University Hospital gives police rape kit

University Hospital turned over a sexual assault kit to the University of Missouri Police Department on Monday morning, but police have not started an investigation because the victim has not come forward, Capt. Brian Weimer said Tuesday.

Police took custody of the kit around 1:34 a.m. yesterday. The exam was done on a female student on Sept. 22, Weimer said. The victim requested when the tests were done that the police not be notified, according to a statement on the MUPD website. The victim told a nurse she was sexually assaulted in Laws Residential Hall between midnight and 2 a.m. Sept. 22, the statement said.

Weimer said police might contact the victim, or they might work with the MU Relationship and Sexual Violence Prevention Center for input on how best to proceed. He said it will be up to the victim whether charges will be pursued. The campus community was notified of the assault in accordance with the Clery Act.

Weimer said he does not know why the hospital decided to wait until yesterday to turn over the kit.

"That is something that's being looked into," he said.
Second sexual assault in MU residence halls reported

By Elissa Chudwin
October 15, 2013 | 8:09 p.m. CDT

COLUMBIA — MU police on Monday took custody of a sexual-assault kit from an examination conducted Sept. 22 at University Hospital after a woman reported being sexually assaulted in an MU residence hall. It was the second such report in two weeks.

During her examination, the victim, an MU student, said she was assaulted between midnight and 2 a.m. Sept. 22 in Laws Hall, according to an MU police Clery release. She requested that police not be contacted, according to the release.

It was unknown whether the student was a resident of the hall, said Frankie Minor, MU’s director of residential life. He said the university was unable to offer her assistance without knowing her identity.

The incident is one of two sexual assaults reported in MU residence halls in two weeks.

In the other incident, a female resident of the Rollins group of residence halls, which includes Gillett and Hudson, reported being assaulted in her room early Oct. 6. The perpetrator was able to enter the victim's room after she opened the door expecting a friend, according to a Clery release on Friday. The halls' exterior doors were locked at the time of the incident.

Minor said the resident first reported the incident to the Department of Residential Life, which encouraged her to seek medical treatment and attend counseling. The department reported the details of the incident to MU police.

The victim originally chose not to speak to MU police, but she contacted them on Saturday, MU police Capt. Scott Richardson said.
Richardson said it was unknown whether the assaults were connected.

Minor said that although the Department of Residential Life encourages students to report assaults, seek medical help and attend counseling, students are not required to do so.

One in four U.S. college women has faced rape or attempted rape, according to materials from MU’s Relationship and Sexual Violence Prevention Center.

Minor said that although safety and security are a priority in the residence halls, there is no guarantee events like assaults can always be prevented.

He said he encourages students to be aware of their surroundings at all times and take advantage of the resources offered to them on campus.

The RSVP Center and the MU Counseling Center offer resources for victims of sexual violence, and MU police teach free rape aggression defense, or R.A.D., classes.

Minor said it is important for students to make safety a concern. Students should avoid propping their doors open and walking alone at night and should always let someone know where they are going, he said.

"Rape is never the survivor's fault, only the perpetrator's." Minor said. "Survivors shouldn't be ashamed to report the incident."
RHA, ResLife discuss hall safety measures

By Brad Spudich

Residential Life and the Residence Halls Association are teaming up to address safety concerns on campus.

Both entities have been considering implementing a new plan in all residence halls that would require students to swipe their MU IDs to access the student residential area in all residence halls during all hours of the day.

Some residence halls currently have this system because they have a second interior door that, once swiped in, provides access to the living area of the residence halls.

Other halls were not renovated recently enough for the security measures to have been put into place. The halls that do not have the 24/7 lock system include North, Center, South, Jones, Laws, Defoe-Graham, Wolpers, Excellence and McDavid halls. In these halls, once an individual is inside of a residence hall, an additional swipe is not required to access the living area.

Kristen Temple, associate director for Residential Academic Programs, said Residential Life is planning on adding the second interior door to these residence halls once they are renovated. Until then, the new policy would lock the exterior doors 24/7.

Incidents have occurred in the past in residence halls that do not have the 24/7 swiping system in which individuals entered student living areas and committed acts of theft, soliciting and vandalism.

