

JAN 04 2011



## MU programs

### Consolidation

By Henry J. Waters III

Not long ago, reacting to impending state budget shortfalls, the Missouri Department of Higher Education ordered the University of Missouri and other colleges to identify low-enrollment programs that might be eliminated or consolidated with others.

After a short season of outspoken concern for protecting valuable small-enrollment programs, officials in Jesse Hall got busy making a list, the results of which they released a little more than a week ago. Overall, the exercise is valuable and, as MU Provost Brian Foster said, not only because it might save money; the proposed reorganization makes “academic sense” as well.

It also makes sense from the simple perspective of creating a more rational organization. Academic activities at a place like MU are bound to benefit from occasional weeding, improving their organization while doing no harm to the academic program, even if not much money is saved.

In this outsider’s amateur view, Foster & Co. have done that.

For example, Spanish and French will be combined into “Romance languages,” presumably without damage to either. Also, I would guess, the combination will not save appreciable amounts of money, but the very exercise of thinking through programs with relatively few graduates has value and should be done every so often. Improving their organization can actually make their inclusion in the catalog of courses more secure.

In fact, it would make sense for the higher education department to pass a rule requiring all campuses to make such an evaluation and deliver a list every five or 10 years.

I don’t intend to reiterate the details of Foster’s list. For that, see Janese Silvey’s Dec. 24 story. I’m here to write in favor of the very exercise. It was prompted by the most mundane influence — a tight state budget on the horizon — but it is a good idea under any economic circumstances and won’t happen routinely unless some outside authority insists.

HJW III

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## **Mediacom removes KOMU, The CW from lineup**

Mediacom removed KOMU and The CW from its cable lineup after the sides were unable to reach a new retransmission consent agreement. The move affects about 30,000 Mid-Missouri cable households.

The original deadline for a deal was midnight Friday, but on Friday the sides agreed to terms for the first year of a three-year contract extension and agreed to resume negotiations on Monday with a midnight deadline.

KOMU General Manager Marty Siddall said negotiations on years two and three stalled Monday.

"In response, KOMU offered Mediacom a one-year contract based on the terms agreed to last Friday. Mediacom rejected that offer," Siddall said in a statement sent out early Tuesday morning.

Under the previous agreement, Mediacom provided KOMU with advertising dollars and some non-cash compensation, such as fiber-optic cabling, Tom Larsen, group vice president of legal and public affairs for Mediacom Corp., said earlier this month. KOMU is seeking direct payment in any new deal.

About 30,000 Mediacom households in Columbia and Jefferson City are affected by the move. Customers still can access the channel over the air via antenna.

The NBC affiliate has the sole rights to its programming, so those customers do not have cable access to shows such as the "Today" show, "The Tonight Show with Jay Leno," "Oprah" and "The Biggest Loser." NBC does offer some full episodes on its website, and KOMU is available over-the-air with the proper equipment.

# COLUMBIA MISSOURIAN

## Mediacom drops KOMU from lineup

By Eve Edelheit

January 3, 2011 | 7:32 p.m. CST

**Contract negotiations between cable company Mediacom and KOMU/Channel 8 fell through Monday night, and Mediacom subscribers lost access to the station early Tuesday morning.**

**After a weekend contract extension, the two parties were unable to reach an agreement by a midnight deadline, but negotiations were expected to continue.**

**"Although our good faith efforts have been rebuffed thus far, we will continue to seek an acceptable agreement," said Marty Siddall, KOMU's general manager.**

KOMU, an NBC affiliate, is seeking financial compensation for its programming from Mediacom.

Mediacom spokeswoman Phyllis Peters was reluctant to comment Monday evening on the status of the negotiations.

"Consumers are being put in the middle of a business dispute," Peters said. "It's really regrettable."

But she said, "Just because the messages are there doesn't mean we will be bullied into a bad deal."

Matt Garrett, the director of audience development at KOMU, said the station was keeping viewers apprised of the situation.

"The FCC encourages stations to keep people informed and reach out to viewers," he said.

