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## KCTV5 Investigation: Service Dogs Helping Veterans

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**COLUMBIA, Mo.** -- Since 2002, more than 1 million U.S. soldiers have left the military after serving in Afghanistan and Iraq. But for many of those veterans, the stress and emotional toll of war didn't end once they got home.

**The Veterans Administration estimates as many as 180,000 soldiers returning from those wars suffer from post-traumatic stress disorder. While it's a difficult psychological illness to treat, researchers at the University of Missouri are now using dogs to help heal the mental wounds of war.**

As long as there have been wars, dogs have served the military. They've worked as messengers, sentries and scouts. During World War II, some even parachuted from planes with airborne paratroopers.

Dogs also serve humans in the civilian world, helping the disabled with day-to-day tasks most people take for granted. But now dogs are being used to combine the help for civilians and serving the military.

Mya, the yellow lab, isn't just a dog, she's Cara Miller's ears.

"What I do is look out for her and she'll do the same for me through the tasks that she's been trained to do. And I think together we are better than the sum of our parts," Miller said.

Miller is deaf and while she can read lips and speak, without Maya, Miller said she wouldn't be on the University of Missouri campus studying clinical psychology.

"Mya really enhances my life in many different ways," Miller said. "She'll tell me, for example, if the microwave beeps or if my computer beeps, if I receive an e-mail or a fax, lots of little things that are small stressers, which I can take off my shoulders and not worry about because I've given her that responsibility."

While service dogs like Mya have helped the hearing impaired and physically disabled for decades, researchers at Mizzou, like Dr. Rebecca Johnson, are now working to train a new breed of service dogs -- ones who will help veterans suffering from the post-traumatic stress of war. "Dogs provide unconditional acceptance and love, and they are combat buddies in essence," Johnson said. "That's what we are creating with these PTSD service dogs."

The Veterans Administration reports that 18 percent of U.S. troops returning from Iraq and Afghanistan suffer from PTSD. The fear, stress and anxiety that comes along with the illness has kept thousands of combat veterans from leading a normal life.

But if Johnson is right, service dogs could become a major tool in treating PTSD.

"They'll be taught to alert to loud, noisy sleep, turn on the light switch and start barking," Johnson said. "So the veteran is awakened from a nightmare. They'll be taught to go around corners ahead of the veteran, come back and signal that its OK for the soldier to go."

"If you're in a social situation where maybe you're uncomfortable or maybe getting nervous or something like that, there's a kind of secret command you can give the dog to cause a distraction and you can say, 'I have to go take my dog out now.'"

Friedrich is a veteran who suffers from PTSD. While he isn't getting one of the dogs, he is benefiting from the program. Veterans like Friedrich are going to help train the dogs and that experience is expected to help soldier's psychological recovery.

"Knowing that these dogs will go on to do something useful for my fellow veterans, I think will be a very great thing," Friedrich said. "And that gives me a lot of pride to be able to do something like that."

"And we know from the research on human-animal interaction that interacting with a dog is a very beneficial thing for people in terms of anxiety, depression, the unconditional love that you can feel," Johnson said. "And so it's, I think, a natural blending of the two situations." While veterans are the main focus of the study, Johnson said there is another upside to the program.

"It is going to move mountains in terms of helping shelter dogs become better prepared to be family members," Johnson said.

All of the dogs receiving training are shelter dogs from the Central Missouri Humane Society. To find just 10 dogs with the right temperament for the PTSD training, Johnson's veterans will end up teaching basic obedience to hundreds of shelter dogs, meaning those who don't become service dogs will have a better chance at finding a home.

Johnson expects to train 10 PTSD service dogs in the first year of the program.

This is the first program to scientifically study the long-term psychological benefits of having shelter dogs serve veterans with PTSD. Funding for the program comes from private and corporate donors and if studies like this one prove dogs are helpful in treating PTSD, service dogs could eventually be available through the VA.



## Revenue outpaces forecast

Governor, legislature cautious on budget.

By Rudi Keller

Monday, February 28, 2011

JEFFERSON CITY — If state revenue reports due soon show continued growth, it won't be a signal to start adding money to next year's budget, House Budget Committee Chairman Ryan Silvey said.

The February revenue report showed 6.3 percent growth for the year so far, well ahead of the 3.6 percent in budget forecasts. That increase, however, was in part because of a large drop in tax refunds, so budget officials both in Gov. Jay Nixon's administration and in the General Assembly are cautious.

