Mizzou releases Anderson's contract

By Dave Matter dmatter@post-dispatch.com 314-340-8508

COLUMBIA, Mo. • The newly signed contract for Missouri basketball coach Kim Anderson will pay him a guaranteed salary of $1.1 million and can reach $2.45 million if he hits all his incentives in his first year on the job.

Before leaving Mizzou in April, former coach Frank Haith was set to make $1.75 million at MU next season. He agreed to a seven-year deal at Tulsa worth a reported $1.85 million per year.

Anderson's five-year contract, released Friday by Mizzou, pays Anderson a base salary of $300,000, plus four guaranteed clauses of $173,000 each, designated deals for apparel, TV and radio appearances and public relations responsibilities.

For each of those guaranteed benefits, provided the team wins 20 or more games against Division I opponents and appears in the NCAA Tournament, the payment increases by $21,600 on May 1 of each year.

MU will allocate $900,000 annually for six staff members: three assistant coaches, director of basketball operations, strength coach and director of video operations.

Anderson also receives membership at The Club at Old Hawthorne and two courtesy cars.

Anderson make another $108,000 annually for his youth basketball camps. If the team wins 20 or more games and reaches the NCAA Tournament in the preceding season, that payment increases to $13,600 per year.

As for Anderson’s incentive package, he’ll earn $50,000 for winning the SEC regular-season title and $50,000 for winning the SEC tournament championship. He’ll make $50,000 if Mizzou makes the NCAA Tournament. That bonus increases to $100,000 if MU makes the Sweet 16, $150,000 for the Final Four and $400,000 for winning the national championship. Anderson earns $50,000 if he’s named SEC coach of the year and $100,000 for national coach of the year by the NABC or Associated Press.

Anderson makes an additional $60,000 if Mizzou wins 25 games against Division I opponents or $100,000 for 30 wins against Division I opponents. Also, he’s required to schedule at least three regular-season nonconference games per season against teams from the ACC, American, Big 12, Big Ten or Pac-12. For SEC regular-season games, Anderson earns $30,000 for 12 wins, $60,000 for 13 wins or $75,000 for 14 wins.
Anderson earns $50,000 if the actual aggregate ticket receipts for home games reaches $4.7 million or $100,000 if they reach $5 million.

Also, MU will pay Anderson $100,000 annually into an annuity fund that’s maintained by the university.

The contract includes standard clauses for employee and program conduct. MU will pay Anderson up to $200,000 annually if the team reaches established social and academic goals, plus another $75,000 for separate aspirational academic and social goals.

If MU fires Anderson without cause, as defined in the contract, it owes him liquidated damages equal to his annual salary for each remaining year. If Anderson terminates the contract before it expires, he owes MU his annual salary for the number of years left under contract.

“We are excited about the future of our Men’s Basketball program at Mizzou,” athletics director Mike Alden said in a prepared statement. “We certainly appreciate the support of Dr. (R. Bowen) Loftin, our University leadership and our staff as we work together in building successes in our program. Kim is doing a terrific job already in his first two months with the Tigers and we have exciting opportunities under his guidance.”

“We had a lot of work to be done following the press conference and this (contract) process was pushed to the backburner because, quite frankly, it wasn’t the most pressing issue for our program as a whole,” Anderson said. “I know a lot of folks worked to get this process complete and I want to thank them for their efforts.”

6 Snack Habits for Healthy Weight Loss

By COLUMN By DAVID ZINCZENKO

Snacks, finger foods, tapas, amuse-bouche—however you term them, there’s something endlessly satisfying about munching on little hand-held bites of heaven. Problem is, America’s favorite snacks aren’t little; nor are they heavenly.

In fact, a recent study in the journal Hepatology found that 27 percent of kids’ diets come from high-fat, high-sugar snacks, and the frequent grazing is directly linked to belly fat accumulation. Fortunately, there’s also research to suggest we can snack smartly—and slim down.

Here are seven tips that will help you Eat It to Beat It! Snack-tastic!

Watch the clock
Having a bite to hold you over til lunch is common practice, but a study published in the Journal of the American Dietetic Association found that mid-morning snackers tended to snack more throughout the day than afternoon snackers, resulting in hindered weight-loss efforts.

Afternoon snacking was associated with a slightly higher intake of fiber and fruits and vegetables.

