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# Summer

# Office of Undergraduate Research at Mizzou

# 2009

# Newsletter

Issue No: 5

## Mental Health Leader to Speak



If you have any questions about mental health or the mental health business this week is your chance to get all your questions answered. Dr. Joseph Parks will be speaking at LSUROP's evening seminar on July 7th.

He is a particularly good resource because he is a man of many roles in the mental health community including administrator, educator, practitioner, and researcher.

He currently serves in several administrative capacities including the Chief Clinical Officer for the Department of Mental Health as well as the Director for the Division of Comprehensive Psychiatric Services in Jefferson City.

He is also a Clinical Assistant Professor of Psychiatry at the Missouri Institute of Mental Health and University of Missouri in Columbia.

He practices psychiatry on an outpatient basis at Family Health Cen-

ter, a federally funded community health center established to expand services to uninsured and underinsured patients in the Columbia area.

Dr. Parks has authored or coauthored a number of original articles. You can find some of his work in the Journal of Organizational Behavior, Journal of Psychiatric Practices, Psychiatry Quarterly, Manual of Clinical Emergency Psychiatry, Behavioral Interviews, Hospital and Community Psychiatry, and Advanced Studies in Nursing.

He was awarded the 2006 American Psychiatric Association Bronze Achievement Award for a program controlling pharmacy costs by improving prescribing practices.

### July 2nd, 2008

#### HAPPENINGS THIS WEEK

Monday, July 6th

no events

Tuesday, July 7th

evening seminar  
Dr. Joseph Parks  
Chief Clinical Officer and Director of Comprehensive Psychiatric Services for the Missouri Department of Mental Health  
6-7 pm Monsanto Auditorium

Wednesday, July 8th

Texas Hold 'em Poker Tournament  
6 pm Room 121

Thursday, July 9th

Evening Seminar  
**Mandatory Attendance**  
"How to Make a Poster"  
6-7 pm, Monsanto Aud

Friday, July 10th

PGI Discussion  
12 - 1 pm, LSC 107

#### Did you know...

- About one in four adults suffers from a diagnosable mental disorder\*
- That translates to 57.7 million people in the US alone,
- One in 17 adults suffer from a severe mental illness\*
- Mental disorders are the leading cause of disability in the US and Canada for ages 15-44\*
- Only one in four people with a mental illness receive treatment\*\*

\*Source: National Institute of Mental Health

\*\*Source: Mental Health Foundation

Friday, July 11, 2008

Stephens Lake Outdoor Cinema - Some Like it Hot!  
(PG)

Stephen's Lake Park  
Columbia, MO

Time: 9:00 pm

Fee: \$3 per person; children 6 & under free

Description: What could be better than watching a movie under the stars? Join us this summer for a community event that's fun for all ages. Grab a blanket or low lawn chair and head out for an unforgettable evening of cinema in the park!

## Website to Watch

<http://www.sciencemag.org/>

Founded in 1880 on \$10,000 of seed money from the American inventor Thomas Edison, *Science* has grown to become the world's leading outlet for scientific news, commentary, and cutting-edge research, with the largest paid circulation of any peer-reviewed general-science journal, according to its website. Through its print and online incarnations, *Science* reaches an estimated worldwide readership of more than one million. In content, too, the journal is truly international in scope; some 35 to 40 percent of the corresponding authors on its papers are based outside the United States. Its articles consistently rank among world's most cited research.

Don't forget,  
Thurs July 9th Seminar is  
mandatory.



You will be completing important paperwork and learning how to design and print your posters for the Summer Forum.

## A reminder from Jim Bixby, Facilities Manager of the Bond Life Sciences Center



Please do not wear lab gloves when you are outside the lab. Try taking one glove off and using your free hand when outside of the lab. Wearing gloves outside the lab has the potential to create real problems (contaminated gloves contaminating public surfaces). Also remember that open-toed shoes or sandals should not be worn while working in MU labs.

Zora Neale

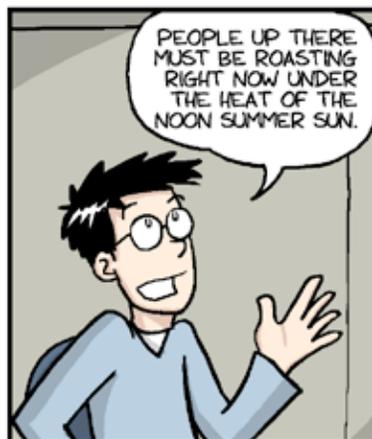
Hurston,

American folk-

lorist and writer,  
1903-1960), says...



