



## **MSSU to host Mizzou for basketball game on Oct. 30**

By Jim Henry Globe Sports Editor

It's official.

The Tigers are coming to town.

### **Missouri Southern and the Missouri Tigers will play an exhibition men's basketball game on Sunday, Oct. 30, at the Lions' Leggett & Platt Athletic Center.**

The One State, One Spirit Classic Presented by Leggett & Platt will raise money for rebuilding efforts in Joplin after the May 22 tornado.

Ticket information and tipoff time will be determined later, but the event will center around a moment of silence at 5:41 p.m. — the time the tornado struck Joplin on May 22.

"It's a tremendous opportunity for us," Lions head coach Robert Corn said. "This is something that doesn't happen. You don't see Division I programs step up and do what Coach (Frank) Haith and the University of Missouri are doing. They know we've suffered a severe blow down in Joplin. They've definitely opened their arms up and said how can we help."

"This is a tremendous shot in the arm for our community. It tells you what type of man Coach Haith is to step forward and offer to do this. There is a reason why the University of Missouri hired him. It's things like this that certainly sets him apart from a lot of other people."

Four days after the tornado, Haith and other Mizzou athletics department representatives came to Joplin, bringing supplies and giving stuffed Tigers to children who were staying in gymnasiums on the Missouri Southern campus. It was Haith's idea to play a fundraising game in Joplin.

"MSSU, the City of Joplin and all the areas affected by the tornado are grateful and appreciative for the support from the University of Missouri," MSSU President Dr. Bruce Speck said in a press release. "The game between the Tigers and Lions will surely be exciting and will offer a welcome relief from the stresses of the recovery effort. The MU athletics team has already contributed much to the recovery effort, and the entire Southwest Missouri region is thankful."

Leggett & Platt in Carthage, the game's title sponsor, is one of the area's largest employers. Many of its employees suffered losses in the tornado.

"Leggett & Platt is proud to assist and be a part of this benefit exhibition game to help the Joplin

area tornado victims,” Leggett & Platt CEO David Haffner said in a release. “I played football for two years at MSSU before transferring to Mizzou and getting my undergraduate engineering degree from MU, so I have strong personal bonds with both universities.

“As time passes, it will be critical that we keep a priority on those (who) have lost so much, and this event will help refocus those efforts four months from now.”

Missouri, expected to be a preseason top-25 team, returns all five starters from last year’s team that finished 23-11 and made the NCAA Tournament for the third straight year.

The Lions, defending MIAA champions, went 26-5 last season, the third-most victories in school history. The Lions advanced to the Division II Tournament and beat Washburn before losing to Midwestern State (Texas).

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# THE GLOBE AND MAIL

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## Tai chi boosts function for those with 'chemo brain,' study finds

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VANCOUVER— From Friday's Globe and Mail Published Thursday, Jun. 09, 2011 3:00PM EDT

For cancer survivors, “chemo brain” seems like an unfair blow. Long after radiation and chemotherapy treatments are over, many patients suffer from memory lapses, poor concentration and a general feeling of being “spaced out.”

The fuzzy-headedness may persist for years, researchers have found. But there’s a chance tai chi can help.

In a pilot study, women who previously had chemotherapy and took a 60-minute tai chi class twice a week had sharper thinking at the end of 10 weeks of training in the Chinese martial art.

Before and after the study period, researchers assessed participants’ physical and psychological well-being and measured their cognitive skills in areas such as attention and multitasking.

**“In terms of their thinking, there were improvements over time in pretty much all of our tests,” says Stephanie Reid-Arndt, a psychologist at the University of Missouri and lead author of the study.**

In addition, participants had improved balance and reported lower stress levels, Dr. Reid-Arndt says.

The study, published online in the journal *Complementary Therapies in Clinical Practice*, is the first to measure cognitive abilities in former chemotherapy patients in relation to a specific exercise program.

Dr. Reid-Arndt notes the study is small, involving 23 women with mild to moderate cognitive impairment a year or more after chemotherapy treatments.

According to the Canadian Cancer Society, about 177,800 Canadians will be diagnosed with cancer this year, not including 74,100 cases of non-melanoma skin cancer.

Scientists don’t know why some people develop thinking problems after chemotherapy. It is unclear whether having chemotherapy is a direct cause of cognitive impairment or whether changes in hormones or the vascular system during treatment are involved, Dr. Reid-Arndt says.

Nevertheless, “we think about a third of people experience these [cognitive] difficulties after chemotherapy.”

The Canadian Cancer Society recommends that patients who notice changes in memory and concentration use coping skills such as keeping track of things by making lists and scheduling activities that require focused attention at times when they’re well rested.

Behavioural changes may help, Dr. Reid-Arndt says. But she adds that tai chi combines exercise, learning and mindfulness – all of which have been shown in previous research to improve cognitive abilities.

Tai chi students learn intricate routines and mind-body skills that emphasize breathing awareness, active relaxation and slow movements, which are well suited for cancer survivors who have physical impairments.

Similar benefits might be found by studying activities such as yoga for patients who have had chemotherapy, Dr. Reid-Arndt says.

Meanwhile, she adds, a larger study is needed to establish that tai chi really can help clear up chemo fog.