UM System's strategic plan draft involves collaboration among campuses

By Katie Yaeger
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COLUMBIA — The four campuses in the University of Missouri System have until Thursday to respond to a draft of the system’s strategic plan for the next five years.

At MU, versions of the draft have been circulating since December, MU Faculty Council chairman Harry Tyrer said. The system has been collaborating with campuses to generate ideas for the plan, but this is the first time the campuses have been asked to give formal feedback on specific proposed actions.

The actions include sharing faculty across campuses, opening a federal relations office in Washington, D.C., and creating a central bank that would be used to fund programs and other investments related to the system’s strategic plan and those being created by each campus.

The goal of the UM System plan is to increase overall performance by 2018. The plan will shape decisions the system and campuses make for the next five years, including where money will be invested.

The UM System will use the feedback from the campuses to prioritize the actions and determine what will be done in the strategic plan’s first year, said Nikki Krawitz, system vice president for finance and administration. Each campus can recommend that an action be taken sooner, taken at some point in the future or avoided altogether. Campuses also can recommend other actions.

The draft plan was addressed to chancellors and was more widely circulated to different interest groups on campuses such as the MU Faculty Council.

MU faculty members Pat Okker of the English Department and Tom Phillips of the Division of Biological Sciences, who are working on the campus strategic plan, will compile MU’s
feedback and send it to the chancellor and provosts. They will deliver it to the system, Tyrer said.

The system and the campuses are working to reallocate money and resources internally to have money for priorities in the plans, Krawitz said. If the system receives additional funding from the state this year, system President Tim Wolfe will use these priorities to determine how much additional money each campus will receive.

Once the system’s strategic plan is finalized, it will be achieved through three “themes”: pushing system resources toward each campus’ unique strength, working with each campus to best use those resources and advocating for higher education in Missouri and nationwide.

The following are ways the system plans to accomplish each theme under the plan and some examples of specific actions the system wants to take.

**System resources for campus strengths:**

- Collaborate with campuses to grow and strengthen its inter-campus online learning, called the eLearning Portal. Each campus has its own online class portal, such as Mizzou Online, but the system proposes publicizing and expanding course offerings on its central portal to give students more options.
- Expand funding for research and economic development for programs such as the Interdisciplinary Intercampus Research Program. It funds research involving faculty from at least two UM System campuses.
- Increase its presence in government. One proposed action is opening a University of Missouri Federal Relations Office in Washington, D.C.
- Strengthen the system’s employee management, including the creation of an online system to formally track faculty accomplishments.
- Look for new sources of funding. Ideas include increasing research collaborations with industry and creating a central bank, which would be used as a resource for system and campus programs and other investments.

**Campus, system collaboration:**

- Reward inter-campus partnerships that “decrease duplicative efforts in academic programs,” the draft states. This could involve sharing faculty across system campuses.
- Promote research and economic development through collaboration. The system suggested adding leadership to oversee large grant development.
• Expand services the campuses share that involve standard procedures and efficient technology use. This could include streamlining system and campus human resources processes.

• Provide opportunities for promoting good teaching and learning, integrating teaching and scholarship and getting funding for scholarships. The system proposed holding workshops about course redesign and technology.

• Foster student advising and retention. The system has suggested using software to track student progress and holding a workshop on recruiting diverse students and faculty.

The draft includes more than 20 proposed actions to improve financial and human resource areas. They include changing retiree health benefits to reduce institution liability and increase value to more retirees.

In terms of information technology, the system proposes standardizing learning management. All four campuses use the Blackboard Learn learning management system, but selected groups on these campuses use other systems, Gary Allen, the system's vice president for information technology, said in an email.

To make the systemwide compliance program more efficient and effective, the system proposes making files sent to records management more accessible and cost-efficient, Krawitz said.

A third overarching theme addresses advocating for higher education across Missouri and across the country. On a state level, that includes a proposal to continue Wolfe's Show Me Value outreach campaign.

The system's strategic plan will be finalized by the UM System Board of Curators when it meets in June, when finalized campus strategic plans also will be presented.

*Supervising editor is Elizabeth Brixey.*
Funding for Springfield medical campus in budget

May 10, 2013 11:18 am

Springfield's medical and business leaders say they are encouraged that a new budget approved by Missouri legislators includes $10 million to help fund a possible medical school campus in the southwest Missouri city.

State lawmakers on Thursday passed a nearly $25 billion budget that still must be signed by Gov. Jay Nixon.

If Nixon approves the budget, the $10 million would allow 32 students from each class at the University of Missouri to spend their final two years of medical school in Springfield working with doctors from CoxHealth and Mercy Hospital Springfield, The Springfield News-Leader reported (http://sgfnow.com/1owYbZ).

"(The budget) will allow us to begin the planning for the next step," said Michele Schaefer, the senior vice president for regional operations at Mercy Springfield. "It will allow us to begin hiring for the Springfield campus."

About $30 million in funding still needs to be found for a new building at the University of Missouri's Columbia campus to make the expansion possible, said Steve Edwards, the president and CEO of CoxHealth. Much of that project might be funded through state bonds, he said.

"It's been a major priority for us for several years," said Jim Anderson, the president of the Springfield Area Chamber of Commerce. "We've been elated to see it get this far."

The University of Missouri accepts 96 new medical students out of more than 1,500 students every year. A Springfield campus would allow the school to accept 128 medical students annually.
Future heads of family farms dig into financials

May 11, 2013 5:39 pm • Associated Press

Jake Anderson didn’t have to delve too deep into the University of Missouri’s agricultural economics program before realizing he was destined to return to the 1,500-acre family farm. After all, that’s been the Anderson family trade since 1891, when his great-great grandfather came to Callaway County from Sweden.

What the self-described “farm kid” was less certain of was how to manage a volatile business where market price fluctuations are common, the weather is unpredictable and long-term planning— at least for his parents and their parents—often meant scratching out financial estimates on a yellow legal pad or the back of an envelope. So, each Wednesday in the just-concluded spring semester, Anderson and a dozen other Missouri students crunched numbers in a campus computer lab, the male students’ agrarian roots betrayed only by baseball caps sporting farm equipment logos.

The focus on data is intentional: While other classes teach ag students how to repair combines or learn the proper chemical mixes of common fertilizers, students in agricultural economist Kevin Moore’s “Returning to the Farm” class create business plans using financial information from their own family farms. It’s an approach more commonly found at the county agricultural extension office or in community college classrooms rather than flagship public research universities.