Neither RHA nor Residential Life have made an official decision on whether they will support the decision to extend the system to all residence halls and both associations are discussing it within their committees and staff meetings.

Temple said that although some of Residential Life’s faculty are in favor of the new policy, they are still collecting feedback from some of the staff. She said some might feel different because there are challenges and inconveniences accompanying the new policy.

Temple said there have been challenges with the double-swipe system, including mail delivery, package delivery, pizza delivery and guest visit issues. Despite these inconvenience, Temple feels that it is in students’ best interest.

“It’s one of those things where we need to say to students, ‘We want to protect you, and this is why we’re going to do this,’” Temple said.
RHA has been discussing the issue within the Residential Living Committee.

RHA President Jackson Farley said he feels that members have been generally receptive of the new policy.

“They’ve been kind of mulling it over and discussing how it affects them,” he said. “I think they agree that it would be in the best interest to do the safer option. Some of them are worried that it would be an inconvenience, but I think a lot of them see the advantages.”

Farley said that he feels that the new policy minimizes the likelihood of such incidents and serves as a strong preventative measure for more serious transgressions.

“I think in any serious situation where people are entering the rooms or in any way infringing on student safety it becomes an issue,” Farley said. “I think it’s not something we should take a lot of time and worry about over the next year and push away, but I think it’s something we need to work towards getting implemented right away.”

The new policy would also keep a computer-supported swipe record of anyone who enters the building which would make it easier to determine who committed a crime or help lead to more information and witness accounts, Temple said.

Residential Life will determine whether or not the new security policies will be implemented in all residence halls, but Temple said they are taking all opinions into consideration and wants to put what is in student’s best interests first.

“The students are our lifeblood, and that’s why we exist,” Temple said. “We really like to have student input into really anything we do that impacts their lives and their experiences in the residence hall.”

A final meeting including Residential Life employees and RHA members will take place to decide on whether residence halls will be locked 24/7.

Freshman Patrick Barclay said he feels the new policy is in the students’ best interest despite inconveniences.

“I think it’s a good idea because people can be less paranoid about somebody just walking in,” Barclay said. “I think the benefits of safety far outweigh the inconveniences of having to swipe in.”
A state appeals court says a Missouri man who roots for the University of Kansas Jayhawks may keep his personalized license plate expressing disdain for the University of Missouri Tigers.

The Administrative Hearing Commission last year rejected an effort by Missouri's Revenue Department to recall Toby Gettler's plate, which reads "MZU SUX." The Revenue Department had issued the plate, but tried to recall it on the ground that "SUX" is obscene.

Gettler presented evidence, including a dictionary definition, that the word has gained common usage as slang for "subpar or inadequate."

The Missouri Court of Appeals' Western District on Tuesday upheld the hearing commission's decision in Gettler's favor. The appellate court said there is evidence to support the commission's determination.
MU bone marrow drive hopes to influence even more lives

By Madison Alcedo
October 15, 2013 | 6:34 p.m. CDT

COLUMBIA — When MU junior Brandon Pilas decided to get his cheek swabbed during his freshman year at the Homecoming Blood Drive, he had no idea how that swab for cheek cells would change his perspective on life.

Joyce Jones, Delete Blood Cancer's donor recruitment coordinator, said Pilas is one of 326 MU student matches and is one of 50 students who have completed a transplant.

On Monday, the first day of the drive, 508 people were added to the registry, making the campuswide total 6,104 people.

Delete Blood Cancer is the largest bone marrow donor center in the world and inspires people to continue the fight in eradicating blood cancer. More than 3.5 million people are registered bone marrow donors worldwide, according to the organization's website.

MU has hosted the Delete Blood Cancer's bone marrow drive in conjunction with the Homecoming Blood Drive and the American Red Cross since 2009, but this year, six locations are set up on campus. Signing up for the bone marrow registry is easier this year because only one booth has been at MU's Hearnes Center in the past, Jones said.

MU already has one of the largest blood drives, and Jones said the goal is to make this bone marrow drive the largest one ever held on a college campus.

"Every day, thousands of patients search for a bone marrow donor match, while only four out of 10 find a match," Jones said. "We hope college students and the local community are encouraged to register as potential donors to help make our goal a reality."