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Under the previous two-year contract, Mediacom has provided KOMU with services in exchange for programming. Services included advertisement spots on Mediacom channels, and a fiber optic line from the KOMU station to both the MU campus and the Mediacom office in Columbia.

KOMU's affiliation with MU is part of the dispute. Mediacom has stated that the station is a tax-supported, nonprofit organization.

"I just have to believe it's a different equation for for-profit stations, as compared to KOMU," Peters said.

According to KOMU, the station is not supported by tax dollars but is self-sufficient and self-funded.

Garrett said that the main goal for KOMU is fair compensation for its programming. The total figure is based on an equation that involves a time frame and other factors including the number of subscribers.

While both parties say they are maintaining an optimistic outlook for the negotiations, Garrett spoke with realism Monday evening.

"We still have a lot of ground to cover," Garrett said.



## January brings winter fatigue

### **Educator offers tips to survive.**

It happens every year, but it still takes a toll. The holidays are over, but winter is not.

Sure, you've got those New Year's resolutions to focus on, but by mid-January, most people return to their wintertime routines, which have a tendency to include solitude and sadness.

Alejandra Gudiño, health educator for University of Missouri Extension and the College of Human Environmental Sciences, considers it the "most horrible month in the history of the planet."

"It's like, 'I'm done with winter, but winter is not done with me,'" she said.

Gudiño said several factors come to a head in the middle of the first month of the year. That fuzzy feeling that comes with a white Christmas has long faded from memory. Now, it's just cold. Days are short, too, meaning it's often dark when people go to work and dark when they go home. People tend to settle into a more sedentary lifestyle.

Gudiño has some tips to cope with the wintertime blues. First, she said, turn to friends for help, even if you don't feel like it.

"It's hard to get with other people when everyone feels the same," she said. "If we just make an effort to get with people with our interest and share at least one day a week or weekend and have a socialization period, it will give us an understanding and feel much more happy and have a better outlook on the work week coming ahead."

Can't get out of the house? Call a friend, Gudiño said.

"A good chat and laugh — I think that's your cure for every winter blues," she said.

Before slipping back into routine, Steven Ball, associate professor of exercise physiology, has a few tricks to sticking to those health-related resolutions.

He suggests establishing cold-weather activities that are not only good for you but also fun, such as dancing or incorporating physical activities into other hobbies.

"Think of things that are enjoyable — spending time with kids, crafts and watching movies — and incorporate physical activity to enhance them," Ball said. "Plan activity breaks, set a timer

and have five- to 10-minute relays inside or outside, take a walk around the block during commercials or try games that get everyone moving.”

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## **Gabbert is gone: Tigers QB entering NFL draft**

By Dave Matter

Missouri will need a new starting quarterback in 2011. Junior Blaine Gabbert will skip his senior season and enter the NFL draft, the school announced in a news release Monday afternoon.

"This is definitely a bittersweet day for me," Gabbert said in a statement released by MU. "I was really looking forward to having a chance to do some special things next season with my teammates, but in the end, this is the right decision to make for myself and my family.

"These last three years have been an unbelievable experience for me, and I'll miss being at Mizzou, but I'm definitely looking forward to this next stage of my life. I'm so grateful to have been part of such a great program and all of the people who have helped me get to this point, and now I have to take what I've learned, and build on that for the next level. I'll always be a Tiger, and I look forward to watching the guys do big things in the future."

"We're very proud of Blaine, and how hard he's worked to put himself in position for this opportunity," Missouri Coach Gary Pinkel said. "He's been an outstanding leader for our team, it's been a privilege to coach him and have him as part of our program. Blaine is excited to take on a new set of challenges at the next level, and I'm confident he'll be a great representative of Mizzou Football going forward."

Gabbert is coming off a 434-yard performance in Missouri's 27-24 loss to Iowa in last Tuesday's Insight Bowl, a final chapter in a season of mixed results from the second-year starter. In October, Gabbert shredded Texas A&M and Oklahoma for a combined 669 passing yards and four touchdowns. But the passing game struggled the next two weeks in consecutive losses to Nebraska and Texas Tech. For the season, Gabbert completed 63.4 percent of his passes for 3,186 yards, 16 touchdowns and nine interceptions. He leaves Missouri with an 18-8 record as the starting quarterback with a career efficiency rating of 132.6, second-best in team history.

