The first things to go were the sugary cereals. Then the soda pop.

Rhonda Jarman of Kansas City says tossing out bad-for-you foods was step one in her family’s quest for better health.

Helping the Jarmans — Rhonda, husband Kevin, and three children — on their journey was the Healthy Hawks program, based at the KU Medical Center in Kansas City, Kan. Participants in the 12-week sessions, offered in English and Spanish, meet weekly with experts to learn about nutrition. They also attend hourlong group physical activities.

The sessions are meant to be informative but fun at the same time. In fact, the Jarmans continued to attend the exercise classes well after they finished the program.

“We learned to be aware of how much fat and sugar is in food, and we have changed our eating habits and shopping habits as well,” Rhonda Jarman said.

A similar program, Positively Fit, exists on the Lawrence campus. So far, about 250 children and their families have benefited from the two programs.

healthyhawks.kumc.edu
Getting better at living well

SOUND HEALTH INCLUDES SOLVING DAILY PROBLEMS AND ADVOCATING FOR PRACTICAL SOLUTIONS

Paul and Anita Bjorling had polio as children but worked and raised a family without missing a beat. As they approached their 60s, however, daily routines began to sap their energy.

Hoping to avoid chronic medical conditions related to inactivity, including depression, the Eureka couple — like more than 150 Kansans — signed up for the workshop “Living Well With a Disability.” With seven other Eureka residents, the Bjorlings took the eight-week sessions offered in El Dorado by the Resource Center for Independent Living and KU’s Research and Training Center on Independent Living.

Topics included problem-solving, exercise, and nutrition. The Bjorlings, for instance, added more fruit to their diet and began playing a new Wii fitness game. They also learned methods of advocating for change. Anita said: “Talking to others who had similar needs and concerns encouraged us to become involved by seeing it as a community need instead of a personal inconvenience.”

One result: The group’s goal of getting more and better sidewalks and a chair lift for the swimming pool in their Greenwood County community is being considered by the city council.

rtcil.org

CARING FOR THE CAREGIVERS

Mary and Richard Weathers of Pittsburg are among thousands of families in 11 counties who have benefited from Southeast Kansas Respite Services Inc. since its inception in 1991. Richard is the daily caregiver for Mary, who has Alzheimer’s disease, but is able to get away a few hours every month while Respite Services — a program of the KU Life Span Institute at Parsons in collaboration with partner agencies — provides a companion for Mary in their home.

parsons.lsi.ku.edu
Float like a butterfly

KU MONARCH CATERPILLARS TEACH STUDENTS NATIONWIDE ABOUT SPACE TRAVEL AND ITS EFFECTS

When the space shuttle Atlantis blasted off in November, headed for the international space station, it carried three monarch caterpillars.

The KU-based Monarch Watch supplied not only the caterpillars, the first of their species in space, but also their custom diet to NASA.

As the insects grew and metamorphosed in micro-gravity orbit, students in 42 Kansas communities — including Colby, Salina, and Osawatomie — and 400 more nationwide used kits from Monarch Watch to raise their own monarchs, comparing their development with the space butterflies.

“We wanted to learn as much as we could about this insect and how it functioned in space,” said Chip Taylor, Monarch Watch director.

Steve Hawley, KU professor of physics and astronomy — a former NASA astronaut and veteran of five space shuttle missions — appreciates the larger lesson of orbiting butterflies: “The more we learn about how physiology works in space,” he said, “the more we’ll be able to use that information to understand fundamentally how biological systems work.”

monarchwatch.org
Saving faith
PROJECT SEeks TO PREServe kANSAs religious hisTory BEFORE IT’S TOO LATE

Religious studies professor Tim Miller knows that religion is a huge part of the lives of thousands of Kansans, but he feared that these lifetimes of faith would be lost to time.

Hoping to safeguard older Kansans’ experiences in churches, synagogues, mosques, and temples, Miller and several students are pursuing an oral history project to record their memories.

“We’ve collected stories about growing up Catholic in rural Kansas, spending a lifetime as a Kansas Episcopalian, and helping found a new Unitarian organization,” Miller said.

“One student located a few surviving Lawsonians who had participated in a church in Wichita, now closed, that was based on the religious ideas of the eclectic American inventor and social philosopher Alfred W. Lawson. The task is boundless, but we hope to pursue as many stories as possible.”