Moore says the skills are essential for the next generation of farmers for whom technology is second nature, but bringing their elders on board remains a challenge.

“For a lot of the students, the first time they actually get exposed to the real financial numbers on the farm may be through this class,” Moore said. “Generally, Mom and Dad try to make everything rosy for the kids. ... For many, it’s really their first honest exposure to the complete financial side of things.”

The necessity of having those conversations will only increase. The U.S. Department of Agriculture says the number of U.S. farmers older than 65 grew by nearly 22 percent between 2002 and 2007. Farmers 75 and older outnumber those under 25 in the country 5-1.
Anderson, a 21-year-old junior, returns to the farm that's 30 miles east of campus on the weekends to help out. When it's time to harvest the rows of soybeans and corn, he makes the same trip three to four times weekly. He also sells corn from his own small patch of land at a roadside stand in front of the family home, a part-time summer job he's done since he was nine that helps pay for college.

After graduation, he hopes to add 50 to 100 head of cattle and grow the family operation by another 500 acres, as well as sell seeds for supplemental income. He said Moore's class has given him the financial tools to support that decision.

"In high school, I didn't expect to get back on the farm. It seemed like times were getting tough," Anderson said. "And at Mizzou, I saw all these other farm kids who couldn't come back. But this is what I've grown up doing, it's what I have a passion for."

Dale Nordquist, associate director of the Center for Farm Financial Management at the University of Minnesota, said Missouri's practical approach to understanding farm finances is relatively uncommon at large, land-grant universities where both students and professors are more likely to concentrate on theoretical approaches as opposed to practical solutions, and the use of personal data can still be seen as an intrusion.

Beyond the nuts and bolts of finances, he said such training can serve an equally valuable purpose: It forces farm families to prepare their sons and daughters to take over the business.

"You certainly hear the stories about the older generation that never really wants to let go of the reins," Nordquist said. "Even though they might be going through the motions of letting go of the kids, they never release (control) of management. So they keep on doing the same thing ... Maybe they don't ever step back."

Garrett Riekhof, a Higginsville farmer and 2003 Missouri graduate who took the class a decade ago, said the course marked the first time he took a hard look at the business side of his family's operation.

"A farm is more than how many dollars of seed you have in the ground each year," he said. "These are business practices that any small business needs to go through to assess their health. I like to run my farm just like any small business would."

For some, the statistical approach could lead to a disheartening conclusion: The family farm may not survive another generation. And other students' parents remain resistant to opening the family's books even to their own progeny. In those cases, Moore encourages his students to "use me as a scapegoat."

Anderson's parents, though, were more than happy to hand over the books, and now their son shares his newfound insights into estate planning, asset transfer and other financial management details.

"I'm very proud he wants to come back, but I wanted it to be his decision," said his father, John Anderson, 53, whose three daughters also attended Missouri but pursued other professions.

"Technology is taking over agriculture just like it's taking over the world," John Anderson said. "And he's getting it firsthand."
MAASTRICHT, the Netherlands — As a gastronomic delicacy, the five-ounce hamburger that Mark Post has painstakingly created here surely will not turn any heads. But Dr. Post is hoping that it will change some minds.

The hamburger, assembled from tiny bits of beef muscle tissue grown in a laboratory and to be cooked and eaten at an event in London, perhaps in a few weeks, is meant to show the world — including potential sources of research funds — that so-called in-Vitro meat, or cultured meat, is a reality.

"Let's make a proof of concept, and change the discussion from 'this is never going to work' to, 'well, we actually showed that it works, but now we need to get funding and work on it,' “ Dr. Post said in an interview last fall in his office at Maastricht University.

Down the hall, in a lab with incubators filled with clear plastic containers holding a pinkish liquid, a technician was tending to the delicate task of growing the tens of billions of cells needed to make the burger, starting with a particular type of cell removed from cow necks obtained at a slaughterhouse.

The idea of creating meat in a laboratory — actual animal tissue, not a substitute made from soybeans or other protein sources — has been around for decades. The arguments in favor of it are many, covering both animal welfare and environmental issues.

A 2011 study in the journal Environmental Science and Technology, for example, showed that full-scale production of cultured meat could greatly reduce water, land and energy use, and emissions of methane and other greenhouse gases, compared with conventional raising and slaughtering of cattle or other livestock. Those environmental arguments will only gain strength, advocates say, as worldwide demand for meat increases with the rise of middle-class populations in China and elsewhere.
Dr. Post, one of a handful of researchers in the field, has made strides in developing cultured meat through the use of stem cells — precursor cells that can turn into others that are specific to muscle — and techniques adapted from medical research for growing tissues and organs, a field known as tissue engineering. (Indeed, Dr. Post, a physician, considers himself first and foremost a tissue engineer, and about four-fifths of his time is dedicated to studying how to build blood vessels.)

Yet growing meat in the laboratory has proved difficult and devilishly expensive. Dr. Post, who knows as much about the subject as anybody, has repeatedly postponed the hamburger cook-off, which was originally expected to take place in November. His burger consists of about 20,000 thin strips of cultured muscle tissue. Dr. Post, who has conducted some informal taste tests, said that even without any fat, the tissue "tastes reasonably good." For the London event he plans to add only salt and pepper.

But the meat is produced with materials — including fetal calf serum, used as a medium in which to grow the cells — that eventually would have to be replaced by similar materials of non-animal origin. And the burger was created at phenomenal cost — 250,000 euros, or about $325,000, provided by a donor who so far has remained anonymous. Large-scale manufacturing of cultured meat that could sit side-by-side with conventional meat in a supermarket and compete with it in price is at the very least a long way off. "This is still an early-stage technology," said Neil Stephens, a social scientist at Cardiff University in Wales who has long studied the development of what is also sometimes referred to as "shmeat." "There's still a huge number of things they need to learn."

There are also questions of safety — though Dr. Post and others say cultured meat should be as safe as, or safer than, conventional meat, and might even be made to be healthier — and of the consumer appeal of a product that may bear little resemblance to a thick, juicy steak. "This is something very new," Dr. Stephens said. "People need to wrestle with the idea of whether this is meat or not."

Dr. Post is well aware of the obstacles. "I see the major hurdles, probably better than anybody else," he said. "But you've got to have faith in technological advances, that they will be solved."