Gabbert's stock has been rising in recent weeks. Earlier on Monday, ESPN draft analyst Todd McShay projected the top five selections for April's draft, and checking in at No. 5 was Gabbert, going to the Arizona Cardinals.

Gabbert was unavailable for immediate comment on his decision.

The Tigers will return three scholarship quarterbacks for the 2011 season with sophomore-to-be James Franklin having the most game experience of the bunch. Ashton Glaser, who was the No. 3 QB as a redshirt freshman this past season, along with Gabbert's younger brother, Tyler, a true

freshman who redshirted in 2010. Junior Jimmy Costello is set to graduate in May and has decided against coming back for his final year of eligibility.

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# The Philadelphia Inquirer

## In leading women, U.S. lags

By Stephanie McNulty

With last weekend's inauguration of Dilma Rousseff as Brazil's first female president, the United States fell farther behind the hemisphere's trend toward diverse, inclusive government. The disparity is important because women in power are more likely than men to push policies that promote equality.

After she was elected with 56 percent of the vote, Rousseff said, "I would like very much today for fathers and mothers of daughters to look in their eyes and tell them, 'Yes, a woman can.' " She has promised to advocate reforms that reduce poverty, increase equality, and improve the lives of families and children.

Brazil's election stands in stark contrast to our November congressional elections, after which the number of women holding seats and leadership positions declined. Furthermore, five women have become elected heads of state in Central and South America since 1990, while not one woman has been a major party's presidential nominee in the United States.

In addition, about 24 percent of government ministers in Latin America are women, according to the International Institute for Democracy and Electoral Assistance, as are 18.5 percent of the members of lower legislative houses and unicameral legislatures. Women held only 21 percent of U.S. cabinet positions in 2008, and they make up only 16.8 percent of the outgoing Congress, according to the United Nations.

The United States is ranked 72d for female legislative representation, below Cambodia, Ecuador, Mozambique, and Uganda. The share of state governors who are women is less than in Ecuador, Chile, Honduras, and Panama.

This means Latin American girls and women contemplating running for office have more role models than their northern counterparts. Electing women to office also improves the quality of life of women and their families. **Leslie Schwandt-Bayer of the University of Missouri has shown that female Latin American leaders are more likely to introduce legislation that improves women's health, promotes education for women and girls, and increases penalties for workplace sexual harassment.**

This is not to imply that further improvements are not needed for women in Latin America. My research has shown that Peruvian women are not adequately represented in local-level forums in which budgets and development are discussed and debated. In many of the region's countries, very few women are elected to subnational government positions such as mayoralties or governorships, and women are often excluded from important legislative committees. But important strides have nevertheless been made.

American society is not immune to gender inequalities, and it would certainly benefit from electing more women to office. It's time to take an honest look at why that's not happening.

Many countries have increased the number of women in politics through mandated gender quotas, leadership training programs, and political-party reforms. While such policies are worth considering, we also need to seriously consider female candidates on their own terms. As long as they are portrayed primarily as witches, bitches, or bimbos, we will continue to fall behind our neighbors in this crucial aspect of a healthy democracy.

# The New York Times

## On Road to Recovery, Past Adversity Provides a Map

Whatever else it holds, this new year is sure to produce a healthy serving of redemption stories, against-the-odds tales of people who bounced back from the layoffs, foreclosures and other wreckage of 2010. They landed better jobs. They started successful companies. They found time to write a book, to study animal husbandry, to learn a new trade: to generate just the sort of commentary about perseverance, self-respect and character that can tempt anyone who's still struggling to throw things at the TV.

Character is a fine thing to admire, all right — once the storm has passed and the rigging is repaired.

