UM curators approve more than $54 million in upgrades to MU medical facilities

New curator questions duplication of services.

By Karyn Spory

Friday, September 13, 2013 at 2:00 pm Comments (3)

University of Missouri curators on Thursday approved $54.1 million in upgrades to the Missouri Orthopaedic Institute and University of Missouri Hospital.

The Orthopaedic Institute, built in 2010, originally had a construction budget of $80 million, but the project was scaled back to $50 million. The institute served 55,966 patients in 2012 and generated gross revenue of $134.3 million. The expanded facility will serve a projected 93,599 patients in 2020 with gross revenue of $387.9 million, said Tom Richards, the UM System treasurer.

The additions and renovations will cost $35 million, with $5 million coming from MU Health Care reserve funds and $30 million from debt financing, Richards said.

The facility will expand from seven to 11 operating rooms, with additional recovery, clinical, radiology and pharmacy space. The construction also includes a glass-enclosed, elevated walkway to connect MOI to the parking garage across the street.

Before the vote, Curator Ann Covington, who represents Columbia, asked what the academic rationale was for the expansion.

James Stannard, chairman of MU’s Department of Orthopaedic Surgery, said the purpose of the expansion goes beyond generating more patients and revenue.

He said the quality of faculty members and researchers he could recruit as a result of expansion would have a positive effect on academics.

"The facility and the momentum that we've been able to achieve as a department is very significantly changing the landscape for us in terms of quality of people we can recruit and the research personnel we're bringing in," Stannard said. The institute recently expanded its staff to add a fifth orthopedic resident.
The curators also approved a $19.1 million renovation of University Hospital floors four through seven. The funds came from MU Health Care Reserves, and the project includes improvement to 110 patient rooms, including new medical equipment and furniture and new nurse stations. The project also calls for the conversion of 5 West to a 25-bed medical/psychiatric specialty unit.

Curator Covington asked about the potential for future partnership or collaboration between area hospitals such as the nearby Boone Hospital Center.

"Some of that money included in the requests will be for equipment. Do we really need these kinds of equipment 1 mile away when it's already over here?" Covington asked.

"With the uncertainty of health care dollars … and the number of layoffs at both hospitals, I guess I'm looking and longing for when it will lead to a partnership," Covington said.

Harold Williamson, executive vice chancellor for health affairs, said he has been in Columbia since 1980 and knows many people have worked to promote collaboration between hospitals.

"From my perspective, we have some very serious proposals on the table for them if they're willing to work together," Williamson said.

This article was published in the Friday, September 13, 2013 edition of the Columbia Daily Tribune with the headline "MU medical upgrades OK'd: New curator questions duplication of services."
Gov. Jay Nixon's release of funds withheld to cover the potential effects of House Bill 253 means the University of Missouri's Columbia campus will receive about $13.6 million.

In August, UM System President Tim Wolfe said the system would distribute about $22.2 million to the four campuses for strategic priorities. That money was part of the $400 million Nixon held from the fiscal year 2014 budget in case the legislature overrode his veto of the tax-cut bill.

Neil Olson, dean of veterinary medicine, said he was ecstatic and relieved when he heard the governor's veto had been sustained. He said release of the withheld funds would benefit education, mental health and other priorities, including $970,000 for the veterinary school's large-animal program.

Four years ago, Olson said, the veterinary school increased class size from 76 to 120 entering students. "These students are now entering the clinical phase of their training, and we need to make sure we have the appropriate facilities and personnel in place," he said in an email.

A portion of the money will go toward one-time needs such as increasing the cattle herd at the university's Middlebush Farms.

The MU School of Medicine will also receive nearly $10 million for the operating costs of an expansion that will include 32 additional students per year and a clinical campus in Springfield, where a third of students will spend their third and fourth years.

Mary Jenkins, spokeswoman for MU Health Care, said the School of Medicine will begin to search for a new associate dean for the Springfield clinical campus as well as additional faculty and staff needed in both Columbia and Springfield. Jenkins said eight additional students will be admitted next fall and, when space allows, class sizes will increase up to 128, a 33 percent jump from the current class size of 96.
Jenkins said in an email the medical school plans to build a new medical education building in Columbia, which should be open to students in 2016, and to work with officials at CoxHealth and Mercy Hospital in Springfield to remodel or build educational space there.

The medical education expansion is estimated to cost about $36 million and will be funded through a mixture of private and public funds, Jenkins said.

"We are pleased that our campuses will now receive the important resources to help us address critical needs in our state, including educating more doctors, nurses and pharmacists to fill the shortage of medical professionals in rural Missouri, and training more large animal veterinarians to meet the needs of the state's livestock producers," UM System spokesman John Fougere said.
New UM System VP has plan to help boost research, entrepreneurship

Foley brings ideas from Penn State.

By Karyn Spory

Saturday, September 14, 2013 at 2:00 am

The University of Missouri System's new executive vice president for academic affairs says he would like to see Missouri as a fly-in state rather than a fly-over state and he thinks the best way to do that is by making Missouri a hotbed for entrepreneurs.

Hank Foley, who this summer came to the UM System from Penn State University, presented a plan to the UM Board of Curators yesterday to make the state and UM System more appealing to entrepreneurs. Foley's position, which is new, oversees the four-campus system's academic functions as well as its research and economic development efforts, which until recently had been led by separate administrators.

Foley said Missouri is in the middle of the pack in terms of entrepreneurship, and he proposes improving the state's standing by creating a research quadrangle between the system campuses and loosening intellectual property ownership policies.

Currently, UM System policy states the university, as the employer and as representative of the people of the state, has ownership and control of any invention or plant variety developed in the course of an employee's service.

Foley, who served as vice president for research at Penn State, used his former employer as an example of how changing the rules could pay off. Foley said Penn State officials looked at more than seven years of data and found that the university only received $80,000 from four licenses, and that came from nearly 1,300 invention disclosures.

"It was really a loser," Foley said.

He said when Penn State changed the rules, the university saw growth in research.

Missouri S&T Chancellor Cheryl Schrader said last year the board of curators approved a change in the collective rules and regulations that allowed the individual campuses to determine when
they worked with companies — when federal funds were not involved — what type of overhead agreement they might have as well as who owned the intellectual property.

Schrader said Missouri S&T looked at universities around the nation that had "successful" policies, such as Penn State, and modeled its policy after that.

"The idea is we don't negotiate every single agreement that comes through," she said.

Curator John Phillips, who represents Kansas City, said his thought coming into this was the system needed to have those public/private partnerships with the end goal being monetizing the intellectual property.

"What you've said now makes institutive sense to me that it's the here and now partnership — the process," Phillips said.

This article was published in the Saturday, September 14, 2013 edition of The Columbia Daily Tribune with the headline "UM System official plans to boost research: Foley brings ideas from Penn State."
COLUMBIA MISSOURIAN

UM System sees financial health despite lower state funding, curators say

By T.J. Thomson, Emily Donaldson

September 13, 2013 | 7:15 p.m. CDT

COLUMBIA — Revenue and recruitment motivated discussion Friday during the second half of the University of Missouri System Board of Curators' fall meeting in MU's Memorial Union.

"Funding levels right now for higher education are at 2001 levels," UM System President Tim Wolfe said during his report.

Wolfe said some people have questioned whether there is a disconnect between Missouri's stated priorities for education and how it is funding them.

"It is imperative that we initiate a conversation on the state's priorities," Wolfe said. "It needs to happen as soon as possible."

Despite receiving less state funding, the system is financially healthy, board Chairman Wayne Goode said.

"The UM System ended the fiscal year with net total assets of $4.3 billion, an increase of $218 million," Goode said. "In spite of flat funding from the state, we continue to grow and strengthen our position."