And as with any technology, costs should eventually come down. "If it can be done more efficiently, there's no reason why it can't be cheaper," he said. "It has to be done using the
Cultured meat would have some inherent cost advantages over conventional meat, said Hanna Tuomisto, whose research while at the University of Oxford in England was the basis for the Environmental Science and Technology study. “It’s really about the conversion of feed to meat,” she said. “In cultured meat production it’s much more efficient; only the meat is produced, and not all the other parts.”

**Gabor Forgacs, a researcher at the University of Missouri and a founder of Modern Meadow, a start-up company that wants to develop and market cultured meat, is aware of the hurdles as well. “Getting cultured meat to the supermarket is going to be difficult, and controversial,” said Dr. Forgacs, whose approach to cultured meat has some similarities to Dr. Post’s, although he has also developed 3-D bioprinting technologies that might someday be used to create thicker tissues.**

Given the difficulties, Modern Meadow is first focusing on creating cultured leather. Its process does not use stem cells but rather skin fibroblasts, specialized cells that produce collagen. “There are a lot of parallels to cultured meat, except that it is a lot less controversial because you’re not going to eat it,” Dr. Forgacs said. “But if we can convince the universe that we can build leather, it will be much easier to convince the universe that we can build meat.”

In his work on cultured meat, Dr. Post uses a type of stem cell called a myosatellite cell, which the body itself uses to repair injured muscle tissue. The cells, which are found in a certain part of muscle tissue, are removed from the cow neck and put in containers with the growth medium. Through much trial and error, the researchers have learned how best to get the cells to grow and divide, doubling repeatedly over about three weeks.

“But we need billions,” said Anon van Essen, the technician in Dr. Post’s lab.

The cells are then poured onto a small dab of gel in a plastic dish. The nutrients in the growth medium are greatly reduced, essentially starving the cells, which forces them to differentiate into muscle cells. “We use the cell’s natural tendency to differentiate,” Dr. Post said. “We don’t do any magic.”

Over time the differentiated cells merge to form primitive muscle fibers, called myotubes. “And then they just start to put on protein,” Dr. Post said, and organize themselves into
contractile elements. The key to this self-organization, he said, is that the cells are anchored in place (using a technique that he declined to disclose; earlier in his work he used Velcro). “We add anchor points so they can attach to something and start to develop tension,” he said. “That is by far the biggest driver of protein synthesis, and they do that by themselves.

The result is a tiny strip of tissue, about half an inch long and only 1/25th of an inch in diameter, that looks something like a short pink rice noodle, Dr. Post said.

The strips have to be thin because cells need to be close to a supply of nutrients to stay alive. One approach to making thicker tissues — to make a cultured steak rather than a hamburger, for instance — would require developing a network of channels, the equivalent of blood vessels, to bring nutrients to each cell. (A steak would also require culturing fat and incorporating it in the tissue, something Dr. Post has not had to do with his burger.)

Dr. Post said that one advantage of using myosatellite cells is that they differentiate easily. “The satellite cell is the ideal cell,” he said. “You don’t have to pull a lot of tricks to let it differentiate. I also think it’s a practical advantage of keeping a lot of the stem cell production and quality control in the animal itself.”

But others note that since there is a limit to how often myosatellite cells can reproduce, Dr. Post’s cultured meat will never be completely animal-free; he will always need a supply of muscle tissue from which to obtain new cells.

Other researchers are studying different kinds of stem cells that, unlike myosatellite cells, can reproduce indefinitely, ensuring a “livestock-autonomous” supply of cells to make cultured meat. Dutch researchers at Utrecht University are trying to isolate embryonic stem cells from pigs and cows. **And Nicholas Genovese of the University of Missouri is trying to develop a type of stem cell that is “induced” from a regular adult cell.** So a skin cell from a pig, perhaps, could be turned into a stem cell that could reproduce indefinitely and differentiate into muscle tissue to create cultured pork.

But Dr. Post said that efforts to use different kinds of stem cells introduced other problems. And even if his approach means the world will still need cattle, it will need far fewer of them. “If we can reduce the global herd a millionfold, then I’m happy,” he said. “I don’t need to reduce it a billionfold.”

Anyway, he said, “a lot of the technologies in the process we are currently using eventually have to be changed, if not all of them.
“That’s not the point of the proof of concept,” Dr. Post said. “The point is, we already have sufficient technology to make a product that we could call meat or cultured beef, and we can eat it and we survive.”

“I’m not by nature a very passionate guy,” he added. “But I feel strongly that this could have a major impact on society in general. And that’s a big motivator.”
For Many Public-College Presidents, Home Is an Uncalculated Benefit

By Jonah Newman

A few weeks before Michael Young became president of the University of Washington, almost two years ago, he made use of one of his new job's perks: the president's mansion. In a small ceremony, with just a few family members and close friends, he got married on the patio of his new home, in Seattle's posh Madison Park neighborhood.

The residence was an obvious choice for the wedding. Hill-Crest, as it's called, has 35 rooms, comprises 12,800 square feet, and sits on about 1.4 acres, overlooking Lake Washington. It was bequeathed to the university in 1931 by the estate of the Walker-Ames family, timber barons, with the stipulation that the president must reside there or the university would have to sell it.

Among university-provided homes for public-college leaders, none is worth more than Washington's, which has a market value of $8.5-million, according to data provided by colleges for The Chronicle's annual analysis of presidents' pay.

Many presidents of large universities are given houses in which to live and to play host to fund raisers and other events. According to the survey, at least 20 of the houses provided to public-college presidents are valued at over $1-million; more than three dozen are worth $500,000 or more.

But at most public institutions, according to The Chronicle's survey, the value of living in these residences is not calculated as part of the chief executive's compensation package, even though it saves the president from having to pay what amounts, for most people, to the single biggest monthly expense.
In many cases, there isn't a current market value for the property on the books. Of the 118 public institutions in the survey that reported providing the chief executive with a residence, more than half didn't report any value for it.

"We own the house, and the house is on university property," said Pat Hanson, director of human resources and payroll services at the University of North Dakota, of the residence where Robert Kelley, the president, and his wife reside. "There's no reason for calculating a value, so we don't."

Public universities are not required to calculate or report the value of housing provided to their leaders. Because the institutions are public, they don't have to pay property taxes on the homes. And because the presidents are obligated by their contracts to live in the houses, they don't pay income tax on them.

"The general rule—and this applies to all industries, not just higher education—is that housing and meals that are provided for the convenience of the employer are not included in the taxable income of the person who is required to live there," says Virginia Sikes, a Philadelphia-based lawyer who specializes in tax-exempt organizations.