The interviews, documents, and stories the students collect will be compiled and made available online.

religionsstudies.ku.edu

WORKS IN PROGRESS AT KU

➤ SUBSTITUTE DOCTORS: Rural Health Education and Services at the KU Medical Center oversees Kansas Locum Tenens, which provides residents and faculty physicians to rural communities whose doctors are away for continuing education, maternity or paternity leave, or vacation. More than 3,400 requests from about 85 communities such as Oberlin, Liberal, and Plainville have been met in the last 10 years.

ruralhealth.kumc.edu

➤ ACTING OUT THE PAIN: Every year actors and actresses go to KU’s School of Pharmacy to portray patients with real-life symptoms or problems so more than 300 students can apply what they have learned. Through the innovative program developed by faculty members Ron Ragan and David Virtue, students are evaluated on the care they provide and their knowledge of drugs and drug management. The goal is to strengthen the students’ professional and interpersonal career skills.

www.pharm.ku.edu

➤ HIGH WATER FORECASTS: After floods in 2007, KU researchers compiled a digital map library from satellite and airborne images that will help predict potential flooding along major waterways in 20 southeast Kansas counties. Thanks to the work by the Kansas Biological Survey’s Kansas Applied Remote Sensing Program, led by Kevin Dobbs, emergency officials now will have access to real-time information to help with disaster preparedness and response.

kbs.ku.edu
During my first months as chancellor, I greatly enjoyed visiting communities from Ulysses to Pittsburg, Colby to Kansas City. Kansans have a strong belief in the power of education, and we are proud to work on their behalf.

We educate more Kansans than any other university. We make new discoveries and deliver cutting-edge treatments. We provide services that make a difference. We work every day to make Kansas an even better place to live, work, and raise a family.

Together let’s explore how KU can play a role in your future success, in Kansas and around the world.

Bernadette Gray-Little
Chancellor
Tuning in ... to books, newspapers, and magazines

KU’S RADIO READING SERVICE KEEPS THE WORLD CURRENT FOR KANSANS WITH DIMINISHED VISION

Archie King of Parsons has two radios to receive Audio-Reader broadcasts. Archie King listens to the radio a lot late at night — but not to music or talk shows. He listens to books, magazines, and newspapers.

King and almost 7,000 other Kansans whose eyesight has diminished are still able to enjoy the printed word because of Audio-Reader, a radio reading service for blind and visually impaired persons. Broadcast throughout the state, the service is free to all who qualify.

The retired Parsons farmer enjoys non-fiction books and newspapers, just some of the material read by more than 350 volunteers. Archie has used the service so much for 30 years that he has two radios — one in the living room and one on his nightstand.

“I sometimes fall asleep with it on,” he said, “and when I wake up I’m listening to something interesting.

Application for Service forms are available on the Audio-Reader Web site, reader.ku.edu. Health-care and social-service professionals need to certify the application. For more information, call (800) 772-8898.

reader.ku.edu

FREE OR REDUCED TICKETS TO KU EVENTS

➤ The Lied Center of Kansas distributes free tickets to performances at its concert hall in Lawrence. Non-profit schools, civic, and service groups will receive more than 3,000 free tickets this year:
lied.ku.edu
(785) 864-2787

➤ The University Theatre offers discounted tickets to its main-stage productions to high-school groups. Occasionally it offers free tickets, as it did in October, and students from 22 schools saw Shakespeare’s tragedy “Macbeth.”
kutheatre.com
(785) 864-3982

➤ The School of Music makes free tickets available to area high-school students for performances by the KU Opera and other events.
music.ku.edu
(785) 864-3436

Deb Yager reads books and other material at the Audio-Reader studios in Lawrence.
Erin Lewis of Fort Scott, who’s in the mechanical engineering graduate program, is student manager for an NSF grant program overseen by professors Lisa Friis and Paulette Spencer. They’re developing toolkits for 4th- and 5th-grade Kansas teachers that will encourage girls and minority pupils to pursue engineering careers. Lewis hopes to start a firm to develop instruments for pediatric spinal surgeons.

Community service is a deep commitment for Ben Fuentes, a Satanta junior who’s president of the Hispanic American Leadership Organization (HALO) and a member of the Latino Vision Council. Besides Hispanic Heritage Month and Cinco de Mayo activities, he volunteers with Big Brothers/Big Sisters. Law school is the goal for Fuentes, who’s majoring in political science and minoring in Latin American studies.

In her third year in law school, Megan McGinnis of Kansas City, Kan., is an intern at the Douglas County district attorney’s office and on the staff of the “Kansas Journal of Law & Public Policy.” She is president of the Black Law Students Association, which oversees a Thanksgiving food drive donating to several local groups. McGinnis is also a Dean’s Fellow and a member of Law School Ambassadors.
In his Chemistry 188 class, Kirk Duensing of Blue Rapids collected water from area ponds and lakes to test water purity. Just the kind of hands-on learning this pre-med student will experience throughout his KU career.

“Solid academics, outstanding extracurricular programs, winning athletics, and a stellar social scene.”

– 2010 FISKE GUIDE TO COLLEGES