Wolfe said the legislature's sustaining the veto of House Bill 253 helped the system's finances. The bill would have cut taxes that fund such services as education. Wolfe said the system would have had to raise tuition by 8 percent to 16 percent to make up for the lost funding.
"The percentage of our out-of-state students is increasing," he said. "The tuition paid by out-of-state is greater than what is in state, which is one of the elements in terms of driving toward the net tuition for each student going up year after year."

Curator David Bradley, who represents St. Joseph, said he read that Florida was experimenting with funding higher-education institutions based on the performance of their graduating students, judged by factors such as whether the graduates were employed and how much they earned. He asked the system's four chancellors what they thought of the idea.

Chancellor Cheryl Schrader of Missouri University of Science and Technology said that she thinks students' graduation success will increasingly become a part of evaluating institutions' performance but that there aren't enough data yet to measure it.

"It's one of the five components on the Department of Education's scorecard. That is the only piece of that scorecard that is yet unpopulated with data," Schrader said. "Right now there doesn't appear to be a good way of capturing that. I think we are going to be having those conversation nationally and here so we can demonstrate what the value is of a college education and that funding isn’t always in dollars."

Speaking for MU, Chancellor Brady Deaton said that the idea worked conceptually but that he had concerns with its implementation.

"You run real risks when imposing enormous risks at very little gain," Deaton said. "I'm always cautious of any imposition that requires a lot of cost to count what might be really obvious. Knowledge is intergenerational. There are a lot of people that go through the university and aren’t looking for a job."

**Student recruitment**

Enrollment across the system was relatively flat, with the exception of Missouri S&T, according to reports delivered by both of the chancellors.

"We are up significantly in all enrollment categories," Schrader said of Missouri S&T. "We have for the first time exceeded enrollment of 8,000."

MU recently rolled out a new scholarship and increased the value of others in hopes of adding at least 350 students per year, Deaton said. He also said he wants to focus on
MU’s efforts to enroll more students from within the Southeastern Conference area and increase overall out-of-state enrollment.

"We’re going to continue to grow enrollment in support of our strategic plan," Deaton said.

**Faculty recruitment and retention**

Salaries continue to be lower at MU than at other leading public research universities, Deaton said.

"We have been at the bottom or are next to the bottom among the 34 public AAU universities" in terms of faculty salaries, he said.

Deaton said that MU has internally reallocated funds to keep faculty from being snatched from other Association of American Universities and that performance-based funding would likely increase.

"We want to reward productivity and achievement," he said. "That doesn’t mean we raise salaries across the board."

In other business, the curators:

- Heard a report by Hank Foley, UM System’s executive vice president for academic affairs, who called upon the system to adapt to changing times by using "communivation," a concept that emphasizes fusing community with innovation. He hopes the system will forge partnerships among academic institutions and entrepreneurs within the community to develop research opportunities and growth in Missouri.

- Discussed the system's policy on intellectual property. Foley said that universities often participate in large negotiations for intellectual property claims, trying to gain ownership, and that it would be worthwhile to start thinking of intellectual properties as things universities don't necessarily have to own to benefit from. "Are we going to start out insisting that we own all (intellectual property), or are we going to start out with an open mind?" he said. Transitioning from one view to the other is "a huge culture change," Foley said.

- Heard reports by each chancellor on each school’s fall enrollment, future expectations and current innovations and how fall classes relate to each institution's strategy.
- Recognized the University of Missouri-Kansas City for celebrating its 80th anniversary since its founding and its 50th since joining the UM System.
- Recognized Deaton for his 24 years of service at MU, including as teacher, chief of staff, deputy chancellor, provost and chancellor. After Deaton retires as chancellor on Nov. 15, he will lead the Brady and Anne Deaton Institute for University Leadership in International Development.

Supervising editor is Elizabeth Brixey.
Obama announces college rating plan that would affect higher education funding

Friday, Sept. 13, 2013

By Nathan Coffing

President Barack Obama unveiled a new plan, which calls for a revamped college ratings system, to make college more affordable.

A rating scorecard, which Obama wants in place by the 2015 school year, would rank universities on factors such as accessibility to lower-income students, cost of tuition, graduation rates and graduates’ debt burden.

One of the goals of Obama’s plan, which he announced Aug. 22, would be to lower university tuition. Obama proposed introducing legislation that would give universities and the Department of Education four years to adjust to the ratings. In 2018, the Department of Education would grant federal financial aid based on the rating system. It would also encourage states to fund public universities based on their ratings, according to a White House news release.

Declining state funding has been a factor in rising tuition for many universities across the country, including MU.

“President Obama is correct when he states that rising tuition is due, in large part, to lack of state support,” MU spokeswoman MaryJo Banken said. “Over the past 12 years, state support has fallen from $193 million to $169 million while costs to maintain buildings, pay utilities, increase technology and improve the educational environment for students have increased.”

Today, tuition makes up 62 percent of MU’s operating budget. Twelve years ago, it was 27 percent, Braken said.

“There has been, over the last 11 years, a decision by the Missouri legislature to consistently and constantly under fund these institutions in favor of tax credits for corporations,” said Mark Jones, Missouri National Education Association political director.

With Missouri considering House Bill 253, a tax-cut bill that could force the UM System to raise tuition, Jones and the association are working to realign the legislature priorities to fully fund universities.
Another step of Obama’s plan is restructuring the way federal aid like Pell grants goes to universities. It would give larger Pell grants to students attending high-ranking colleges, according to the White House news release.

MU is working to increase accessibility to lower-income students by making it easier to transfer from Missouri’s community colleges, and by trying to increase its affordability. MU awarded more than $111 million to students this year before loans, Banken said.

Chancellor Brady Deaton announced that MU will increase scholarships for incoming students in Fall 2014, according to an MU News Bureau news release.

MU awarded more than $111 million to students this year, which does not include loans, Banken said.

“In 2011-2012, 22.3 percent of the student body received Pell grants,” Banken said.

However, while MU has taken steps to maintain accessibility, it does not currently target lower-income students for admission, Nicholas Prewett, director of the Student Financial Aid office.

“The admission status for the university is really need-blind,” Prewett said. “So at the time of application we really don’t know the student’s need status.”

The DOE is also expected to start contacting students who are behind on their debt to try to negotiate payment plans, with the hope of getting borrowers at a monthly payment cap of 10 percent of their monthly income, according to the White House news release.

In an attempt to lower debt by graduating faster, the DOE is also expected to begin requiring those who receive financial aid to progress through percentages of their coursework at a regular rate to continue to receive financial aid, according to the White House news release.

This would be implemented as an incremental process to already existing requirements, which mandate students receiving aid to complete course work within six years for a four-year degree. The average student graduates from MU in four and a half years, and our six-year graduation rate is 70.8 percent, compared to a national average of 58 percent, Prewett said.

MU’s six-year graduation rate is 70.8 percent, compared to a national average of 58 percent according to MU’s website.

MU’s offices of Financial Aid and Financial Success recently launched an exit counseling program to help graduating seniors develop a plan to pay their debt off as quickly as possible.

“Mizzou’s students graduate with an average debt load of less than $20,000. That’s $6,000 less than the national average,” Banken said.
While Obama’s plan seeks to lower tuition and MU continues to work towards accessibility in the face of declining state funding, the end impact on MU will likely remain unknown until the rating system is revealed in 2015, Prewett said.

“While many educators agree that plans like this sound good, the biggest thing is going to be determining what the benchmarks are going to be,” Prewett said.
COLUMBIA, Mo. • In the fall of 2011, veteran journalists Jeff Benedict and Armen Keteyian were in a Los Angeles hotel room working on a story about college football’s connection to inner-city gangs.