Similarly, private-university presidents do not have to pay income taxes on the value of housing they are provided. But unlike their public counterparts, private colleges are required to report the estimated annual value of this benefit, along with other nontaxable benefits, such as health care and business travel, to the Internal Revenue Service on Form 990, which private, tax-exempt organizations must file. The IRS added this requirement in 2008 to help it determine whether nonprofit groups were paying their top employees "excess benefits," in violation of federal law.

But that doesn't mean the value of private-college presidents' houses is entirely clear. Although tax experts say most private colleges report the fair rental-market value of the home as a benefit to the president, nowhere in the 99-page instructions for Form 990 is it explained how a college-owned house should be valued. And because the housing benefit is grouped with other nontaxable benefits on the form, discerning its value to the president is difficult.
Some public-college presidents say that a college-provided house shouldn't be considered a benefit at all. Mr. Young, who joined Washington in July 2011 from the University of Utah, where he was president, says he used to joke with the governor of that state that they were the only successful, midlevel professionals he knew who lived in public housing. Early in his tenure at Utah, Mr. Young says, he tried to drop hints that he preferred to live in his own house. He says he believes most presidents feel the same way.

"If you were to give us a choice, would I rather have exactly the salary I have and live in my own house?" Mr. Young says. "I think anyone would."

He acknowledges that free housing sounds like a good deal, especially a mansion like Hill-Crest. But there are downsides. Because he regularly plays host to events, sometimes as many as four times a week, his home can often feel less like a private residence, he says, than a public meeting space.

Colleges say the public/private nature of a president's house is also what makes it hard to determine its value to the individual leader who lives there.

"We don't call it the president's home, we call it the home for Virginia Tech presidents," says Larry Hincker, associate vice president for university relations at Virginia Tech. "There's a reason for that nuance, which is really that it's a public place more than it's a private place."

On other campuses, housing is considered an important, if elusive, part of a president's compensation.

Steve Stein, a senior compensation specialist at the University of Missouri system, says he includes the insurance-based replacement value of university-provided homes when calculating compensation packages for campus leaders. He uses insured value rather than rental value because it is less susceptible to the fluctuations of the housing market.

"When I get a request from one of our chancellors or vice chancellors to provide compensation-related information regarding a position, I try to capture all of the elements,
which means more than just, Do you get a house or not?" Mr. Stein says. "If I'm just giving them yeses and nos, I'm not giving them a whole picture."

In Seattle, Mr. Young agrees that the multimillion-dollar house is a benefit; he just thinks it benefits the university more than it benefits him and his wife.

"It is extraordinarily useful to have a president's residence," the president says. "It allows you to draw people into an inner circle. It allows you to say that they are more than someone who you just see in passing on the campus, and they are more than someone you just go out to dinner with at a restaurant."
Use of ADHD drugs as study aid raises concern on campuses

May 11 By RICK MONTGOMERY

A University of Kansas freshman took a break from shooting hoops with friends outside his dormitory to talk about what some students call "study pills."

As final exams approached last semester, he took a couple doses of a prescribed stimulant called Adderall. "But all they did was make me feel nervous," said the chemical engineering major. "I'm off of it now."

He still has a vial of leftover pills he used for his attention issues in high school. And that's why he asked that his name not appear in this article: He didn't want to be pressed by dormmates to supply them with an illegal focus boost for upcoming finals.

The controlled stimulants that many college students seek, if only for a momentary edge, carry familiar brand names such as Adderall, Vyvanse, Focalin and Ritalin. They're all standard drugs for treating attention deficit/hyperactivity disorder, often successfully.

Their misuse, however, is thought to be on the rise at campuses nationwide — creating a potentially serious health hazard and trips to the emergency room for students not diagnosed for ADHD.

The extent of the problem is anyone's guess. Because of what experts consider a lack of reliable research, illicit dealing of ADHD drugs either is infrequent on campus or something so commonplace as to be the college crowd's best-kept secret.

"The only people who don't know about it are the parents," said University of Kentucky communications professor Alan D. DeSantis. "I'm sure the majority of my students will be using Adderall at some time during finals week. It's really built into the climate and culture of today's college life."

DeSantis has analyzed several years' worth of surveys of Kentucky undergraduates to conclude that at least one-third of the student body has taken ADHD medication without prescriptions. Another 8 percent use the drugs legally under a doctor's supervision, he said, and half of them provide pills to other students.
The incidence of use appears to be higher among Kentucky seniors and juniors than for younger students, DeSantis added.

Assessing a variety of surveys, a 2008 study published in the Journal of American Child Adolescent Psychiatry offered a not-so-precise range of 5 percent to 35 percent of college-aged people taking attention-deficit stimulants not prescribed for them.

A University of Missouri survey found a usage rate in between.

About 12 percent in a sample of Mizzou students admitted to using controlled stimulants or painkillers, prescribed or illegally, said Kim Dude, director of the University of Missouri's Wellness Resource Center. "Eighty-five percent of the students don't use any of that."

But she does agree with the KU freshman — don't let on if you've got attention-deficit pills.

"We urge students and their parents from the start: Don't tell anybody," Dude said. "They'll run into peer pressure to sell it or give it away" to other students.

This month, data-miners at Brigham Young University issued a study that tracked Twitter references to study pills.

Searching keywords such as "Adderall," "college" and "cramming" over a six-month period, lead researcher Carl Hanson allowed, "We don't have all the answers" on the frequency of legal use or abuse. But the study did conclude that tweets about the drug were heaviest among students in the U.S. northeast and south, and lightest among students in the Plains and southwestern states (including California).

Also, the report summary stated, "Tweets about Adderall peak sharply during final exam periods."

Said Hanson: "I'm concerned about the social norm-ing thing. If students perceive (taking stimulant medication) as normal because it's talked about and tweeted a lot, they'll take the risk."

An addiction

Katharine Beach became addicted when she was a KU student.

"It's sad how many doctors would fill prescriptions for me," said Beach, 26 and now clean.

Diagnosed with attention deficit disorder when she was 18, the medication at first helped her focus and stay awake to study. But after she started drinking heavily, Beach chose to give up booze and find a new fix.

"It's called cross-addiction," said Beach, who graduated last year with a degree in applied behavioral science.

Student health services at KU required her to jump through too many hoops before filling prescriptions. ("They're onto students who want something quick," she said.) So relying upon private medical clinics in
Lawrence, Kansas City and her psychiatrist in Colorado, Beach procured five times the recommended dosage of Adderall to keep her buzzing.