**Color code your snacks**

A recent study suggests you can avoid a mindless binge by adding visual traffic lights to your snack.

Researchers at the University of Pennsylvania and Cornell University gave one set of students a bowl of uniform yellow chips, while another group had their regular snack layered with differently colored chips. Students who had their snack segmented ate 50 percent less than those with a uniform bowl.

**Muscle up your munchies**

Make sure your snack contains protein, which requires more energy to burn than carbs or fats and thus keeps you fuller longer.

But don’t take it from me: In a study in the journal *Appetite*, researchers from the University of Missouri compared the satiety effects of high-, moderate-, and low-protein yogurts on 24- to 28-year-old women, and found Greek yogurt, with the highest protein content, to have the greatest effect.

**Swap hands**

Want to snack less without going snackless? Try the left-handed diet (or right-handed...)

A study printed in the journal *Personality and Social Psychology Bulletin* found moviegoers grabbed for less popcorn when doing so with their non-dominant hand.

I tested the hypothesis myself earlier this year with the ABC World News team and came to the same conclusion: Eating with your non-dominant hand makes you think about what you're doing, and may help you eat less.

**Use smaller bowls**

Grabbing handfuls from the bag is never a good idea, but munching from a punch bowl won’t do much for weight loss either.

Research in The FASEB Journal suggests that overeating may be associated with the size of our serveware. Participants who were given larger bowls, served and ate 16 percent more than those
given smaller bowls. Not only that, the big-bowlers underestimated just how much they were eating by 7 percent!

Take advantage of the visual illusion with belly-friendly bowls or ramekins.

**Family Impact Center opens, welcomes community**

By Alex Bond

June 14, 2014 | 4:20 p.m. CDT

Greg Hodges, of Columbia, gets his blood pressure checked while attending the free health clinic offered at the Family Impact Center on Thursday. The center is part of MU Extension and seeks to serve the community through educational programming and direct services, including the health clinic. | Matt McCormack
COLUMBIA — **MU Extension has expanded its efforts in Columbia with the opening of a new space, the Family Impact Center in central Columbia.**

**Family Impact Center Director Ashley Guillemette** offers a broad definition of the center, which moved into the second floor of the building at 105 E. Ash St. in February.

"We are a community outreach center that’s kind of a university-wide attempt to bring educational programming to the community, and so primarily we have different life-skill education classes," she said. "We also have some direct services, all of which are provided by MU students."

**The center was an idea Jo Britt-Rankin, associate dean of MU's Human Environmental Sciences Extension, had several years ago, said Guillemette.**

"(Britt-Rankin)'s always wanted a place, specifically for Extension, to have in central Columbia to meet the needs of a more low-income audience and be accessible to everybody," she said. Guillemette emphasized that the center's programs "are pretty inclusive of anybody that has a need."

Guillemette, who ran a similar center in Lubbock, Texas, was hired by Britt-Rankin and moved to Columbia in August 2013. They had originally planned to open the Extension-funded center later this year, but Guillemette's work allowed them to begin earlier than planned.

"When this space became available, we kind of jumped right on and started the project," she said.

**The Family Impact Center had a grand opening May 6 and shares space with MedZou, a student-run health care clinic for uninsured people.** It also hosts hosted Voluntary Income Tax Assistance nights.

The Impact Center's space is misleading at first. From the main reception area, there appear to be only a few larger rooms to each side. Each of those rooms, however, opens up into larger areas with hallways and rooms seemingly tucked into every corner.

At times, nearly all the rooms are empty, as Guillemette, the one full-time employee, and two interns are the only people working there regularly so far. At other times —
such as Thursday nights when the MedZou clinic is open and the Show Me Better Health program is meeting — the space bustles with activity.

MedZou and the Voluntary Income Tax Assistance program fit the mission of the Family Impact Center, but Guillemette and her colleagues plan to go well beyond those programs.

Outreach assistant Josephine Bullock, who chose to intern at the center as a part of her curriculum at Columbia College, said the center's plans for the future are what drew her there.

"I liked it because of the cornucopia of things they’ll have here," she said.

**A pamphlet for the center lists nine other programs besides MedZou, many of which are slated to begin in the fall, Guillemette said. They focus on topics such as financial literacy, housing and nutrition.** All of the center's programs are free, with the exception of a fitness class that charges $30 for 10 classes and has scholarships available.