A year earlier they had completed a six-month investigation about crime in college football. As they worked on another portrait of the sport’s dark and seedy underbelly, Benedict had a journalistic calling of sorts.

“I told Armen, ‘We should really do a book on this,’” Benedict said.

That was the genesis of “The System: The Glory and Scandal of Big-time College Football,” a 415-page book from the Doubleday publishing company. “The System,” which hits bookstores Tuesday, tackles virtually every angle of modern college football in its 27 chapters, each one devoted to a different case study or element from the multibillion dollar industry.

With unique access and meticulous reporting, Benedict and Keteyian examine coaches, administrators, boosters, lowly assistants, recruits, female hostesses and media — culminating in an expansive view of college football through multiple lenses.

“We purposely did not write this book as an exposé,” said Benedict, an investigative reporter who’s contributed to Sports Illustrated and written 10 other books. “We’re not trying to prosecute college football. ... There are a lot of stories in this book about college football that make you sit back and say, ‘You know, there are some redeeming elements there that can’t be overlooked and have to be factored into the equation.’”

Chapter 12 is not one of them.

**Focus on Mizzou**

In the 21-page chapter titled “The Tutor,” the book examines the 2010 sexual assault that landed former University of Missouri tailback Derrick Washington in prison for three months and the case’s connection to Mizzou’s tutoring program.

The chapter, reported and written by Benedict, tells the narrative of Teresa Braeckel, a former Mizzou student who became a tutor in the MU athletic department, and her relationship with Lauren Gavin, her former roommate, and Washington, the team’s leading rusher in 2008-09.

In September 2011, Washington was found guilty of deviate sexual assault after Braeckel testified that he assaulted her in her sleep in June 2010.
Gavin, also a former tutor who admitted to having a sexual relationship with Washington, was a key witness in the trial — all of which was reported in the media at the time. Gavin also testified that she was raped by a former Mizzou basketball player she had tutored, Mike Dixon, but declined to press criminal charges.

**Planning the chapter**

When the authors mapped out subjects to include in the book, the Washington case became a strong candidate because it had a rich record of court documents, Benedict said.

Plus, there was the tutor angle.

Gavin and Braeckel were among several people Benedict interviewed for the story, and they described the sexual relationships some Mizzou athletes had with their tutors as a “friends with benefits” program.

(Braeckel was not sexually active with athletes, she told Benedict — her virginity was mentioned several times during the trial — but Gavin admitted to getting “caught up” with the “friends with benefits” lifestyle.) In the book, Boone County prosecutor Andrea Hayes said she interviewed other female tutors, and, the authors wrote, “the deeper she dug, the worse it looked.”

At the time of the trial, Missouri officials dismissed Washington’s sexual relationship with his former tutor as an isolated incident — a stance the school maintained in a news release issued Thursday in anticipation of the book’s release.

“Although the authors isolate this small example from a much larger group which currently includes 520 student-athletes and approximately 150 tutors who do outstanding work in a professional and safe environment, we believe this was not and is not reflective of the culture of the academic program,” the statement read.

“The incident itself was isolated,” Benedict said. “It’s an unusual isolated incident. But that is not actually the point here. The way the university ought to phrase the question is whether the climate that gave rise to that incident was isolated. I don’t think it is. I also don’t think that’s unique to Missouri. We’re not suggesting in the book that Missouri had a climate that’s unique.”

“The System” also mentions similar inappropriate climates within the tutoring programs at Georgia, South Carolina and Miami.

The chapter’s most damaging comments come from Hayes, the prosecutor, who’s described in the book as “a huge Missouri football fan.”

“Too many tutors were having sex with the athletes, and really filthy conversations were going on between players and girls,” she said. “It was a sexually charged environment. It was a joke — the whole tutoring situation.”

That quote was published in a Yahoo! Sports review of the book Aug. 26, after which Hayes told the Kansas City Star that those comments were taken out of context.
She was only relaying thoughts from Braeckel and Gavin, not expressing her own opinions, Hayes told the Star.

However, the book also includes this comment from Hayes, which did not appear in the Yahoo! review: “The university has created this environment. When you put a room of athletes together with attractive girls, some of whom like to sleep with athletes, you are just asking for trouble. It creates a sexually charged environment, and athletes get an opinion of girls that is skewed. ... Their tutoring program needs to be revamped.”

Hayes was not available for comment.

Benedict lauded Hayes for winning the case but insisted her quotes were accurate.

“I think there’s an implicit understanding on the part of the public, that when police officers and prosecutors conduct investigations almost everything they say is based on what somebody told them,” Benedict said. “I respect what she’s saying and why she said it, but the quotes were accurate.”

New twist

The chapter reveals one previously untold detail centering around Washington’s status with the football program. Sarah Washington, the player’s mother, told Benedict that Missouri coach Gary Pinkel “fought for Derrick for over an hour” shortly after Washington was charged with felony sexual assault and surrendered to police.

At the time, Washington was indefinitely suspended, per an athletic department policy for any athlete charged with a felony policy, but Pinkel hoped he could keep Washington on the football team during the trial, Sarah said.

Pinkel’s plan, Sarah said, was to redshirt Washington until after the trial, and “if the trial went well,” reinstate him so he could play the next season. But the university curators, Sarah said, “wouldn’t go for that.”

Sarah told Benedict that Pinkel told the Washingtons that the curators decided Washington would be permanently suspended from the team, ending his playing career at Mizzou.

Mizzou associate athletic director for strategic communications Chad Moller described the decision-making process differently.

All parties involved, both in athletics and the university leadership, agreed on Washington’s status once prosecutors filed the felony charge, Moller told the Post-Dispatch.

“To my knowledge, there were no direct conversations between Gary and the curators,” Moller said. “Certainly, you look at possible outcomes in a situation like this where there’s various scenarios, but ultimately, everybody was on the same page that the decision to part ways was absolutely the right decision and in the best interests of everybody.

“There was no tug of war in the end, at all.”
No comment

Missouri’s news release said the authors did not contact anyone from the university to comment — a point Moller also confirmed in an interview. However, Benedict said he emailed Moller March 19, 2013, requesting an interview with Pinkel.

The next day, Benedict emailed Pinkel directly, he said. Neither message was returned. Benedict retained copies of the requests, he said.

Benedict said almost every other school that was contacted for comments responded.

“But at the end of the day, it wasn’t a make-or-break deal to have (Pinkel) comment on the case,” he said. “We would have liked it, but given that we’re dealing with a criminal case, it really takes it out of the university element to a certain extent, at least for the purpose of what we were doing.”
Q&A: "THE SYSTEM" CO-AUTHOR JEFF BENEDICT

COLUMBIA, Mo. • In today’s Post-Dispatch we take a sneak peek inside the new book, “The System: The Glory and Scandal of Big-time College Football,” of which includes a chapter that explores the 2010 sexual assault case of former Mizzou tailback Derrick Washington.

The book, of which I received an advance copy earlier this month, includes some meticulous reporting by Jeff Benedict and Armen Keteyian, both of whom had prime access to some of college football’s biggest power brokers in terms of coaches, administrators and boosters. The chapter about Washington’s case, “The Tutor,” includes exclusive interviews with the victim, her roommate, Washington, his parents and prosecutor Andrea Hayes. If you followed coverage of the case closely, the book won’t surprise you with many fresh details, but I thought the reporting and writing were fair and accurate.

On Friday, I interviewed Benedict, who wrote “The Tutor”. We discussed his reporting of the chapter, the origin of “The System” and the current landscape of college football scandals.

Q: What was the genesis of this book and what was your plan of attack to cover all these different angles of college football?