Pilas' story as a donor
Pilas received an email that he was a match for someone in August 2012 and donated through the peripheral blood method in November 2012, he said.

Pilas said there are two ways donors can donate bone marrow. A donor can donate through a nonsurgical procedure called peripheral blood stem cell transplant, or through a surgical bone marrow donation procedure that requires anesthesia.

"Being on the registry is pain-free," Pilas said. "I know there is this kind of stigma that it's a really painful process, but I don’t think people know there is more than one option. Only nine out of 10 people do the option that I did."

But, Pilas said, he doesn't know much about who received his donation.

Delete Blood Cancer follows a nationwide policy that states if both donor and patient are from the U.S., they have to wait one year after any procedures for information about each other, Jones said. Other countries have policies in which some patients never find out who donated to them.

The only details Pilas knows about the person who received his peripheral blood donation is that the person is a middle-aged woman who lives on the East Coast.

"About two days before the procedure, I was getting really nervous and just very anxious," he said. "I finally realized that I was actually going to help someone. I actually broke down, and I didn’t really know why."

Pilas said his new outlook on life has drawn him into more service-based organizations.

"It’s just that feeling about helping that one person, not even knowing them, that really impacted me," he said.

Pilas said he hopes more students will sign up for the bone marrow registry.

"I really want everyone that attempts to give blood to be on the bone marrow registry so we can save as many lives as we can and hopefully delete blood cancer," he said.

Pilas also said he hopes the additional locations on campus will get people who are unable or scared to give blood a chance to contribute in a different way.
MU senior Ed Grattan had a similar experience to Pilas' but donated through the surgical procedure option.

"Even if there is a certain amount of pain, it is nothing compared to what the other person is going through," Grattan said.

Like Pilas, Grattan only knows a few details about who received his donation: a 10-year-old Australian girl.

"When I swabbed, I knew the possibilities of actually being a match, so I kind of put it in the back of my head and didn’t think it would ever happen," Grattan said. "But when it did, I was really excited, and when I found out it was a little girl, that was even more of an incentive to do it."

**Rylan's story**

Stories like Pilas' and Grattan's make registering and then donating so important.

Sharon Newman said her 6-year-old son, Rylan Newman, would not be with their family today if it weren't for his bone marrow transplant.

Rylan, a familiar face at MU because several *Dance Marathon* teams have danced in his honor in the past, has had leukemia since he was 3 years old.

When he was diagnosed in December 2010, Newman said it did not put their family down — they were in shock but were ready to battle.

Throughout Rylan's three years of chemotherapy, treatments of radiation to the brain and lifesaving experimental treatments in Denver, his mother said he has been amazing and has adapted well.

"At times, I don’t think he thinks he is any different than anyone else," Newman said. "He doesn’t like some of things he has to do (such as taking 10 medications orally three times a day), but he does them — he is so courageous and strong, an inspiration to so many people."

One of those people is one of Dance Marathon's former executive directors, Annie Bastida.
Bastida said she has seen Rylan grow up in the past four years he has been involved with Dance Marathon.

"He has always acted with resilience, grace and the cutest little smile in the entire world," she said.

The Dance Marathon directors knew Rylan was battling cancer, but it wasn’t something they ever saw "on him," Bastida said.

Bastida recounted a time from this past summer when Newman told her that she didn't know if Rylan would make it to his sixth birthday.

"I got a whole bunch of people from Dance Marathon and left work early to run out to their house to put together a playground for him and to throw a little emergency birthday party," Bastida said. "We weren’t quite sure if he was going to make it through."

One wouldn’t necessarily think Rylan has had to fight this fight, Bastida said.

"Also over the summer, I was there when he got to be in a helicopter over at the Children's Hospital," she said. "You could tell he wasn’t having that great of a day because he was a little bit fussy in the beginning, but as soon as he got to sit up in the helicopter, he had the biggest smile. It was just the sweetest thing."

Rylan has made connections with so many students at MU, Bastida said.

"I don’t think he realizes he has impacted so many people’s lives," she said. "My friend Bari, another Dance Marathon director last year, she is now going into child life because of Rylan."