But when people are truly sinking, because of job loss, illness, debt or some combination of ills, they have no idea what mix of character, connections and dumb luck will be enough to pull through. To use the psychologists' term, they don't know how "resilient" they are, or how much resilience even matters.

Do I have the right stuff? Or is this sinkhole simply too deep?

**"As with so many of life's experiences, humans are simply not very good at predicting how they'll behave when hit by a real adversity," said Laura King, a psychologist at the University of Missouri.**

Researchers aren't so good at it, either. It is clear that with time, most people can and do psychologically recover from even devastating losses, like the death of a spouse; but reactions to the same blow vary widely, and no one can reliably predict who will move on quickly and who will lapse into longer-term despair.

The role of genes is likewise uncertain. In a paper published online Monday in *The Archives of General Psychiatry*, researchers at the University of Michigan who analyzed more than 50 studies concluded that variations in a single gene determine people's susceptibility to depression following stressful events. But an earlier analysis, of fewer but similar studies, concluded that the evidence was not convincing.

New research suggests that resilience may have at least as much to do with how often people have faced adversity in past as it does with who they are — their personality, their genes, for example — or what they're facing now. That is, the number of life blows a person has taken may affect his or her mental toughness more than any other factor.

"Frequency makes a difference: that is the message," said Roxane Cohen Silver, a psychologist at the University of California, Irvine. "Each negative event a person faces leads to an attempt to cope, which forces people to learn about their own capabilities, about their support networks — to learn who their real friends are. That kind of learning, we think, is extremely valuable for subsequent coping," up to a point.

In a study appearing in the current issue of *The Journal of Personality and Social Psychology*, Dr. Cohen Silver, E. Alison Holman, also of the University of California, Irvine, and Mark D. Seery, of the State University at Buffalo, followed nearly 2,000 adults for several years, monitoring their mental well-being with online surveys. The participants, a diverse cross section of Americans between the ages of 18 and 101, listed all of the upsetting life events they had experienced before entering the study and any new ones that hit along the way. These included divorce, the death of a friend or parent, a serious illness, and being in a natural disaster.

Or, none of the above: A subset of the participants, 194, reported that they had experienced not one of the fairly comprehensive list of 37 events on the survey. "We wondered: Who are these people who have managed to go through life with nothing bad happening to them?" Dr. Cohen Silver said. "Are they hyper-conscientious? Socially isolated? Just young? Or otherwise unique?"

They weren't, the researchers found. Stranger still, they were not the most satisfied with their lives. Their sense of well-being was about the same, on average, as people who had suffered up to a dozen memorable blows.

It was those in the middle, those reporting two to six stressful events, who scored highest on several measures of well-being, and who showed the most resilience in response to recent hits.

In short, the findings suggest that mental toughness is something like the physical strength: It cannot develop without exercise, and it breaks down when overworked. Some people in the study reported having had more than a dozen stressful events, and it showed.

"These people were truly suffering," Dr. Cohen Silver said, "and we do not minimize in any way the pain of such events when you're going through them. But it does appear that if you've had several such experiences but not too many, you learn something."

Other researchers who looked at the study were more cautious. George Bonanno, a psychologist at Columbia University, said that the results may partly reflect a trick of memory. In particular, "people who are more distressed will tend to recall more stressful life events," Dr. Bonanno, the author of the book *"The Other Side of Sadness,"* said by e-mail. That by itself could explain the correlation between high numbers of lifetime crises and low current mood, he said.

It does not as easily explain the correlations at the lower end, Dr. Seery said. "The people in the study who recalled zero or one negative events were worse off than those with some adverse events," he said. "So they were willing to admit to not doing so well, yet did not recall stressful life events."

Experience may provide more than a sense of what to expect and who one's real friends are. In a recent study in the journal *Emotion*, researchers at the University of Denver and the University of Basel in Switzerland tested the ability of 78 women to reduce the amount of sadness they felt after watching an upsetting film clip, using a technique called reappraisal. Reappraisal comes naturally to many people and is a way of taking the sting out of a situation by reframing how it's understood: "I wasn't afraid to act, I was uncertain; I didn't have all the information." The study found that the women who were adept at this sort of self-therapy were less susceptible to depressive symptoms after significant crises in their own lives.