A: I can tell you exactly where we were and when the idea came. We were in a hotel room in Los Angeles working on a joint story for Sports Illustrated and CBS Evening News. I was handling the magazine part; he was handling the TV part. We were doing a story on gangs and college football. The bulk of our reporting had been done in Los Angeles and Compton. The previous year we had done a six-month investigation on crime in college football and after doing that one and being in the throes of the second one, I told Armen, ‘We should really do a book on this.’ It was immediate. He liked it; I liked it. Right there we started brainstorming about what that book could be and what would be in it. That’s the genesis. That was in the fall of 2011. Over the next few months we started getting very serious about mapping out what it would look like. By Christmas 2011 we had scripted an outline of what ‘They System’ would look like and we started to divide up the labor. We took the programs we wanted to focus on and the different positions, like coach, assistant coach, president, booster, tutor, hostess, recruit, etc. we basically said, ‘You take this guy. I’ll take this guy.’ We basically started dividing up. That’s how it started.

Q: You really cover about every angle of a college football program. Was there any story that you were especially proud of or impressed with the reporting? I thought the Boone Pickens chapter was really good. You had a lot of access to people that reporters don’t usually get. (Pickens, the Oklahoma State mega-donor, is arguably the most influential booster in college athletics.)

A: In terms of being proud, honestly ... whenever you ask a journalist that question there’s the great temptation to talk about yourself. But I have to tell you what I’m most proud of or most gratified about is
not anything Armen or I did. It’s the number of people who were willing to talk to us, some of whom were at great risk doing that. Just an example, since you’re in the Missouri market, one of the people I was most impressed with in this entire book was not an athlete, someone like Lauren Gavin, who had the courage to make admissions to a journalist that most human beings wouldn’t want to make to anybody. It’s people like that who have incredible courage and fortitude. That was my takeaway. There’s a lot of people in this book who are talking about very difficult things, like Mr. and Mrs. Washington. When you’re dealing with something that hard, what I tried to do was to the extent that you can put yourself in those positions and be, frankly, respectful of the difficulty that folks are in. But to try and tell these stories from their perspective is what Armen and I tried to do. That’s why the book captures people like Boone Pickens and Kyle Van Noy at BYU. On the other hand, it has chapters where there’s some very troubling components of college football. It’s not one-sided. It’s not black or white or a one-sided coin. It’s very complex and there’s a lot of gray area. That’s the challenge of doing something like this.

Q: How did you decide to include the chapter on Missouri and Derrick Washington and the school’s tutoring program?

A: Prior to starting the book, we had done that big series on college football and crime for Sports Illustrated. I was actually maintaining the database for that series. We had done criminal background checks and collected criminal reports on hundreds of players. We continued to maintain that database even after that story came out because we did a follow-up later. So I was already aware of that case in Missouri. I was well aware of it. The question was, how does this play into what we’re trying to do here? There were two cases in the book that involve sexual assault, one at Missouri and one at BYU. The BYU case is a rape case and involved multiple perpetrators. The case at Missouri was not a rape case but it’s a sex assault and involves a single perpetrator. The two cases were used as illustrations of two very different sets of issues that crop up in college football often. In looking at all the cases that were out there — we had a list of sex assault cases from different places and different times — that case was a strong candidate for inclusion for a variety of reasons, one of which was it had a rich record, meaning there was a paper trail. There was a trial. There were transcripts available. There were documents available. So often in the case of sex assault the record is very thin, if existent at all. It’s merely a he said-she said contest that is never put to the test of people being under oath. This case had all that. From a starting standpoint, it was a very strong candidate to choose.

The BYU case we picked also had that element. It went to trial. People were put under oath. Witnesses testified. There was a very lengthy record. From my perspective, I’ve written about sexual assault and athletes for almost 20 years. I’ve written about it more than anything else. And that’s why I wrote those particular chapters. Having done this as long as I have, I’d much rather work off a case that has a thick record to go by. That had a lot to do with it.

Q: It’s impossible to ignore the tutoring angle to this story. In your reporting, did you believe this was a widespread problem at Missouri? The school has used the term ‘isolated incident.’ What was your takeaway?

A: The incident itself was isolated. It’s an unusual isolated incident. But that is not actually the point here. The way the university ought to phrase the question is whether the climate that gave rise to that incident was isolated. I don’t think it is. I also don’t think that’s unique to Missouri. We’re not suggesting in the book that Missouri had a climate that’s unique. We mentioned other universities where we had done some
reporting for a reason, to say this probably exists on other campuses. Here are a few samplings of people we interviewed who described a very similar climate. In that climate, there’s a wide range of things that can go wrong, from tutors and players having consensual sex, which is not criminal, but is also not good. It’s not healthy. There’s ranges from that to the other end of the spectrum, girls who get raped and exploited. In between that, there’s a whole bunch of other things that can go wrong.

To me, what we really ought to be focusing on is that relationship and environment that tutors and student-athletes are in. Is that environment conducive to learning? Or is that environment conducive to relationships between student-athletes and tutors that can be destructive to one or both parties? The climate at Missouri was the latter, certainly at the time that the incident involving Teresa Braeckel took place. Now, what’s going on there today, a few years later, I couldn’t tell you. But at the time that happened, which is the time we’re interested in, because it’s what we’re writing about, I think it’s pretty clear that there was too much going on there that shouldn’t have been going on there that gave rise to this kind of thing happening.

Q: Andrea Hayes (the prosecuting attorney in the Washington case) has alluded to that environment in the book and has since said those comments were taken out of context. How did you react to her response?

A: Look, I understand what she’s saying. The interviews I did with Andrea were terrific. They were on the record. I have transcripts of those. And I can assure you she was accurately quoted in the book. I think what Andrea was saying, at least as I how read what she said in the press a week or two ago form her, was she was trying to make the distinction that what she said to me was her passing along a view that had been expressed to her by one or more of the tutors she interviewed. It was not necessarily her opinion but what was expressed to her by the people she interviewed. My response to that is, I think there’s an implicit understanding on the part of the public, that when police officers and prosecutors conduct investigations almost everything they say is based on what somebody told them.

I respect what she’s saying and why she said it, but the quotes were accurate. I think she did an absolutely terrific job. These cases are very hard to win. The fact that she secured a conviction in this case is, frankly, unusual. There are very few of these. If anybody in her office were to reward an employee, then she probably ought to be on the list.

Q: I haven’t had any contact with the Washington family since the trial. You interviewed them for the book. What did you sense from the Washingtons? Were they remorseful about the situation? Were they bitter?

A: We’re talking about very difficult, sensitive matters with one of their children. The reason that chapter, at least the portions that portend to them, are crafted the way they were, hopefully they’re a reflection of what I thought of them. I thought they were honest, sincere, heartbroken to an extent. There’s two groups of people that you never think about in these incidents, a sexual assault with an athlete and a girl. You never think about the parents of the victim who gets the call from the girl in the middle of the night and says, ‘Dad, I’ve just been assaulted.’ People don’t think what it would be like to be the father and get that call. At the same time, people don’t think what it would be like to be the parents of the guy who was accused of doing that and getting that call.
What I’ll say is they came across as honest, sincere, genuine people who had been through an absolutely awful circumstance. I did not sense bitterness in their voice. I could tell they’ve been through an awful lot. I was respectful of the fact that they were willing to talk to me about a very difficult situation. I thought they were very credible, very believable people.