Even Rylan's mother has been an inspiration to her, Bastida said.

"I don’t think that Sharon realizes that the strength that she has every day is something I hope to have as a mom in the future," Bastida said.

**Looking ahead for Rylan**
Rylan had a bone marrow transplant Sept. 18, and his family is hoping and praying that his body doesn't reject the donor's marrow, Newman said.

Rylan now lives with his mother in St. Louis at the Ronald McDonald House apartments near the St. Louis Children's Hospital and will be there until the end of this year.

Newman said they hope to be home before the new year. However, she said Rylan cannot be around large groups of people or go to school for six months after they return home to Columbia.

After that six-month mark, Newman said his family hopes his health will be "awesome."

"There's a chance for rejection of the donor marrow, and that we would have to find another donor," she said. "But his donor was a 24-year-old U.S. female, and they were a perfect 10 out of 10 match."

Newman said she wants people to know anyone can get leukemia — anyone's child can get leukemia.

"People need to be on the registry and willing at any time to save a life," she said.

Even though Rylan has found a match, his family asks that Delete Blood Cancer continue its educational mission to get more people on the registry, Jones said.

She said the bone marrow drive's goal this year is 2,700 registrations.

"There are at least 10,000 people at a time waiting to find a match to get a second chance at life," Jones said. "It is going to take all of us to make this happen and to make a difference."

*Supervising editor is Elizabeth Brixey.*
New UM Press director seeks keep the press financially sustainable

By Covey Eonyak Son

David Rosenbaum, a 16-year veteran of the publishing industry, will head the UM Press beginning Nov. 1.

He will replace consulting director Jane Lago, who was put in place after the press nearly shut down in May 2012 due to financial constraints. The press was then made a part of MU and has been searching for a director ever since the merge.

Rosenbaum said he first saw the opening for the director’s position via an Association of American University Presses job listing. In early September, he came to the MU campus to interview for the position.

Provost Brian Foster offered the position to him three weeks later.

Foster expressed his confidence in the press’ new leader.

“I think he is bringing a very interesting and diverse set of experiences from the publishing world,” Foster said. “UM System’s decision to shut (the press) down was a matter of financial reality. David’s business model will make it more financially sustainable.”

Lago spoke for herself and the members of UM Press when she discussed their enthusiasm for the new director.

“We are delighted at the selection of David Rosenbaum as the new director of the press,” she said. “He is bringing fresh and innovative ideas to the university, and all of us are looking forward to working with him. We believe that the press has a bright future.”

Rosenbaum said he hopes to make the press more successful.

“Because (the press) was serving a system, I think its editorial program was trying to serve a lot of different masters,” he said. “The program, as a result, became very diffused. We need to narrow the number of disciplines in the arts and humanities that the press publishes.”

The press could benefit from expanding its publishing to areas it lacks in, Rosenbaum said.
“If you look at the mission statement of the university, it refers to the sciences and professions as part of what it serves,” Rosenbaum said. “Right now, UM Press does not publish in the sciences and professions, but it can. I would like to explore the opportunity to grow in those areas.”

Rosenbaum also expressed his interest in an increased digital distribution of titles.

“I’d like to see the entire backlist posted online for sale,” said Rosenbaum. “I would also like to see every time a new title is published, that it is available in print and electronic (form). Let it be the customer’s choice. It is the customer we are trying to serve after all.”

Rosenbaum hopes that his strategies for the press will help prevent future attempts to close it down, he said.

“I would like to see a day when the university cannot imagine closing down the press because of its services,” he said. “It’s not about me managing them, it’s not about me taking control of the process away from them, but to work with that team to help the press enjoy the success they surely deserve. There is obviously a lot of work that go into that, and I want to be a part of that work.”

Rosenbaum graduated from the University of South Alabama in 1993, with a bachelor’s degree in history and political science. He pursued his graduate studies at Iowa State University, though Rosenbaum never finished his graduate studies. He began his position as the production manager of Iowa State University Press instead.

“The kind of publishing we did at Iowa State was scholarly publishing, and that was interesting to me,” Rosenbaum said. “Iowa State’s press was extremely profitable, and as a result, was sold by the university to Blackwell Professional Publishing, and I went on to work there for close to four years.”