The Budget Committee this week will work on preparing its version of the \$23 billion spending plan for the year beginning July 1. That budget, as proposed by Nixon, includes no increase in funding for public schools and a 7 percent cut in allocations to state colleges and universities.

**The University of Missouri is slated to receive \$398 million, down from \$427 million in the current year.**

"We are not spending more than what was allocated" by the revenue estimate announced in January, Silvey said.

Over this week and next, the committee will amend the budget. The full House will debate it when lawmakers return from the legislative spring break in the week that begins March 28, Silvey said.

One of the biggest changes made so far was the addition of \$30 million to the Access Missouri scholarship program. Nixon's budget office expects the Missouri Higher Education Loan Authority to provide money but did not include it in the official version sent to lawmakers.

The authority's board of directors must approve the donation, but a vote isn't expected until June.

Silvey said he intends to put state agencies on notice today that he wants to know specifically which lines in their budgets are tapped by Nixon to pay for his travel expenses, he said.

Nixon has spent \$400,000 on air travel, both in and out of the state, since he was elected. All of Nixon's flight expenses after January 2009 have been paid by agencies under his control rather than through his office budget.

Silvey said he's not sure what steps he will take once he knows where the money comes from.

Rep. Chris Kelly, D-Columbia and a member of the Budget Committee, said there's not much room for changes under committee rules that require a cut in one area to increase spending in another. He said he has ideas for amendments but wouldn't specify his plans. "I am looking around at this and that," Kelly said.

Kelly, chairman of the Appropriations for Corrections and Public Safety Committee, said he will present two significant changes, one that will give greater spending flexibility but no additional money to domestic abuse programs. The other will take \$2 million allocated for prisoner health care and put it in a fund to reduce accumulated overtime for corrections officers.

The prisoner health care program hasn't been cut like the rest of state government, and the backlog of overtime is becoming a problem, he said.

"Overworked and underpaid correction guards is not a good situation," Kelly said.

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## ST. LOUIS POST-DISPATCH

# UM ponders future of president's residence

ASSOCIATED PRESS | Posted: Tuesday, March 1, 2011 12:05 am

**COLUMBIA, Mo. • At the end of an inconspicuous road that winds behind the University of Missouri's athletic complexes is the house reserved for the president of the UM System.**

By real estate standards, the home known as Providence Point is a mansion. The 12,630-square-foot dwelling has several dining and living areas, four fireplaces, eight bathrooms, four designated bedrooms and a lot of other rooms that have served as office and exercise space over the years.

But the public sections of the home aren't really large enough to host the kinds of crowds presidents might like to host, and the way those rooms connect pose some traffic flow problems, interim President Steve Owens said. On the flip side, the formality of the residence doesn't exactly translate into a warm, homey feel.

Bottom line, the next UM System president might not want to reside in the official university mansion.

Owens has started to question whether it makes sense for the university to maintain the president's home. Gary Forsee, who resigned in January, moved out last month, and now, when the house is vacant, is the best time to analyze the situation, Owens said.

Although the house and subsequent addition were built using private funds, upgrades and maintenance costs come from the university's budget. Most recently, then-President Elson Floyd upgraded the kitchen in 2005, and the Forsees added a gate and security system in 2008.

Owens thinks offering up the home to the next president would require some additional maintenance and repairs.

Even if that person didn't live at Providence Point, though, the system would still provide some sort of housing allowance, a common practice in higher education, Owens noted. If that were the case, he said the president's home could be used for some other public purpose or as a residence for visiting professors who spend a semester or two at Mizzou.



## UM forums on search set to begin this week

THE ASSOCIATED PRESS

Monday, February 28, 2011

**A series of statewide meetings designed to seek public comments on the University of Missouri System's presidential search begins this week.**

The first session takes place Thursday morning at the Delta Center in the southeast Missouri town of Portageville. Subsequent meetings are planned for March 7 at the university's St. Louis campus; March 8 at Missouri-Kansas City and Missouri Western in St. Joseph; March 14 at the Columbia campus; and March 15 in Rolla and Springfield.

The public comments will be limited to the preferred traits of the university's next leader rather than directed toward specific candidates. That process will not involve public input.

University curators are seeking a permanent replacement for Gary Forsee, who stepped down in January to care for his ill wife.