The center will hold a Building Strong Families class about positive discipline for children at 5:30 p.m. Wednesday.

The programs will be run by students from various MU colleges and some MU Extension faculty, but the center welcomes help from anyone who wants to volunteer.

Guillemette said that with the variety of services the center hopes to offer, she wants to fill gaps in the community's needs rather than overlapping with existing programs.

"We’ve been working with a lot of the different agencies, specifically in this neighborhood, to make sure that we’re not providing the same services that are already offered so that we’re not duplicating efforts," she said.

The center hopes to make its presence known in the coming months.

Columbia resident Raul Vivas, who attended MedZou's clinic Thursday, said he did not know about the Family Impact Center and its other programs but complimented the "clean and professional" space.
Part of Bullock's work, she said, will be to start a focus group to determine how to best publicize the center and its programs.

Guillemette said she welcomes partnership with local neighborhood associations and nonprofit agencies and invites people to come in and learn about the center as it continues to grow.

"We really just want the community to know that we're here to support them and that we've moved in," she said.

Britt-Rankin said the public's response so far is encouraging.

"We've had great reception from the community, participants are coming to events," she said. "I think that’s what it’s all about."

MU announces outdoor amphitheater plans

June 13, 2014  BY Aaron Pellish

The University of Missouri and the Mizzou Alumni Association announced on Monday plans to construct an outdoor amphitheater at the center of the university’s campus.

Construction will begin on Traditions Plaza this summer, and the university expects the project will be finished by fall 2014, in time to commemorate the university’s 175th anniversary. The amphitheater will be located on Conley Avenue across the street from Jesse Hall.

The Mizzou Alumni Association said in its announcement the amphitheater will be used for concerts, spirit rallies, and outdoor classes and will be freely available for the campus community.

“We hope the plaza will enhance the beauty of campus while providing a unique programming space,” executive director of the Mizzou Alumni Association Todd McCubbin said.

Traditions Plaza will feature sections of engraveable brick pavers that will be used to commemorate annual MU traditions. Students and alumni will be allowed to engrave a message on a brick they purchase in Traditions Plaza.
Students and recent grads can purchase 4-by-8 inch engraved bricks for $175. Former students, family members and fans can purchase 4-by-8 inch bricks for $425 or 8-by-8 inch bricks for $550. Members of the Mizzou Alumni Association get a $50 discount on engraved brick purchases.

“Traditions Plaza will celebrate current and past traditions that are important to the Mizzou family,” McCubbin said. “We learned through the Tiger Plaza and the Mizzou Legacy Walk projects that alumni and friends love having their name on campus in some form or fashion.”

Construction on Jesse Hall is also expected to begin in July to install safety features throughout the building, including sprinkler systems and fire alarms. The renovations are in conjunction with the “Renew Mizzou” initiative that has prompted construction on Swallow Hall and Pickard Hall. The construction at Jesse Hall is expected to be finished by April 2015.

June 9, 2014

**Are There Really Too Many Administrators? Maybe Not, Study Suggests**

By Peter Schmidt

Washington

**NO MU MENTION**

Colleges might be spending much less on administrative functions, and much more on the sort of work typically associated with faculty members, than they get credit for, suggests a study being presented here on Friday at the annual conference of the American Association of University Professors.

The study, based on a survey of employees at the University of Texas at Austin classified as "other professional," found that people falling into such a category were generally less involved with administration and more engaged in research, teaching, or public service than is widely assumed.

In fact, of the 20 percent of people classified as "other professional" who responded to the survey, less than a fourth performed purely administrative work.
"Certainly, there are more administrative positions being added at most universities," said Patricia A. Somers, an associate professor of higher education at the University of Texas at Austin and one of the study’s authors. But on her campus, anyway, the share of people in such positions who were engaged in purely managerial work "was a relatively small number," she said.

Of all people on the Austin campus classified as "other professional," 85 percent worked outside of the central administrative office, a paper on the study’s findings notes.

The paper says the study’s findings contradict those of a highly publicized report issued four years ago by the nonprofit Goldwater Institute. The Goldwater Institute’s study of 198 public and private colleges concluded that the number of administrators for every 100 college students increased by 39 percent from 1993 to 2007, while the number of professors and researchers rose by 18 percent during that period. The Goldwater Institute lumped people classified as "other professionals" in with other managerial titles, however, holding that they were engaged in administrative functions. Many colleges complained at the time that the Goldwater Institute study had misrepresented the "other professional" job category.