At Blackwell, Rosenbaum served as the senior acquisitions editor for veterinary science and aviation titles. This position required him to spot gaps in the publications market and find people to write the titles that could fill those gaps, he said.

In 2003, Rosenbaum moved to Delmar Cengage Learning, an educational publisher, to fill a similar position for almost five years. He moved again in 2008 to Elsevier, a medical and scientific publishing company, for about one year.

“After my time at Elsevier, I became a little disenchanted with commercial educational publishing,” Rosenbaum said. “I enjoyed the work itself, but it wasn’t serving any kind of scholarly mission. It was all about making money for shareholders. The commercial interest is overriding scholarly interest for companies like Cengage.”

He later took a position in 2010 as the director of product development and project management at the American Heart Association.
“We created training manuals to teach students about high-quality CPR based on what is recent science,” Rosenbaum said. “We created content for not just health care providers, but also the public.”

Rosenbaum said his experience in the publishing industry could serve as an asset for his new position at UM Press.

“I have a good breadth of knowledge in what the book publishing process is, whether it is delivered electronically or in print, and my experience as director at the American Heart Association taught me some good management skills,” Rosenbaum said.

Rosenbaum will stay at the American Heart Association until Friday. He will start his new position at UM Press on Nov. 1.
COLUMBIA MISSOURIAN

Alternative PTSD therapies finding a home in Columbia

MU Mention on Pg. 3

By Heidi Li
October 16, 2013 | 6:00 a.m. CDT

COLUMBIA — For Anthony Reeder, 27, a veteran of the war in Iraq and a secondary-education student at Columbia College, his service dog, Peggy, is like his "battle buddy."

As Reeder stood on MU's Francis Quadrangle one recent afternoon, Peggy jumped a little and barked whenever she saw someone approaching him from behind. Holding the dog leash tightly in his hand, Reeder would quickly turn to see if it was someone he knew.

The dog has not left his side for a second since Reeder got her two months ago. Through her body language, she has become his navigator in a world he sometimes finds terrifying.

Reeder received Peggy from a PTSD service dog training program, one of the alternative treatments of PTSD available in Columbia. Like Reeder, people with PTSD, or post-traumatic stress disorder, have a greater number of choices of alternative therapies than ever for coping with the disorder. Some of these treatments in Columbia include mindfulness programs like yoga, Qigong and tai chi, the service dog training program, and therapeutic horse riding.

Post-traumatic stress disorder

PTSD can occur after a person has been exposed to a traumatic event, according to the Department of Veterans Affairs website. Trauma is defined by the American Psychological Association as an emotional response to a terrible event.

"When I went to Iraq, I was constantly fearing for my life for nine months straight, just fear. We didn't sleep much. There were helicopters running near our heads the whole time," Reeder said. "We saw some pretty gruesome scenes out there that I wish I had never seen."
Reeder joined the Navy in 2005 and was deployed to Iraq for nine months in 2007. After he returned, he underwent knee surgery and then was honorably discharged from the Navy in 2009.

During his time in the Navy, Reeder used alcohol as self-medication for nightmares. He finally realized he was suffering from PTSD after he stopped drinking in 2009.

After nearly four years of treatment, Reeder still has episodes from time to time.

"Every time I walk by the smoke stacks, the first thing I do is scan the smoke stacks," Reeder said. That's because the power plant stacks remind him of the towers used by snipers in Iraq, where he learned to stay vigilant and make himself a difficult target.

In class, when he sees someone rummaging in a backpack, he immediately becomes alert, fearing the backpack will blow up in his face, as sometimes happened in Iraq.

"It's hard to turn that training off," Reeder said.

**Alternative PTSD treatments**

While experts estimate 11 percent to 20 percent of veterans of the Iraq and Afghanistan wars suffer from PTSD, according to the Department of Veterans Affairs, it has been until fairly recently a taboo subject in military culture. Many soldiers believe that to be strong, they can't have emotions, which could prevent them from seeking treatment, said Grant O'Neal, a licensed psychologist and the PTSD clinical team leader at Truman Veterans Hospital. Sometimes those who are diagnosed with PTSD might be discharged from the Army, he said.