**Q: Was it unusual for a school to not comment? In every other chapter, you seem to at least get some response from the coaches or officials. (Missouri did not replay to emailed interview requests, Benedict said.)**

**A:** Yes. It was very unusual. Here’s the other thing, though. I want to be fair to Missouri. The Missouri case, of course, we would have loved to have input from Coach Pinkel. But at the end of the day this was a court case. There’s not a lot of court cases in the book. But this is a court case. In other words, we’re working off a record here, and we’re working with everyone who’s involved in the court case on the record. Coach Pinkel was not really involved in the court case. Of course he is from the standpoint that he coached the player who was the subject of the investigation. That’s why we sought his comment and his input, which we didn’t get. But at the end of the day, it wasn’t a make or break deal to have him comment on the case. We would have liked it, but given that we’re dealing with a criminal case, it really takes it out of the university element to a certain extent, at least for the purpose of what we were doing.

Yes, it’s unusual that we didn’t have input from Missouri when we had it from just about every other institution that’s written about in the book. But, that’s all I’ll really say about that.

**Q: It’s interesting timing for the book to be coming out. Do you get the sense that the public gets desensitized to these kind of stories? There are so many scandals in college football and college athletics, that there’s not this shock value that there was in a different time.**

**A:** I think in general Americans and especially sports fans have become pretty accustomed to athletes at the pro and college level getting in trouble with the law and they’ve become accustomed to corruption and scandal being associated with college and to a certain extent pro sports. I’ll tell you, we purposely did not write this book as an exposé. We’re not trying to prosecute college football. That’s why we have chapters about Boone Pickens, Kyle Van Noy, Ziggy Ansah, xxx Geronimo. There are a lot of stories in these books about college football that make you sit back and say, ‘You know, there are some redeeming elements there that can’t be overlooked and have to be factored into the equation.’ If you’re writing an exposé, you don’t write those chapters.

**Q: I don’t know what kind of feedback you’ll get once the book is released, but it seems like there’s an impulse — and maybe this comes more from the media — but the first impulse is to criticize the authors or the journalists. I don’t know if that’s ever changed, but it seems more prevalent than ever, especially now with the Sports Illustrated report on Oklahoma State. Is that something you have to be prepared for when you write something that’s critical?**

**A:** Yeah, and to a certain extent that’s fair game. You try your hardest in research, or at least you better, to be right not only with the facts but in the way you handle the people you’re writing about or the institutions you’re writing about. There’s a lot of responsibility that comes with that. And it’s one I don’t take lightly, nor does Armen. A guidepost that I try to use when I’m working on these kind of projects is remember how fortunate you are to have people that are willing to give you their time and open up and
tell you their stories. Without that, you can’t do the job. At the end of the day, when you publish something, you have to go as far as you can to be considerate and sensitive to the people you’re writing about. Sometimes you write about people who do bad things or make pretty grievous mistakes. That’s part of the narrative. You can’t leave that out or gloss over it like it didn’t happen. But there’s a way to try. The fairest way is you put as much context in as you can. And that’s it.
Book reveals new information in Washington case, criticizes MU tutor program

By Ross Dellenger

Friday, September 13, 2013 at 2:00 pm Comments (2)

After a week of nonstop news about scandals in college football, prepare for more Tuesday when the book "The System: The Glory and Scandal of Big-Time College Football" is released.

Missouri's athletic tutoring program comes under fire in a chapter that recounts the story of former running back Derrick Washington, who was convicted of sexually assaulting his tutor.

The Tribune received an advance copy of the book, written by Jeff Benedict of Sports Illustrated and Armen Keteyian of "60 Minutes." Although much of the material about the Washington case was previously reported by the Tribune and other media outlets, there are new details that emerge from the authors' interviews with the Washington family, his victim and her roommate.

For example, Missouri Coach Gary Pinkel wanted to keep Washington on the team in 2010 after his arrest but was told by the UM Board of Curators he could not, according to Washington's mother. And the prosecution's key witness in the case convicting Washington was encouraged to come forward by one of Washington's teammates.

Missouri disputes the notion that Pinkel met with curators about Washington.

The 21-page chapter "The Tutor" portrays Missouri's Total Person Program as a sex-charged environment where hookups between athletes and female students who served as tutors were common. Specifically, the chapter details the charges against Washington, Missouri's All-Big 12 running back who was convicted in 2011 of felony sexual assault of a former tutor, Teresa Braeckel.

Washington; Braeckel; Braeckel's roommate, Lauren Gavin; and Boone County Assistant Prosecutor Andrea Hayes — who is also quoted extensively in the book — did not respond to requests for comment from the Tribune.

Missouri released a statement on its website last night calling the book's allegations toward the tutoring program "unfortunate" and claiming the book isolates on a "small example" of a program that has 150 tutors instructing 520 athletes.
The statement said MU administrators were not contacted by the authors. In an interview yesterday, Benedict said he emailed interview requests to athletic department spokesman Chad Moller and to Pinkel in March but got no response. He said he still has the emails.

Moller stood firm yesterday that university officials were not contacted and did not become aware of the book until two weeks ago when Dan Wetzel of Yahoo! Sports wrote about the book. Dozens of schools are mentioned in the book. Benedict said "very few" declined comment.

"We reached out to everybody," Benedict said. "Naturally, we would very much have liked to talk to Missouri. It would not make sense to talk to the Washingtons, both the parents and the son, and the victims and the state prosecutor — all of these different people — and not try to talk to the school. That just doesn't make any sense."

Washington, a Kansas City native, served 120 days in jail for the conviction, was released in March 2012 and played for Tuskegee last season. He was set for a banner senior season at Missouri in the summer of 2010 before he was kicked off the team after he was charged on Aug. 30, 2010.

He was dismissed from the team the day the charges were filed. According to university policy, athletes charged with a felony cannot return to the field until the case is resolved.

Washington's mother told the authors that Pinkel called Washington's parents after the dismissal, telling them that he "fought for Derrick for over an hour" in a meeting with curators.

"He said he wanted to redshirt Derrick until after the trial," the book quotes Sarah Washington as saying. "And if the trial went well, he'd re-instate him and play him the following year. But the curators wouldn't go for that."

Moller, in an email yesterday, said Pinkel never met with curators about Washington.

"Our coaches don't have direct access to the curators like that," he wrote.

As Missouri prepared for the season in August 2010 before the case went public, Washington, then still on the team, was offered a plea deal — misdemeanor sexual assault — that likely would have allowed him to play his senior year, but he and his attorney, Christopher Slusher, rejected the deal, according to the book.

"Washington's coaches were hoping to get their star back in uniform for the season opener," the book says. "Slusher was looking a little further down the road."

A misdemeanor sexual assault conviction, the book says, would have put his NFL prospects at risk because he would have to register as a sex offender.

The state's case rested on the testimony of Gavin, a tutor who admitted to having sex with athletes, including Washington. Washington was at Braeckel's apartment to see Gavin when he sneaked into Braeckel's room and assaulted her.
Gavin at first told authorities little about the night of the assault. A week after Washington was charged, Gavin went to Hayes to provide more information. The book says that one of Washington's teammates encouraged her to come forward with the full story.

Hayes is quoted in the book criticizing Missouri's Total Person Program and saying the program needs to be "revamped."

"The university created this," she is quoted as saying. "When you put a room of athletes together with attractive girls, some of whom like to sleep with athletes, you are just asking for trouble. It creates a sexually charged environment, and athletes get an opinion of girls that is skewed."

The person in charge of the Total Person Program at the time, Joe Scogin, told the Tribune in 2011 that a review of the program resulted in no changes.

"We believe this is an isolated incident," said Scogin, who now holds a similar position at Tennessee.

Missouri's statement yesterday included documents of that 2011 review conducted by the National Association of Athletic Academic Advisors in 2011. One of the recommendations was for Missouri to add a second "professional" staffer to help the tutoring coordinator. The tutoring coordinator, who oversees the Total Person Program, was splitting time as an academic coordinator for several teams. A graduate assistant was doing much of the program's oversight.