"Everyone around me knew I didn’t drink anymore ... but (that) something else was going on," she said. "I’m positive I would’ve switched to cocaine or maybe meth down the road."

Her health-insurance carrier got wise and stopped funding her prescriptions. Her parents caught on after Beach maxed out their credit card. She entered treatment and works today at a University of Colorado rehabilitation center, helping addicts.

Millions of Americans have taken prescribed ADHD medication — often intermittently — without experiencing negative side effects. But an under-30 generation raised on the practice might not be aware of the dangers of taking even modest dosages without a thorough diagnosis, said psychiatrist Tahir Rahman of the MU School of Medicine.

“If you’re depressive or have bipolar disorder, taking a drug such as Adderall could be throwing gasoline on a fire,” Rahman said.

Nationwide, the number of emergency room visits related to abuse of ADHD drugs rose to 31,224 in 2010 — more than double the number recorded five years earlier, according to a federal report released in January.

Such ER visits by people ages 18 to 25 nearly quadrupled in that time, the Substance Abuse & Mental Health Association reported.

It is not known how many of those patients were college students.

Pill sellers

“I hear students talk about it all the time,” said Kate Baxendale, a junior studying journalism at the University of Missouri-Kansas City. She and another student wrote about the problem in the university newspaper after agreeing to not identify stimulant users by name.

Baxendale has never taken Adderall, she said, but others in her dorm have sold it. “At a time like this (finals week), they can sell for $20 a pill,” she said. The sellers ration their prescribed medication because they need some for themselves.

The university’s health services do not have medical doctors to prescribe controlled stimulants, so students taking them must get the drugs elsewhere.

Colleges around the country are tightening their procedures to limit student access to stimulant medicine.

"Some campuses have outright stopped prescribing stimulants," said Stacy Andes of the American College Health Association. Others, including KU, require students to present copies of at least two diagnostic tests given by doctors or mental-health professionals.
The drugs easily can be obtained off campus in most college towns, said DeSantis of the University of Kentucky. A clinic or family practitioner may ask patients to fill out a questionnaire that asks if they have trouble focusing or completing assignments.

"For the most part, students (seeking medication) know how to answer those questions," DeSantis said.

Downing Adderall to perform better on tests raises questions beyond medical ones: Is it the educational equivalent of using steroids to cheat in sports? Are students who choose not to use stimulants, or those who can't afford them, chasing degrees at an unfair disadvantage?

Psychiatrists debate whether the drugs do much at all to help people not diagnosed with ADHD, other than to keep them awake so they can cram for tests.

Girding up for finals in a library study room at UMKC, Govinda Koirala wrinkled his nose when asked if he would ever consider a pharmaceutical boost.

"I drink coffee," said the junior studying mechanical engineering. "And the latest I stay up studying is 11:30 p.m."

His secret to academic success? "Just relax. Sleep well. Do what's good for your mind."

Must work. Koirala is pulling a 3.91 grade-point average.
Petition by former Miami Hurricanes coach Frank Haith denied

Frank Haith might sue Bank of America after a judge turned down his request to depose employees who may have given access to his account amid the Nevin Shapiro probe.

By Michelle Kaufman

Frank Haith will have to wait a little longer to find out who may have snooped on his bank records as part of the NCAA investigation into the University of Miami and incarcerated rogue booster Nevin Shapiro.

Haith, now at the University of Missouri, asked a judge to allow Bank of America employees to be deposed to see if they gave unauthorized parties access to his checking account during the investigation.

A federal judge in Miami on Friday denied the petition, saying Haith did not have legal basis for seeking court-issued subpoenas unless he files a lawsuit.

"The judge ruled that we couldn’t seek the information under Rule 27 [which allows pre-lawsuit depositions], but we could get all that information from the bank if we file a lawsuit," said Haith’s attorney, Michael Buckner. "We plan to explore all his options, including, but not limited to, a lawsuit against Bank of America. The denial of the petition has nothing to do with the validity of Coach Haith’s claims. We still plan to find out who accessed his bank records."

In October 2012, Haith and his wife, Pamela, became suspicious of a possible privacy breach when they asked the bank, at the request of the NCAA, for microfiches of three checks and were told someone else had already requested them. If a Bank of America employee or agent permitted an unknown party to view or procure the records, it could be a violation of federal and state laws.

Haith had been asked by the NCAA to provide copies of three $3,200 checks dated June 10, 2010. They were made out to his assistant coaches Jorge Fernandez, Jake Morton and Michael Schwartz. He says they were payments for their work at his camp. The NCAA suspects the money was used to pay back $10,000 to Shapiro that he says he had given Morton to help secure a recruit.
Coherence Could Make Life Seem More Meaningful, Study Finds

Posted: 05/12/2013 7:54 am EDT

Feeling connected to the world could help make life seem more meaningful, according to a new study in the journal Psychological Science.

Researchers from the University of Missouri found that feelings of coherence -- that is, feeling like things are connected and make sense -- are linked with greater feelings of there being a meaning to life.

The study included having study participants take a survey on a computer where they looked at trees as they were going through the seasons. After viewing these images, they answered questions meant to measure their feelings toward the meaning of life, such as "My life has a clear sense of purpose," as well as questions to measure their mood.

Researchers found that when the study participants viewed photos of the trees in seasonal order -- that is, a tree in the summer, followed by a tree in the fall, followed by a tree in the winter, followed by a tree in the spring, etc. -- they were more likely to report higher senses of a meaning of life, compared with those who just saw the photos completely out of order. And even if this seasonal pattern was backward -- like autumn, then summer, then spring, then winter -- they still reported high sense of meaning of life.

Researchers also had study participants do a similar test, but this time with words that had some relation to each other -- like the words "falling," "actor" and "dust" in relation to the word "star" -- and also found that those who read word groups like this had greater sense of meaning of life compared with those who read random words lumped together.

Indeed, research shows that feeling like you have a purpose in life could actually have protective benefits for your health. A study published last year from researchers at the Rush Alzheimer's Disease Center found that people with greater life purpose had slower mental decline rates, even when plaques (which are linked with Alzheimer's) developed in their brains.
Students research city's housing options

More affordable sites are needed.