# COLUMBIA MISSOURIAN

## **MU offers new sport venue management emphasis area**

By Rachel Lijewski

February 28, 2011 | 4:48 p.m. CST

**COLUMBIA – MU will be among the first in the nation to offer students a degree with an emphasis in sport venue management.**

The emphasis area will teach students how to apply management skills to sport settings such as arenas and stadiums, said Lance Hatfield, who will teach courses in the area.

Classes in sport venue management will be offered under the hotel and restaurant management program within the College of Agriculture, Food, and Natural Resources at MU.

Students will learn about box office operations, food and beverage sales, event production, vendor relations, contract negotiations, crowd safety and marketing. They will also learn how to manage and operate concerts and live entertainment.

“We don’t focus exclusively on sporting events,” said Hatfield, an assistant teaching professor in hotel and restaurant management.

Hatfield has first-hand experience with the variety of events sport venues offer. As director of the arena at the University of Georgia, he said sporting events filled only a small portion of his calendar. The rest were concerts, expositions, bridal shows and even a gubernatorial debate.

Hands-on learning experiences are an important component of the program, he said.

“We are really working hard to develop internship and practical opportunities for the students,” Hatfield said.

Those in the program will gain experience in both athletic and other entertainment events by working with Missouri athletics and the Hearnese Center, he said.

Kevin Owen, manager of special events at Busch Stadium in St. Louis, said people skills plus organizational and leadership skills are important in sport venue management, but experience sets applicants apart.

"I look more for experience, real world experience. I like someone with a background in hospitality," he said. "First-hand knowledge is important."

The program is brand new, but Hatfield said interest surfaced almost 10 years ago when the provost found students interested in sport business courses.

"It was really driven by student interest and supported from the provost down," Hatfield said.

MU is offering an introductory class this semester taught by Dené Williamson, coordinator of sport venue management program. Hatfield said he would be teaching upper-level classes in the fall.

"Most traditional sport management programs offer only a course or two on venue management. We see this as an excellent opportunity to draw quality students to our program," Jim Groves, chair of hotel and restaurant management, said.

"What this department is about is hospitality management, and what we do in sport venue management is all about hospitality," Hatfield said. "We have to make sure the people who attend these events are happy and taken care of."

# THE MANEATER

## Winter weather fails to phase MU construction projects

*There are five campus construction projects in progress.*

By Caitlin Swieca

Published March 1, 2011

Despite harsh winter weather conditions in Columbia, all of MU's construction projects are on pace to be ready for their original completion dates, Campus Facilities spokeswoman Karlan Seville said.

There are five ongoing construction projects for buildings on the MU campus and two projects at MU Health Care facilities, according to the Campus Facilities website.

Of these projects, only the renovations of Switzler and Tate halls are slated to finish before the end of the spring 2011 semester. Seville said both projects are on track for completion during the first week of May.

Although the campus-wide closures shut down construction on Feb. 1 and Feb. 2, workers were back on the job by the following Thursday.

"Although they did not work every day during the week of the big snowstorm, they are not worried about finishing on time," Seville said.

Both halls will be subject to inspection by MU officials before re-opening.

Other campus projects, including renovations of Gillett Hall and upgrades to MU's power plant, will also finish on time, due to weather considerations built into production schedules, Seville said.

The Patient Care Tower, an addition to the north side of University Hospital, remains on schedule despite the high snowfall totals.

Seville also said the \$203 million project is still slated to finish in spring 2013, due to the extra days built into the construction schedule.

"We have a 30-month construction schedule, so built into that schedule are days off for major weather events," MU Health Care spokesman Matt Splett said.

Although there have been no major setbacks, the winter weather has added additional difficulties to those working on the project.

“The harsh winter weather has presented some challenges for our construction crews, who have had to deal with frigid temperatures and record snowfalls,” Splett said.

The snowfall total from this winter is the fourth highest on record for Columbia. The winter included 17.7 inches of snow falling in almost blizzard-like conditions on Feb. 1 that caused campus to shut down for three days, giving MU its first snow day since 2006.

MU’s costs for snowfall cleanup are projected at \$250,000, and Columbia and Boone County spent a record \$1.7 million on snow cleanup.

## COLUMBIA MISSOURIAN

# MU offers estate planning for forest landowners

By The Associated Press

March 1, 2011 | 6:57 a.m. CST

**COLUMBIA — Owners of forest lands hoping to keep their property in the family can get estate planning tips and other advice at a pair of workshops offered by MU Extension.**

The first session is scheduled for Saturday in Columbia. A second workshop is planned for April 2 at the Cape Girardeau County Extension office in Jackson.