"Much of the day-to-day supervision appears to be by a graduate assistant, where best practices indicate that a professional staff member should have more supervision," the recommendation in the review states. "Although the" tutoring coordinator "appears to be doing an exemplary job of balancing the two, the lack of coverage exposes the unit to possible improprieties or violations unnecessarily."

Missouri added a full-time staff member in the summer of 2011, Moller said.

Missouri's athletic tutoring program is similar to many around the nation, Benedict said. From what he gathered from his reporting, this kind of culture between tutors and athletes is "more typical in these big-time programs."

He spoke to unnamed tutors at Georgia, Miami and South Carolina, who told them tutors would do athletes' homework and sleep with them. Benedict, though, doesn't agree that this was an isolated incident in the Total Person Program.

"If saying this is isolated, meaning what went on with a couple of tutors and a couple of student-athletes, I think that is not true," he said. "I think this goes on much more than an isolated incident here or there. I think there's a culture here, a breeding ground for inappropriate contact between student-athletes and tutors. I think the reason these two cases became as out of control as they were is because there was a climate and a culture there that cultivated this kind of thing."
Washington's case wasn't the only problem Missouri has had with an alleged sexual assault between an athlete and a tutor.

In the book, Gavin reveals that former Missouri basketball player Michael Dixon is the player she alleged had raped her in January 2010. She reported the incident to MU Police but ultimately decided against pressing charges. In the book, Gavin said she met with then-basketball Coach Mike Anderson about the issue. Dixon later apologized to her.

Dixon was not suspended at the time, but he was held out of competition last year and ultimately transferred to Memphis after details of the 2010 alleged sexual assault and a 2012 alleged sexual assault were publicized.

This article was published in the Friday, September 13, 2013 edition of the Columbia Daily Tribune with the headline "Missouri calls book's criticism 'unfortunate': 'The System' tackles Washington case."
COLUMBIA, Mo. • Missouri offensive coordinator Josh Henson’s name had not come up in Sports Illustrated’s first three parts of its series on corruption at Oklahoma State, where Henson was formerly an assistant coach. But his name popped up in Friday’s segment, which focused on OSU’s Orange Pride hostess program. The story alleges that several female hostesses slept with OSU recruits.

Henson, who played at OSU from 1993-97 and then worked on the coaching staff under Les Miles from 2001-04, was in charge of pairing hostesses with recruits on their official visits, Henson told SI.com.

SI wrote: “Under Miles, Josh Henson, the team’s tight ends coach and recruiting coordinator, says he handled the assignments. Henson told SI he was not aware of any incidents during which a hostess had sex with a recruit.”

Also, according to the story, none of the 30-plus former players or the 14 Orange Pride members interviewed had knowledge of a coach or athletic department staff member instructing a hostess to sleep with a recruit.

Henson’s name did not appear in earlier segments about boosters paying Oklahoma State players, rampant drug use by OSU players or allegations of academic fraud by OSU players.
The Tribune's View

Paying athletes

An idea with momentum but trouble

By Henry J. Waters III

Saturday, September 14, 2013 at 2:00 am Comments (4)

University of Missouri Athletic Director Mike Alden and head football Coach Gary Pinkel have joined a growing chorus of peers, including Commissioner Mike Slive of the Southeastern Conference, advocating additional compensation for student athletes.

The idea is to pay athletes for costs of attending college beyond the full scholarships they currently receive.

Supporters say athletes work to improve skills year-round and should share in the growing revenue they produce. One need only sit around the table drinking beer with a typical aggregation of self-styled experts to hear what seems like a clear majority favoring payment. They are thinking about the high-profile games that attract big television bucks and underwrite most athletic department costs. Men's football and basketball pay for non-revenue sports. If money is the way to measure, these players deserve the stipends for underwriting all the others.

However, these financial hangers-on currently receive scholarships, and Alden quickly admits stipends will have to be paid equitably to all athletes. Should the contenders for a national football championship producing millions for the university be paid no more than the lonely laborers on the women's tennis team?

I think we all know the answer.

All of which leads Pinkel to say the new stipends would not "be a ridiculous amount of money, but it certainly would put a little money in their pockets to make their college life a little easier." He said scholarship athletes get their education, which is fine. "But I also think that we can give them additional money per semester or per quarter to help them and pay back for their sacrifices."

He said that in the good old days athletes were given jobs to earn a few extra bucks, but today the demands of sports are full-time. He and Alden favor paying for the "full cost of attendance."
Alden told our Joe Walljasper, "You ought to be doing it for soccer, just like you're doing it for football, just like you should do it with softball, just like you should do it with men's basketball. All your kids should benefit from that."

This is the right sentiment, but he failed to mention swimming and diving, golf, cross country, track and field, volleyball, wrestling … how many have I left out? He didn't say how he would manage parity, which would be harder with cash than scholarships.

The latest round of stipend talk arose from highly publicized allegations of NCAA rule-breaking by athletes who illegally received extra money for signing autographs or from well-heeled alums. Would paying athletes put an end to these extracurricular deals? Alden accurately says probably not, but it would put the university in a better position to say no. Hmm.

It all boils down to finding a rationale for paying that overcomes the reasons for avoiding this new quagmire.

Public support for paying stems from a growing recognition of college sports as quasi-professional. For years the very idea of the "student-athlete" has seemed empty for the biggest-revenue sports, whose practitioners are in training for the professional leagues. Athletes are students first in many of the lesser sports, but who cares about them? Certainly not enough to constitute a national push for paying extra stipends.

Paying salaries will put the university on perpetually slippery ice. The very act of handing over checks signed by university officials seems full of trouble. Athletic department managers will constantly be under question to reveal and justify amounts paid, which in no way can fairly reflect the basic reason given for doing so in the first place — to reward athletes for producing big bucks for the university. The very idea of rewarding them for "sacrifices" is particularly confusing.

When it gives scholarships, the university is dealing in its natural stock in trade. When it hands over cash, it is dealing in the same commodity as the scofflaw booster. Of course we can trust Pinkel, Alden & Co. to operate from honest intent, but when they start providing stipends, they are in a new ballgame.

HJW III

Most humans have an almost infinite capacity for taking things for granted.

— ALDOUS HUXLEY
MU puts safety on display

Events are set for next week.

By Karyn Spory

Saturday, September 14, 2013 at 2:00 am Comments (1)

Next week, the University of Missouri will host the first "Safe Mizzou" week-long event to promote safety on campus.

Kathy Murray, associate director of the Department of Student Life, said for nearly 13 years, MU has been putting on "Fire Factor," an event that features a burning room and demonstrates the speed and ferocity of fire. Murray said a member of the Columbia Fire Department was looking at how the university could increase the impact of the event.

"Through the course of the conversation" we "decided to broaden the event into a Safe Mizzou week of events built around this very successful event," Murray said.

The 13th annual "Fire Factor" will be held from 11:50 a.m. to 2:30 p.m. Wednesday on Lowry Mall and Speaker's Circle. Murray added she hopes Safe Mizzou also becomes an annual event.

Next week's events also include a personal safety fair on Monday in which participants can learn ways to make campus safer, and pedestrian and vehicle education on Tuesday.

"Pedestrian and vehicle education day includes things like what happens with distracted driving or texting and driving," Murray said. Pedestrian and vehicle education will take place on Lowry Mall from 10 a.m. to 2 p.m. and will include the "convincer," a crash simulator that allows participants to experience the effects of a crash while wearing a seat belt.

Capt. Brian Weimer of the University of Missouri Police Department said the purpose of safety week is to not only give people safety tools but to make them aware safety is a community thing. "The police department is not the only ones out there keeping things safe; it's our entire community," Weimer said.