By Andrew Denney

Friday, May 10, 2013 at 2:00 pm

An affordable-housing study conducted by students from the University of Missouri's Truman School of Public Affairs for the city of Columbia found that low- to moderate-income people see a lack of well-paying jobs in the city as a barrier to obtaining housing.

The study, conducted by students Sam Christensen, Josh Meyer and Jacob Pickett, also found that population thinks there is not enough affordable housing in the city and that, when it can be found, it is in poor condition.

To help address the lack of affordable housing in the city, the students recommended the city implement stronger smart-growth policies, enhance collaboration between developers and community groups, and offer more homeownership education programs that teach homebuyers how to properly weatherize or make repairs around their homes and how to properly budget their income.

Their survey collected answers from 133 respondents, of whom a plurality, or 33 percent, lived in Columbia's First Ward, which encompasses the central city. Fourteen percent of respondents were from the Second Ward, which encompasses northwest Columbia, and another 14 percent did not live within the city limits. The remaining respondents came from across the city.

Their sample was overrepresented by veterans, black residents and renters compared with the overall population, but Meyer said those overrepresentations were good for the survey because those segments of the population tend to have higher demand for public housing.

Rusty Strodtman, a member of the city's Planning and Zoning Commission who attended the group's presentation yesterday, said private developers should adjust their thinking about housing for low- to moderate-income consumers and see that it is an underserved market in the city.

"I mean, it's not going to be sexy, glamorous, upscale, best of the best," Strodtman said. "But if there's a need for it and you can make a living, then go for it."

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MU students present findings on safe and affordable housing survey

By Valentine Lamar
May 10, 2013 | 9:37 p.m. CDT

COLUMBIA — Poor-paying jobs and a low supply of affordable housing are the main barriers to accessing affordable housing in Columbia, according to a study by MU students.

Truman School of Public Affairs students Josh Meyer, Jacob Pickett and Samuel Christensen presented a report to city officials and residents at City Hall on Thursday. They shared findings of a survey assessing the barriers to safe and affordable housing, according to a Community Development Block Grant news release.

The study targeted low and medium-income people and surveyed 133 respondents online and in person earlier this year.

Approximately 37 percent of the respondents earn less than $15,000 a year and account for 8.5 percent of Columbia's population. Additionally, less than 30 percent of residents who make less than $40,000 a year represented nearly 75 percent of the population surveyed.

The study might inform investments through the federal programs Community Development Block Grant and HOME, which address affordable housing needs in Columbia, according to the release.

The findings included:

Barriers to safe housing:

- Largest barriers are broken doors/windows and incomplete plumbing facilities largely due to water leaks.

Barriers to affordable housing — in the order of most cited obstacle — were:

- Low paying jobs in Columbia
- Inadequate supply of affordable housing
• Poor state of available affordable housing
• Disinterest in affordable housing
• Insufficient public transportation near available affordable housing
• Lack of information on affordable housing assistance afforded by the city
• Poor credit ratings which keep away low and medium-income residents from affordable housing
• Public schools are not satisfactorily near affordable housing
• Discrimination when looking for affordable housing
• Most affordable housing does not meet household disability needs
Camera system can assess injury

MU's program is the only one of its kind.

By Karyn Spory

Friday, May 10, 2013 at 2:00 pm

A new computerized motion-capture system will take the guesswork out of injury recovery and might someday help predict injury tendencies for patients at the Missouri Orthopaedic Institute at the University of Missouri.

The DARI system, named after the company that designed it, the Dynamic Athletic Research Institute in Kansas City, works by gathering information about a patient's movements from its 14 infrared cameras and then feeding that information into a computer.

The computer program provides a three-dimensional image of the patient, and health care providers receive a detailed report on how the patient's body moves during activity, which they can use to figure out causes of injury or predict the possibility of future injury.

"A lot of clinicians think they know how a person's behavior patterns in their motion is occurring, but put 10 of us in a room, and 10 of us are going to come up with a different opinion," said Brett Hayes, physical rehabilitation manager.

Hayes said DARI takes that "human element" out of it and allows doctors to look more objectively at injury rehabilitation.

James Stannard, chairman of the Missouri Orthopaedic Institute, said DARI will allow surgeons to quantify the effects of procedures on patients. One example, he said, is the controversy between anterior versus posterior hip replacement. Stannard said being able to prove that patients function better after one method has been difficult, but with DARI, it could be scientifically and objectively proved.

Stannard said DARI provides endless study possibilities.

"The idea of injury prevention and prediction is a really new concept that no one has been able to go anywhere with," he said.
Although DAR! was originally designed for pro athletes, co-founder and President Patrick Moodie said he saw other applications in health care, as well.

"The more we made it simpler to track and report, the more we realized we could affect more lives," Moodie said.

Moodie said the DARI at MU is his crowning jewel because it is the only one being used for clinical treatment. The only other DARI is in Australia and is used by an athletic team.

Physical therapist David Echelmeyer said he and his colleagues have had a range of people, from Medicare age to college athletes, who have used DAR!.

"This allows us to see if our therapy interventions are working and how well they're working," Echelmeyer said of the technology.

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Posted in Local on Friday, May 10, 2013 2:00 pm.
Former Tribune reporter wins Molotsky award

Former Tribune reporter Janese Silvey was announced this week as the winner of a national award for her coverage of last year's changes at the University of Missouri Press.

The American Association of University Professors recognized Silvey's coverage in the Tribune with the Iris Molotsky Award for Excellence in Coverage for Higher Education, which is presented for "outstanding interpretive reporting on higher education," according to the AAUP's website.

Robin Burns, assistant director for media relations at the AAUP, said in an email that the Tribune's coverage was significant in informing the public about developments with the press. The UM Press was targeted for closure last year in what the UM System had billed as a cost-saving measure. But after the move sparked widespread backlash and some authors said they were prepared to sue for the rights to their books, the decision was reversed.

The Molotsky award is named for AAUP's former director of public information. Silvey shares this year's award with the Connecticut Mirror for its coverage of Connecticut State University leadership.

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Posted in Local on Saturday, May 11, 2013 2:00 am.
Act proponents want to bring transparency to SNAP program

May 12, 2013 12:25 am

By Bill Toland / Pittsburgh Post-Gazette

Americans soon will be able to see how and where the poorest among us are spending their food stamp assistance money, if a Pennsylvania congressman gets his way.

Proponents of such a measure -- an unlikely mix of business journalists, educators, healthy eating advocates, conservative spending hawks and fraud watchdogs -- say a public registry would impart valuable insight into how the country's $80-billion-a-year food stamp program is being used, and whether it's being misused, or even criminally abused.