It may be that experience with a few threatening or upsetting events refines these types of psychological skills, in a person's own thinking through of the problem or in discussion with friends.

Either way, the lifetime resilience study suggests that the pain, the self-doubt, the disorientation and the anger that swarm the consciousness in the wake of a job loss, a foreclosure or a divorce can have some upside, even though it's not remotely visible at the time.

"Perhaps the one most fundamental thing you learn in living through an experience like this is that you can come out the other end of almost anything," Dr. King said. "You say, 'Well, it may have crushed me, but I survived.'"

# THE ARIZONA REPUBLIC

## Fiesta Bowl to give out thousands of dollars worth of bowl-game gifts

Win or lose, the players in the Valley's three college-football bowl games will receive gifts with a combined value of up to \$375,000, courtesy of the Fiesta Bowl.

Players in the Insight and Fiesta bowls, along with the BCS National Championship Game, will be rewarded with up to \$500 each in gifts that include watches, caps, backpacks, electronics, mountain bikes and even recliner chairs.

NCAA rules limit bowl-game presents to \$500 per player and the bowls have become creative in finding items popular with the student athletes.

Iowa topped Missouri in the Insight Bowl on Dec. 28 and Oklahoma beat Connecticut in Saturday's Fiesta Bowl at University of Phoenix Stadium in Glendale. No. 1 Auburn faces off against No. 2 Oregon in the title game Monday, also in Glendale.

All three bowl games are hosted by the Fiesta Bowl with the help of hundreds of volunteers.

Members of all six teams will have to wait before they receive their gifts.

The Fiesta Bowl, like last year, has set up on-campus gift suites that allow each player to check out the latest televisions, camcorders, digital cameras and other items they can choose from. The items are shipped to the universities for distribution to the players later in January after the bowl games.

**"We've never had the (gift) suite thing before," University of Missouri spokesman Chad Moller said. "The guys enjoyed that aspect of it, getting to choose things that they can get the most use out of."**

The gift packages are similar for all three bowl games. The gift suite for the Insight Bowl players was a choice of Sony electronics - a camcorder, digital camera, home-theater sound system, computer speakers and a 22-inch LCD television.

The Fiesta Bowl and BCS game players pick from a wider variety of items in a gift suite presented by the Performance Award Center, a company based in Carrollton, Texas, that has turned bowl gifts into major piece of its business.

"We did 527 recliners last year," said Jon Cooperstein, a Performance Award Center salesman.

He was on the road for weeks in December doing gift suites from Auburn, Ala., to Eugene, Ore., and Las Vegas to Shreveport, La.

The bowls no longer have to guess about finding hot products with widespread appeal that players don't already have, Cooperstein said.

"This way everyone is happy and gets what they want," he said.

The Fiesta Bowl and BCS Championship Game participants pick from a gift suite that included Lane Furniture Co. recliners, Nike sportswear, Sony electronics, a mountain bike and noise-canceling headphones.

Fiesta Bowl spokesman Andy Bagnato said the on-campus gift suites removes a distraction for the players while they're at the bowl and it's convenient to ship the items directly to the universities.

Years ago, the Fiesta Bowl provided leather bomber jackets to players but it was tricky finding the right sizes for all team members, he said.

The NCAA generally prohibits amateur college-football players from receiving gifts, cash, services or sports-club memberships. But the exceptions include player awards valued at \$175 for underclassmen and \$325 for seniors.

Conference championship games can provide players with gifts valued at up to \$325.

The \$500 limit for bowl games has been in place since 2005 when it was raised from \$350.

Players are prohibited from selling their gifts, but it happens.

"Some of the kids will sell whatever product it is," Cooperstein said. "But overall most of them keep them."

The NCAA recently suspended five Ohio State players for five games next season for selling their Big Ten championship rings and other items. However, the players will be allowed to play in Tuesday's Allstate Sugar Bowl.