Families can register as a group for \$10. The price includes written material and refreshments.

Registration information can be found on the website of the university's School of Natural Resources.



## Stress for Success: One more reason to avoid being a couch potato

2:08 PM, Feb. 28, 2011

### MU mention page 2

Do you sit about as much as you sleep most days? An Institute for Medicine and Public Health poll of almost 6,300 people found you probably spend about 56 hours a week commuting, at your computer or watching TV. And many women are more sedentary than men because they hold less active jobs and play fewer sports.

Whether or not you think you're sedentary, you probably spend much time at work sitting. And, excessive sitting is killing us through obesity, heart disease and diabetes.

It's even spawning a new medical study: inactive physiology, which explores our tech-driven lives and its resulting lethal new epidemic, "sitting disease."

American Cancer Society epidemiologist Alpa V. Patel and colleagues found through research after adjusting for smoking, height/weight, and other factors, sitting six or more hours daily - versus less than three hours - increased the death rate by about:

- 40 percent in women;
- 20 percent in men;
- 94 percent in the least active women; and
- 48 percent in the least active men.

The health problem wasn't due to insufficient exercise; it was the sitting itself. As one person wrote, "It's the modern-day desk sentence."

Mayo Clinic's Dr. James Levine, author of "Move a Little, Lose a Lot," says, "Our bodies have evolved over millions of years to ... move. For thousands of generations, our environment demanded nearly constant physical activity."

Contrast that with modern life: increasingly longer work weeks, electronic living that extinguishes what little activity we might otherwise choose by allowing us to:

- Interact with friends through social networking without taking a step;

- Shop and pay bills by lifting only a finger; and
- Entertain ourselves through on-line distractions.

Levine says, "The consequences of all that easy living are profound."

**Marc Hamilton, associate professor of biomedical sciences at the University of Missouri, warns when you sit too much, your body shuts down at the metabolic level.**

**When your large muscles, meant for movement, are immobile, your circulation slows so you burn fewer calories.**

# THE MANEATER

## Editorial:

### Our wish list for the UM System caucus

Published March 1, 2011

In the coming weeks, a caucus consisting of politicians from across the political spectrum will bring UM System issues at the state level to the forefront in Jefferson City. Fifty-nine members, many of them UM System alumni, make up the caucus. Although the group has not set out a list of items to focus on, we'd like to put forward a few ideas of our own.

Here's a newsflash: In these economic times, budgets are being slashed in every direction, be it on the national level to the grocery list of families, and the UM System is not immune. The system has already faced cuts in the past year, and an incoming 7 percent cut to the state's education system would affect it even more. We would urge the caucus to discuss and consider how these cuts will affect students and take appropriate actions.

It's important that the caucus acknowledge and address the financial hardships that student will face with the planned tuition increases. Yes, as we saw when the curators voted to increase rates in January, tuition increases are a reality, but we just hope legislators cut responsibly and modestly, understanding that the budget difference partly comes out of students' pockets. And let's not hide behind the naïve optimism that higher tuition makes UM universities more "desirable."

Furthermore, we would also encourage the caucus to monitor and follow up on Gov. Jay Nixon's proposal to increase funding for Bright Flight and the A+ Program — two state funded scholarship programs for Missouri students that help thousands of local students pay for their education. We urge the caucus to continue to press Nixon to follow up on this proposal and keep it as a viable option, which should eventually be realized, in coming years.

In fairness, Nixon's announcement that the Access Missouri grant will be increased for the next school year is worth commending. Initiatives like this help students and their families continue their education in difficult times, and we believe that further measures should be taken to achieve more funding for students' education. And it's initiatives like these we hope the UM System caucus in Jefferson City will encourage.

And, as always, we urge the caucus to discuss the prospect of a voting student curator on the UM System Board of Curators. A bill to introduce a voting student curator was voted down in February, but the Missouri Students Association and Associated Students of the University of Missouri seem to be holding out hope and so will we. It's important that the students, who are by far the largest voice in the UM System, have a legitimate say in how the System is run.

The coming UM System caucus offers a promising opportunity to discuss the prospects and problems of future of the UM System. It's an opportunity to set goals, establish plans and address problems, and should be taken advantage of to make all the UM System schools in Missouri a better functioning educational systems that produces the highest achieving graduates possible.