But expect some push-back from anti-hunger groups and big retail and grocery chains.

"There's this huge corporate interest in keeping the SNAP program exactly the way it is," said Marion Nestle, food policy author and public health expert at New York University, referring to the Supplemental Nutrition Assistance Program, which, as of 2012, is the new name of federally administered "food stamp" program. "The real beneficiaries of SNAP are the big food companies and food retailers that profit from it."

U.S. Rep. Thomas Marino, R-Lycoming, last month introduced the SNAP Transparency Act of 2013. The act would require all grocers and retailers that accept such benefits to report purchases to the federal government, and would require the U.S. Department of Agriculture to publish the information online.

Retailers participating in the SNAP program are already supposed to collect the information, but the data are not compiled by the federal government.

Mr. Marino said he's not opposed to food stamps, but he is questioning whether it's a good idea to spend tax dollars on less-than-healthy food items -- such as the $2 billion spent each year on juice, soda pop and other "sugar-sweetened beverages," according to a study by the Yale Rudd Center for Food Policy & Obesity. He also wants to know if stores are playing by the rules, and if SNAP recipients are selling their benefits.

"If we're going to spend that kind of money, we need to be accountable," he said.
According to Mr. Marino’s office, about 1 in 7 Americans now receive some kind of food assistance and, over the next 10 years, the SNAP program will cost $760 billion. Spending on the program has tripled in the past decade, and politicians of all stripes say that kind of growth isn’t sustainable.

The resolution was submitted to the House on April 26, three weeks after several journalism organizations and government watchdog groups sent a letter to Agriculture Secretary Tom Vilsack calling for greater transparency about consumption habits and how much big retailers make from the program.

"The USDA has refused to reveal how much money individual retailers make from SNAP, arguing in [Freedom of Information Act] denials and subsequent court documents that the law governing the program prohibits it," the letter says. "We believe this information is essential to an informed discussion of [the] future of the SNAP program."

"Government programs ought to operate in the sunlight," said Ken Bunting, executive director of the National Freedom of Information Coalition at the University of Missouri, one of the signatories on the letter. "The agriculture department's [reluctance] to be open and transparent about this program is bad policy."

Mr. Marino said he has no preordained notions about how the data might be used, and he doesn’t necessarily believe that people who use such benefits should be barred from buying chips, desserts or soda.

"I enjoy my chips and my candy bar just as much as anybody else," he said. "Kids are entitled to snack food" from time to time.

And while noting that obesity is one of America’s costliest chronic health problems, Mr. Marino also stressed that the creation of a SNAP-spending database was not a Michael Bloomberg-style plan to ultimately bar soda pop or junk food purchases.

"This is America," he said. "We can make our own choices."

The federal government’s other main nutritional assistance program — the Women, Infants and Children program — has strict limits on what kinds of foods can and can’t be purchased with assistance money, SNAP’s rules are looser, allowing the purchase of "soft drinks, candy, cookies, snack crackers, ice cream, seafood, steak, and bakery cakes," according to the USDA.

If those guidelines were to be tightened, part of the challenge would be in deciding which items fall on the "nutritious" side of the ledger and which do not. Perhaps oatmeal cookies are OK, where another type might not be. Low-sodium peanuts and low-fat potato chips might pass a test that traditional versions wouldn’t.

"The anti-hunger community is split over this issue," Ms. Nestle said. On one hand, "Everybody has huge amounts of anecdotal evidence about what SNAP participants buy" with their assistance money.
On the other hand, there is concern, she said, that if evidence of ice cream and soda pop purchases is published and scrutinized by politicians, "It will be used [as] an opportunity to cut the program."

But that's a risk worth taking, in Ms. Nestle's opinion. The agriculture department needs to give more attention to the nutritional component of the SNAP acronym, she said.

Mr. Marino's bill isn't the only SNAP-related bill being circulated in Congress. Also in April, Sen. John Thune, R-S.D., and Rep. Marlin Stutzman, R-Indiana, submitted a bill that they say would trim $30 billion out of the food stamp program budget in coming years by cutting down on fraud.

Bill Toland: btoland@post-gazette.com or 412-263-2625.

First Published May 12, 2013 12:00 am
‘Civil rights babies’ moved forward without a map

May 12 By LEWIS W. DIUGUID

Black children of the 1950s and 1960s are “babies of the civil rights movement,” according to Judge Lisa White Hardwick.

Each of us was profoundly influenced by the struggles and sacrifices of people like the Rev. Martin Luther King Jr. and must own the responsibility to make King’s “dream” of equality and an opportunity for all a reality.

“That’s part of my identity, my DNA,” said Hardwick, the first black woman on the Missouri Court of Appeals Western District. “I think about it every day.”

She takes personally “the fierce urgency of now” in King’s 1963 “I Have A Dream” speech. Hardwick credits her parents, Kansas City Public Schools and the community that raised her to settle for nothing less than excellence.

But she’s also aware that if it weren’t for the civil rights movement, she wouldn’t have been able to go to the University of Missouri-Columbia School of Journalism. A degree from there in 1982 got her into Harvard Law School.

Because there were so few blacks at MU, she felt alone and a deep responsibility to do well to create a path for others to follow. An earlier push for diversity at Harvard made that campus more welcoming. The real world, however, is more like MU. She worked in Washington, D.C., for a while before returning to Kansas City to be the first black attorney at Shook Hardy & Bacon.

The stress of being the first black person in jobs previously closed to African-Americans has been enormous for the babies of the movement.

“You just feel like you don’t have a road map,” said Hardwick, who joins others for this column series looking at 50 years of civil rights advances while sharing a vision for the next half-century. “You feel like the people who could be your mentors don’t understand what you’re going through. It’s pretty lonely. But it helps you to be at your very best.”

That insistence pushed her to serve seven years on the Jackson County Legislature, propelled her to become the first black woman Jackson County Circuit Court judge and then the appellate judge. She also
is compelled to go to Kansas City schools to speak to students and participate in career days to help black kids know that they can be a judge, too.

She knew after King was assassinated in 1968 that she wanted to contribute to the movement for justice. "I felt I owed a debt to the people who walked those picket lines," Hardwick said.

"I feel like we still have something to prove," she said. "We need to take advantage of the opportunities that were given to us."

But Hardwick worries now about black children and the next 50 years.