Ms. Somers and her co-author, Elida T. Lee, conducted their own study of "other professionals" at Austin in 2012, when Ms. Lee was a doctoral student in education there. At the time, of all people on the campus falling into the "other professional" category, 20 percent held administrative titles such as manager, financial analyst, or conference coordinator. Almost none of the 22 percent of survey respondents who held such titles—but virtually all of the "other professional" employees who held some other nonadministrative title—were engaged in instruction, research, or public service.

At least 21 percent of survey respondents said they were involved in some form of research. Teaching was described by 40 percent of "other professional" employees as part of their job, with a majority indicating that they taught workshops.
The paper summarizing the survey’s findings notes that it has limitations aside from being confined to just one institution. For example, it says the survey’s response rates within certain job categories were too low, even though it classifies the overall response rate of 20 percent as acceptable.

Washington U. kicks off college prep program

By Koran Addo kaddo@post-dispatch.com > 314-340-8305

It’s just their second week on campus, but the statistics say nearly half of the 26 students carrying the distinctive red backpacks around Washington University will drop out before their junior year in college.

They are the first group admitted to the university’s new College Prep Program for high-achieving, low-income high school students.

Their teachers have identified them as promising, and each of them is on track to become the first in their respective families to enroll in college. But they don’t come from money, so it will be tough.

National research says first-generation college students who come from impoverished backgrounds struggle more than most when they get to college. It’s true even of the students who come from strong academic backgrounds.

“These students have limited exposure to what it takes to be successful in college,” said Washington University’s Leah Merrifield. “You don’t know what you don’t know.”

Marquise Butcher is one 125 St. Louis area high school students who applied for the program; just 26 were accepted.

Butcher, 15, thinks he knows why a counselor at Central Visual and Performing Arts High School in St. Louis nominated him, and why Washington University picked him.

“I think it’s because I am a really hard worker,” he said. “I like to excel. I don’t like failure.”

Over two weeks this summer, Butcher and his peers will sleep in dormitories, eat in cafeterias and mimic the life of a college student. They will sit through a law school lecture, experiment with solar power and
participate in so-called “come to the table” discussions on identity, privilege and stereotypes with university undergraduates.

As part of the program, Butcher and his peers have committed to different activities between now and their senior year of high school. But it will be during the two weeks this summer plus a total of six weeks over the next two summers when they will get a taste of what it feels like to be isolated from their families.

Even with rules prohibiting the group from leaving campus, Butcher is excited. “I want to see what I can do on my own.”

His mother is a little apprehensive. With the exception of a trip to Virginia when he was 9 years old, Angela Butcher said she and Marquise haven’t spent a lot of time apart.

“This is a single-parent household; I am the mom and the dad,” she said. “It’s hard for me to grasp, but at the same time, I’m excited for him.”

A lack of money coupled with emotional isolation makes for a combination that has doomed countless college careers.

Roughly 45 percent of St. Louis Public Schools graduates don’t make it through their second year of college, said Leslie Gill, executive director of the St. Louis chapter of College Summit, a nonprofit college access organization.

“There is a real tug-of-war between family and school, particularly in families where poverty is a real issue,” Gill said. “Once they get there, family forces often bring them back. So they struggle with advancing their own educational aspirations and helping out with their families.”

Gill added that students who have to work to pay their bills while in college are also less likely to graduate, as are low-income, inner-city students who can often become socially isolated on college campuses.

Merrifield, the College Prep program leader, adds that not having access to someone who has been to college and navigated the admissions process and financial aid maze hurts students’ ability to be successful.

“If you are the first in your family to go to college, you don’t really know what you’re in for,” she said. “You don’t know the difference between a large public school or a small liberal arts program.”

She added that students need to learn what resources are available to them and where they can turn for help. She said those sound like small things, but they can be the difference between enrolling in college and completing college.

Breaking through that unfamiliarity is why the university insists on a three-year commitment for College Prep participants, Merrifield said.
An added bonus, Merrifield said, is that during the second and third summers, students start to earn college credit.

That was one of the selling points for 15-year-old Denye Mickens.

“I’m really focused on becoming a doctor, so I need to know what it’s like to live on campus,” she said. “The main thing for me is that I don’t come from a rich family. As far as adjusting socially, I’ll be fine.”