However, O'Neal explained that as many younger-generation veterans have returned from the battlefield, the stigma of mental illness has decreased, and treatment of PTSD has become more acceptable.

Traditionally, there have been two mainstream treatments for PTSD, according to a Department of Veterans Affairs guide for PTSD treatment: psychotherapy and medication. Mainstream treatments focus on people's cognition and behaviors and try to help them confront and change their thoughts about traumas, according to the guide.

Combined with mainstream treatments, alternative treatments of PTSD are also offered to help people deal with stress disorders in a more general way, O'Neal said.
Alternative treatments for PTSD, also called complementary and alternative medicine, are being used in about 40 percent of PTSD cases, according to a study by the National Center for PTSD. Mind-body treatments, including meditation, relaxation and exercise therapy such as yoga, were the most frequently reported and used as alternative treatments.

**A sense of presence**

Mindfulness training is offered in both Truman Veterans Hospital and True North, a women's shelter in Columbia for domestic violence victims.

Many veterans with PTSD tend to associate things in the present with what they have experienced on the battlefield. At Truman Veterans Hospital, they are trained to pay attention to what is happening in the moment through mindfulness, O'Neal said.

The idea of mindfulness comes from Buddhism, and it helps patients separate the past from the present, O'Neal said. After four to five weeks of mindfulness training, some veterans described that they had found a "space" that will allow them to think before they react to their emotions, he said.

Yoga, tai chi and Qigong are all mindfulness training and available at the veterans hospital. Although they are not part of the hospital services yet, veterans who suffer from PTSD can choose to participate individually as they like, O'Neal said.

At True North, mindfulness training is offered to help female victims recover from their traumatic experiences.

"Learning to be mindful is better for our victims to cope with anxiety," said Kim Scates, a counselor at True North. "Learning to be very present and ground oneself can be very helpful."

**The comfort of animals**

Aside from mindfulness, human-animal interaction can also help people with PTSD ease their way back into society.

The PTSD service dog training program was launched in conjunction with a two-year study on the mutual benefits of veterans training shelter dogs by Research Center for Human-Animal Interaction at MU. The study ends this fall, and the
center will continue to pair veterans with dogs donated by Central Missouri Humane Society.

Veterans who participate in the program will be taught how to train a service dog for other veterans with PTSD and are eligible to get a service dog for themselves if they need one, said Jessica Bibbo, a research assistant at the research center.

"Peggy is very loveable, and she is very helpful," Reeder said. He has been training Peggy himself since he received her from the program.

According to the Department of Veterans Affairs website, one PTSD symptom is avoidance of crowds. The way service dogs help people cope with crowds is to create a buffer so that the veteran doesn't feel hemmed in, Bibbo said.

"Before I got Peggy, I couldn't go outside of my house very often," Reeder said. With Peggy at his side, he can go to restaurants or stores more frequently.

Some veterans are finding comfort in horses and riding. In Columbia, Cedar Creek Therapeutic Riding Center helps people with various issues, including PTSD. Keith Kryger, 70, a Vietnam veteran, has been coming to Cedar Creek Therapeutic Riding Center for two years. Before he received treatment for PTSD, Kryger didn't share his emotions much with his wife, and he struggled with nightmares.

"I have really noticed a difference now," said Ann Kryger, his wife, who speaks on his behalf because he has suffered two head injuries, multiple strokes and is hard of hearing. Keith Kryger was stationed in Saigon, Vietnam, from 1965 to 1966, and he was in the Army for 25 years. He came to Missouri with his wife after he left the Army, and he decided to try Cedar Creek after taking two other PTSD classes at the veterans hospital.

"It really opens him up now," she said. "He has a lot of people to talk to besides his family, and every eight weeks it's different people, because every session has different volunteers." This fall, several veterans, including Kryger, go to Cedar Creek from the veterans hospital every Thursday and spend an hour with their horse buddies. On their first class this fall, the veterans rode horses around a circle in a barn, one after another, each with four to five volunteers helping them.
As they stretched out their arms and lifted them up above their heads on the horseback, the background music played one of the Beatles' songs, "Let it be, let it be. Let it be, let it be. Whisper words of wisdom, let it be."