On Tuesday, MUPD will conduct training to help prepare people for a threat on campus. "This is something that has been taught quite a bit across campus," Weimer said.
Weimer said the training will help people learn what their options are if a shooting occurs. He said the first thing you want to try to do is get away from the threat. If that's not possible, Weimer said you should try to barricade yourself into a room, but if an assailant is coming through the door, the only thing you have left to do is try to resist and fight back.

"It gives an overview to give people options," Weimer said. "Clearly, all this depends on a person's training and physical ability, so what may work for you may not work for me and vice versa."
Vitamin D Deficiency Often Seen in Traumatic Bone Breaks

Published: September 13, 2013 12:11 PM

Low levels of vitamin D are commonly found in people who suffer traumatic bone fractures, according to a new study.

Because vitamin D is an essential component in repairing bone damage, patients with low vitamin D levels are at higher risk for improper healing of broken bones.

The University of Missouri researchers examined vitamin D levels in about 900 adults who suffered traumatic bone fractures as the result of incidents such as falls and car crashes.

About 79 percent of men and 76 percent of women in the study had lower-than-recommended vitamin D levels, and about 40 percent of the women and 38 percent of the men had severely low vitamin D levels.

"One interesting finding of the study is that low and deficient vitamin D is common for orthopedic trauma patients of all ages," Brett Crist, an associate professor of orthopedic surgery, said in a university news release. "We found that among young adults 18 to 25 years old, nearly 55 percent had low or severely low vitamin D, and 29 percent had deficient levels."

The study was presented at the annual meeting of the American Academy of Orthopaedic Surgeons, as well as at other conferences. The data and conclusions should be viewed as preliminary until published in a peer-reviewed journal.

Based on their findings, the researchers have started prescribing vitamin D medication for nearly all patients with broken bones as a protective measure to reduce the risk of healing problems.

"More research is needed to demonstrate whether vitamin D medications can reduce the risk of bones not healing properly," Crist said. "But we know vitamin D is required for repairing damage to bones, and for most people there is very little risk in taking vitamin D medications. At this point, we believe it's a reasonable step for physicians to prescribe the medication as a protective measure."
However, high levels of vitamin D can be dangerous for people with certain medical conditions, such as kidney disease or cancer. People should talk to their doctor before using vitamin D supplements, Crist said.
Cuts to research will be felt down the road

Funding enables medical advances.

By NATHANIAL S. NOLAN

No MU mention – written by MU School of Medicine student

Sunday, September 15, 2013 at 2:00 am

Raise your hand if you know someone who has been affected by cardiovascular disease. The vast majority of people reading this will be in that category. Heart disease is the leading cause of death in the United States, accounting for 600,000 a year. To put that into perspective, one of every four deaths will be associated with heart disease. This is a serious disease burden, to put it mildly.

Knowing the above statistics, it might be surprising to learn the Framingham Heart Study, one of the most prolific cohort studies ever established, has had its funding cut by 40 percent. These cuts come as a casualty of sequestration.

In 1948 the National Heart Institute — now the National Heart, Lung and Blood Institute — set about studying the overwhelming epidemic of cardiovascular disease that was occurring in the United States. Since then it has been the catalyst for some of the biggest discoveries in health. Examples include: the relation of HDL and cardiovascular disease, risk factors associated with atrial fibrillation, and high blood pressure's relation to stroke. Many of the things we take for granted as common medical knowledge — that cigarette smoking is linked to heart disease, for example, a discovery that occurred around 1960 — were first elucidated in the Framingham cohort. More recently the study has been heavily involved in researching risks associated with Alzheimer's disease, another disease with a high burden on the U.S. health care system.

The overwhelming cuts to science research in an effort to reduce the deficit represent a dangerous situation. An illustration of this is the National Institute on Aging, which in 2010 funded only 8 percent of grant proposals. How can we expect to improve care and outcomes for an aging population if no one will fund the research? This trend is getting worse. In 2013 the National Institutes of Health has been working to cut $1.55 billion from its budget. This amounts to 700 fewer grants funded, which will hinder biomedical research. These cuts will also directly destroy science jobs that have historically been supported by research funding.

Less than 1 percent of the federal budget actually goes into basic research. Slashing this budget does little to improve the national debt, but it does threaten to damage the future of medicine,
science and our economy. The American Statistical Association has suggested investing more into research would help bring the economy back to the levels of growth we saw in the 1990s. The return we see on government-funded scientific research is between 30 percent and 100 percent or more. Take the case of the human genome project: For an investment of $3.6 billion, the United States received a return of about $1 trillion. That's $178 for every dollar spent.

The sequestration of science funding also potentially prompts researchers to leave the United States. According to a survey by the American Society for Biochemistry and Molecular Biology, of more than 3,700 respondents, one in five is considering leaving the country to pursue research elsewhere. This is a staggering number, and it is not hard to predict what a loss of this proportion would do to research and development. If the United States continues on this trajectory, it might lose out on important and economy-boosting innovations.

There is a fervor among politicians to reduce the national debt. But we must be careful those cuts won't hurt the future of our country. We need the Framingham study and hundreds more like it to continue pushing the United States to be a leader in health care and science innovation. Translation of science into the clinic can take years, and if we kink the hose now, it might be several years before the effects are felt. But they will be felt.

If you raised your hand at the beginning of this piece, you have been intimately touched by scientific research. Your experience was a byproduct of investment of both time and money. If we quit investing, the future might be full of individuals who won't get that benefit.

Nathanial S. Nolan is a student in the University of Missouri School of Medicine.
COLUMBIA MISSOURIAN

Eat Healthy, Stay Active! aims to improve health of Head Start children

By Alyson Bean

September 13, 2013 | 12:27 p.m. CDT

COLUMBIA — Central Missouri Community Action and MU medical students are teaming up on a new program that aims to educate Head Start children and their families about healthful living.

Beginning in the spring, staff members for the program, called Eat Healthy, Stay Active!, will train 3- to 5-year-old Columbia Head Start children and their families to become more healthy by eating better and increasing physical activity.

Eat Healthy, Stay Active!, which was developed by the Health Institute at the University of California, Los Angeles and is found in several states, involves easy-to-read materials and takes a common-sense approach to teaching health and nutrition.

The Columbia program will operate similarly to UCLA's original structure, which is organized into three levels, each focused on a different group.

On one level, staff composed of Community Action Child and Family Development Advocates will be trained on the Eat Healthy, Stay Active! curriculum by Community Action nurses, physicians, nutritionists and dietitians.

On another level, Head Start children will be trained by staff members in classrooms and participate in a healthful activity every day. Proposed activities include learning how to plant a bucket garden and holding a child-focused farmers market.

On the final level, staff will train parents on subjects such as health literacy, counting calories, eating healthful foods on a budget, exercising at home, encouraging children to eat healthful foods and replacing unhealthful foods.
Parents and children will participate in parallel curricula, learning about the same topics at the same time.

Deviating from the UCLA structure, Community Action’s program has added a level that educates MU medical students, who will also help train families. It is the first Eat Healthy, Stay Active! program to do so. The students will be trained on subjects including health and nutrition, health literacy, how to collect data properly and the culture of poverty. The first training session was held Aug. 28.

**Coming to Columbia**

Mernell King, early childhood programs director for Community Action, brought the idea for the Eat Healthy, Stay Active! program to Columbia. She has been actively involved with the program on a national level since it was developed at UCLA, and she directed a pilot program for the health care institute in 2001 in Hannibal. That program taught basic health literacy.

King and nine other people, including local physicians, nutritionists, dietitians and MU representatives, formed a coalition to start the Columbia program. The coalition now has 16 members.

One goal of the program is to prevent obesity in participating families. More than 38 percent of children in the Columbia Head Start program are considered obese or overweight, King said.