*"Research is formalized curiosity. It is poking and prying with a purpose."*



www.phdcomics.com

So you're smart...but are you Missouri smart?

Who is the one US president to come from Missouri?

Last Week's Answer: Ice Cream Cone

## THE KAT'S MEOWW: WHERE TO GO IN COLUMBIA AND WHY



### Hooked on LSD

A secret restaurant and market exists in East Campus. Unless you're roaming the streets, you probably have never seen it and likely haven't heard of it.

Lee Street Deli, more popularly known as LSD, is located out of a house like any other on the corner of Wilson and Lee Street. The establishment has been around in one form or another since 1927 and offers a variety of casual lunch foods for the residents of East Campus. The brand carries a special attachment for many; on the wall are pictures of people wearing LSD shirts or hoodies all over the world. If you bring in such a picture, you will receive a free Juicy

Burger.

What is a Juicy Burger, you ask? That is what the staff has labelled their sloppy joe. On Tuesdays you can get two for the price of one, so take note. Other offerings include breakfast sandwiches and hash browns as well as Reubens and Clubs. There are tables both inside and out for your dining pleasure.

Its proximity to the Bond Life Sciences Center and College Avenue makes it ideal for a casual lunch out. Considering the various staff strolls over to LSD, the Office of Undergraduate Research offers its stamp of approval.

**Sycamore** provides a fine dining option in Columbia's District. They are open for lunch from the hours of 11 am – 2pm and re-open for dinner at 5 pm. The menu options are a little pricey but you are getting your money's worth. From their amazing Crab Cakes and Calamari served as appetizers to their tender grilled flat-iron steak with greens and steak fries. They also provide daily specials, to change up the menu providing the customers variety. This is the perfect place to take a special someone on a date as the atmosphere is very romantic; with white linens table clothes and candles as centerpieces it's the perfect way to start the night! *Sycamore is located at the corner of Broadway and 8th street in the District.*

**Main Squeeze** natural foods cafe is a haven for vegetarians and those who enjoy pure organic foods. They have almost every food you can think of as organic. Main squeeze is open from 7 am to 8 pm. My favorite is the Breakfast Burrito with the salsa on the side, which is a tortilla stuffed with roasted potatoes, scrambled eggs or scrambled tofu, monterey jack & salsa all for \$6.50. Their full menu contains, wraps, sandwiches, juices, smoothies, bakery items and much more. This is the perfect place to get food on the go and if you have a little more time, take a seat in their café. *Main squeeze is located at 28 S. 9th St.*

*Recommendations by Jessica Omoile*

### At the Blue Note

17 N. 9th St.

573-874-1944

[www.thebluenote.com](http://www.thebluenote.com)



### WHO DO I CONTACT?

**For questions about mailing lists and attendance:**  
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**For newsletter submissions:**  
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## Weekly Quick Tip for effective poster presentations

### Experiment with layout!

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Experiment with layout and presentation. Decide on a layout that best fits the 3 characteristics presented to you in previous newsletters: most important message, major sections of the information, and select images. Some design basics to keep in mind:

- **White space** (the area not covered with text or graphics): not too much or the person's eye will wander, BUT not too little or you'll confuse and overwhelm your viewer.
- **Fonts:** 18-24 minimum font size. Not more than 3 or 4 text fonts.
- **Color:** Background should be a solid color, not a pattern. Avoid juxtaposing colors that clash or that fade each other out or using too many colors.
- **Cropping, Margins, and Spacing:** All edges and margins should be straight and even. Don't overcrowd space, and be attentive to balance from top to bottom and side-margin to side-margin. Organizer your elements into columns rather than a book style, this is easier to read.

**\*Remember: the poster is a visual representation of your topic\***

Source: [www.stanford.edu/dept/undergrad.edu](http://www.stanford.edu/dept/undergrad.edu)

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## Let's Talk UMEB

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### Words from Dr. Nilon...

"Even in cities it's possible for kids to have really positive experiences with wildlife...Remember, we're not talking about wildlife where you have to drive 50 miles to see it, but rather the kind of wildlife where you can walk out your back door and see something..."

"A lot of kids that are from inner-city neighborhoods live in houses that are not in very good condition, so sometimes the kind of experiences they have with wildlife are seeing raccoons in their garbage cans or actually inside the house. It's not as pleasant as it is when you walk along the trail, and you see something."

Source: <http://cafnr.missouri.edu/news/urban-wildlife.php>