"I worry that the next generation of African-Americans won't understand the struggle that created these opportunities," Hardwick said. It's not there to "motivate them to really challenge themselves to be the very best. To me it was huge."

There also isn't a critical mass of black people in the college and career pipeline to fill jobs that African-Americans like Hardwick have risen to today. Students seem more focused on a media-driven culture.

"There just seems to be a malaise," she said. "They don't seem to be able to put pop culture in its proper place."

Hardwick suggested intensive training academies like one the National Bar Association runs to help prepare youths for law careers. She also said crime has to be vanquished so that safety and living past 20 are not kids' chief concerns.

The school system has to improve to get all students ready for college and careers. "In the movement today, education is the rocket fuel," Hardwick said. Equality and equal opportunity remain the dream for 2063.

Black people must keep alive the history and "articulate the need" so that everyone works to meet it. It's possible unless we forget "the fierce urgency of now."
MU Student Develops Campus Green Roof

COLUMBIA - A junior at the University of Missouri has developed a plan to install a green roof on a university dining hall.

Ben Kreitner, an environmental science major at MU, said he came up with the idea to install a student-run green roof when he lived in Hudson Hall his freshman year.

According to Green Roofs for Healthy Cities, green roof systems often involve installing prepared plants that are in interlocking grids for the purpose of creating a green space on top of human-made structures.

Kreitner said he wanted the project on the roof of Rollins Dining Hall because students on the higher floors of both Hudson and Gillett buildings would have a good view of the roof and it could inspire them to learn more about the environment.

"A green roof system is a lot more visible especially when it's overlooked by two residential halls, and that's something that should hopefully change the perspective and maybe even the lifestyle of some students," Kreitner said.

The green roof is expected to finish by October this year and Kreitner said interested MU students will maintain it as well as give tours of the roof.

Kreitner said it is not only important for student involvement and education, but can be used for research about stormwater management practices, energy efficiency and plant species.

Steve Burdic, sustainability coordinator for the MU Sustainability Office, helped Kreitner pitch his plans for the green roof to Campus Facilities. Burdic said the project is beneficial to the campus for many reasons.

"It adds to the beauty of the campus, but it also slows down the rainwater and it also has energy impacts on the building it keeps it cooler in the summer and warmer in the winter so, it's a good thing all around," Burdic said.

Kreitner received a grant of more than $27,700 from the Student Fee Capital Improvement Committee for his green roof plan that will cover about one third of the Rollins Hall roof. He said the project can grow to include two other sections of the roof over time, pending more funding.
To ensure the roof is maintained throughout the year, Kreitner said students from Sustain Mizzou and Environmental Science Club are required to maintain the plants at least twice a month.

This is only the second green roof in Columbia. The University Hospital installed a similar system on the roof of Ellis Fischel Cancer Center back in December 2012.

For more materials that show Kreitner’s grant proposal and drafts of the green roof click here.
COLUMBIA MISSOURIAN

In MU students' video, 10-year-old teaches college men his chivalrous ways

By Caitlin Holland
May 11, 2013 | 6:28 p.m. CDT

COLUMBIA — Cole Nowlin really wishes he could go back in time and change at least one thing.

"I kinda screwed up," said 10-year-old Cole with a downward glance and a slight shoulder shrug. "I wish I could have been nicer to my girlfriend."

Since his breakup, Cole said he's learned a lot about how to treat a girl. If he could do it over, he would pull out all the stops — hold open the door; have long, lingering conversations; buy roses to show how much he cares.

Cole stars in a short film called “The Extra Mile” that has racked up more than 400,000 views on YouTube in little over a week. It is the creation of three MU students — Dan Woodward, Clint Cannon and Nam Cu, who produced it for a class assignment before it went viral.

Cole, who attends Hallsville Elementary School, plays the part of a young gentleman, addressing callow college guys on the art of attracting women. In three minutes, he shows how to invite a girl to dinner, engage her in conversation and take a long walk blowing dandelion seeds.

He also gives away at least a dozen roses randomly to surprised women around the MU campus, where the film was largely shot.

"Don't just be a nice date," he advises. "Be a nice guy."

Wake-up call for college students

The video could serve as a wake-up call for college men who don't show women enough respect, said Cannon, a sophomore.
"A lot of the comments on the video were, 'Oh, his mom probably made this,' or, 'a girl made it,' or, 'an old single guy made it,'" Cannon said. "No one really suspects that it’s a bunch of guys trying to get other college guys to just be a little bit nicer."

Cole said he learned his manners through stories of his grandfather, who died before the two could meet. According to family, his grandfather was the definition of chivalrous — kind, sweet and thoughtful.

In the video, Cole wears a tuxedo with a vest and bowtie. At one point he adds a ball cap to play a bit from Bruno Mars' "When I Was Your Man" on the ukulele.

"My mom went out shopping and when I came back from school, she gave me the tux," Cole said. "I was like, 'Am I going to look like James Bond?'

**Theater connections**

The filmmakers discovered Cole through TRYPS Children’s Theater to find the actor for their video. Cannon said as soon as they met Cole they knew he was a perfect fit.

"Cole just nailed it," he said. "He was dancing and everything before we even asked him to start, so we knew he was the right kid for the video."

Cannon said a script was prepared, but much of it changed over seven days of filming.

"A lot of the time he would reword or say something that fit very perfectly with the video, and so we would say, 'Wait a minute, say that again,'" he said.

Cannon said he didn’t expect the reaction. It has been posted on BuzzFeed, Ryan Seacrest’s website and collegecandy.com.

"When it caught attention nationally was just unbelievable. I wasn’t expecting it," Cannon said.

**Family takes it in stride**

Cole’s mom Tammy Waltz-Nowlin said she didn’t know how to react when another of the film’s producers, MU junior Dan Woodward, told her the video went viral.

"Until all this happened, I was kind of computer illiterate," she said. "I just got on Facebook."
"I had to ask him three times to say it. He said, 'Let me put it in layman’s terms — Cole is YouTube famous.'"

She said agencies have expressed interest in representing her son, before and after “The Extra Mile.” Many require actors to move to either New York or Los Angeles, a move she's hesitant to make.

“Whenever Cole’s ready, and whatever makes him happy,” she said. “I always leave it up to him.”

She said her son's priorities are the same as they were before he became a YouTube star. When she picked him up from school after the video launched and mentioned his sudden Internet fame, she said his reaction was typical.

"Wow," he said. "What's for dinner?"

*Supervising editor is Jeanne Abbott.*