Another aim is to educate families about health literacy.

People with low health literacy are often concerned about health care costs and unsure of how to find health insurance, and they might have a difficult time navigating health care, said Emily Milford, a second-year MU medical student and the program’s medical student liaison to Community Action.

In some cases, those problems can cause them to avoid health care altogether, she said.

At the beginning of training, families and staff will undergo pre-assessments of health literacy and body mass index, or BMI, a measurement calculated from a person's height and weight. Assessments will continue throughout the program, with a post-assessment upon completion.
The goal is for all people involved, including staff, to see an overall improvement in their health, King said.

Much of the funding for Eat Healthy, Stay Active! will come from Community Action. Training will be done for free, and UCLA provided curriculum materials free of charge. Other items, such as prizes for activities, will be paid for or provided primarily by donations.

**Medical students get involved**

Of 22 applicants, 12 first- and second-year MU medical students were chosen to participate in the first year of the program.

Each student will work with five families and participate in activities with them, providing a community-based experience, Milford said.

"It's a matter of educating future physicians to provide better patient-centered care," she said.

Milford, who joined the program as a member of its guiding coalition and now organizes participating medical students, sees the program as an invaluable experience for the medical students.

"Working with families and teaching people how to be healthy is a big part of being a physician," she said.

King and Milford hope the medical students will develop a better understanding of health literacy issues and their impact on health care from the patient perspective.

The initial run of Eat Healthy, Stay Active! will last 6 months, concluding in May with a small graduation ceremony. King said Community Action hopes the program will continue and grow.

*Supervising editor is* **Margaux Henquinet**.
Stewart is still standing in flesh and bronze

By Steve Walentik

Sunday, September 15, 2013 at 2:00 am

SPRINGFIELD — Anybody who watched a Missouri basketball game between 1967 and 1999 can recall Norm Stewart erupting from the bench and reaching out his arm to point out a mistake by one of his players or an official.

Kim Anderson certainly can. He witnessed it plenty of times during his four seasons playing for Stewart and 11 more working as an assistant coach beside the fiery coach, who won 731 games during a legendary career.

Future generations are going to see it, too, and remember Stewart, thanks to the work of sculptor Harry Weber, whose bronze statue of Stewart was unveiled yesterday morning on the newly expanded Legends Walkway at the Missouri Sports Hall of Fame.

"When I got this commission, I got several pieces of direction," Weber said moments before Stewart and his wife, Virginia, pulled the drape from the work. "First of all, I was told: 'Remember it's Stormin' Norman. It's got to move.'

"Well, I like things that move. I like the excitement of the fact that when people came to the Missouri basketball game, they had as much fun watching the sideline as they did the court. I thank Norman for that."

It was at the suggestion of Hall of Fame President Jerald Andrews that he included an unstable chair in the piece, and he captured Stewart with the full head of hair that had left him by the end of his 38 seasons, 32 at his alma mater.

There were more than a few shocked expressions on the faces of the assembled crowd when Weber revealed the bronze was cast at a foundry in Lawrence, Kan., of all places.

But he had everybody laughing when he described the looks truck drivers gave when the statue of Stewart passed by in the bed of a truck driving down I-44 from Weber's shop in Soulard to its permanent home at the Hall of Fame. It's taking up residence near other larger-than-life figures Weber made of Stan Musial, Payne Stewart and Jackie Stiles that stand guard outside the building.
"Harry did a great job putting it together," said Anderson, one of the many former Stewart players on hand for the event. "I remember that pose, many times — kind of animated and fiery on the sideline and certainly a great rendition."

The 78-year-old Stewart, known not only for his coaching résumé but his philanthropic efforts in the fight against cancer, has been honored many times by many groups since he last stalked the sideline at the Hearnes Center. He already had a bust along the Legends Walkway beside ones of other prominent athletic figures such as Ozzie Smith, Whitey Herzog, Len Dawson, John Kadlec and longtime Jefferson City football Coach Pete Adkins.

But he seemed genuinely touched to see the statue and all the people — some of whom he's known more than 50 years — who turned out for its unveiling and a luncheon that followed in his honor at the University Plaza Hotel & Convention Center.

Jon Sundvold, one of Stewart's greatest players, served as the master of ceremonies for the event, but the speakers weren't limited to people who played for him on the hardwood.

Mark Adams, who spent time as the Tigers' team doctor during Stewart's tenure, recalled his competitiveness, describing a scene from the hotel bar in Boise, Idaho, the night after Tyus Edney raised from one end to the other and scored a game-winning layup for UCLA in the final 4.8 seconds of their NCAA Tournament game in 1995.

Stewart and Adams were watching highlights from the game. Stewart, who always believed Missouri could win that game against the top-ranked Bruins, was burning at what he perceived as faint praise from Oklahoma Coach Billy Tubbs, who was working as a studio analyst during the tournament. When Adams suggested the team had nothing to be ashamed of and asked if the coach ever gave up, Stewart slammed his hand on the bar, got in Adams' face and admonished him.

"I'll say heck here," Adams said. "He says, 'Heck no, I don't give up.' He said, 'I'm never going to give up.' He said, 'The guys who give up are 6 feet under ground right now.'"

That same fire of Stewart came across in stories from former players John Brown and Jed Frost, but Virginia Stewart revealed a softer side during her turn on the podium, during which she proudly introduced the couple's children and grandchildren in attendance.

Then Norm Stewart took the stage.

His remarks meandered a bit as he talked about sneaking into the high school gym in Shelbyville to play basketball late at night during his youth and alluded to some recent health problems, including a staph infection that left him hospitalized for 10 days. He thanked his wife for 57 years of marriage and also didn't hesitate to poke fun at himself while expressing gratitude for all the blessings he's had in his life.

Stewart told the story of going to get a pedicure on Thursday, aware of how strange an image it must have been. He said he's been less steady than usual on his feet after his recent stint in the
hospital, so he was being extra cautious not to trip as he approached the chair and pool of water below it.

"I walk up to the deal ... and I stick the foot with my shoe on into the water," he said as laughs filled the ballroom. "Now here's this poor girl who's got to do the pedicure, and here's an old guy standing there with his damn foot in the water with his shoe on.

"But you don't care. You really don't care. The thing you care about is all the friendships. As I say, so many things have come down the pike."
COLUMBIA MISSOURIAN

For the sake of voice: MU symposium focuses on vocal health

By Carley Meiners

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COLUMBIA — The audience laughs as Steven Tharp, a voice professor at MU, animates the stage of the Missouri Theatre with song.

The subject of his humorous singing was the human voice.

"I'm tone deaf; music means nothing to me," Tharp sings. "It's only the way my accompanist plays that makes it appear I'm in key."

Tharp was one of the many professors, professionals and students who came together Saturday to explain the importance of maintaining a healthy voice at the second annual MU Voice Symposium and Vocal Arts Festival.

The day was filled with lectures and performances ranging from singing to mock therapy sessions. Shortly after Tharp's performance, MU speech pathologist Laura Powell took the stage with her sister Kim Foley. Powell gave Foley a mock therapy session on how to keep a healthy voice.

"Drinking water is really helpful, because it helps keep your vocal cords very lubricated so they can move," Powell said. Foley, a music educator in Mexico, Mo., explained to the audience that in order to talk over more than 60 students, she must drink lots of water throughout the day, since she relies on her voice to keep control over her students.

As the symposium was about to break for lunch, an array of students filled the stage to sing opera. Many MU students performed throughout the symposium. One of them, senior Anna Bridgman, said she got involved in the symposium to help showcase what it takes to have a healthy voice.
"It's really important to learn how to healthily use your voice early, because you use it so much and you don't want to lose it later in life," Bridgman said.