Why Receipts and Greasy Fingers Shouldn’t Mix

An order of French fries may be bad for your health in ways that extend well beyond the outsize calorie count. According to a new study by scientists at the University of Missouri, people who used hand sanitizer, touched a cash register receipt and then ate French fries were quickly exposed to high levels of bisphenol A (BPA), a chemical widely used to coat receipt paper.

BPA has been identified as an endocrine disrupting chemical for its ability to interfere with estrogen and other hormones. In human and animal studies, BPA exposure has been linked to adverse effects on the reproductive and neurological systems as well as increased risk for obesity, diabetes and cardiovascular disease. Some animal studies also suggest that BPA can set the stage for certain cancers, including breast and prostate cancer.

The study, published in PLOS One, is the first to show how handling BPA-coated receipts can account for exposure at levels that have been shown to harm health.

Most studies of BPA exposure, including those that have informed current regulation of the chemical, have focused on exposure that happens through food or after BPA passes through the gut, explains study author Frederick S. vom Saal, Professor of Biological Sciences at the University of Missouri-Columbia.

But this study shows that skin absorption of BPA appears to lead to higher levels of biologically active BPA in the body than when the chemical is digested with food. When scientists added in two other factors—scrubbing hands with hand sanitizer and eating greasy food—the evidence points to a super-sized dose of BPA.

“The chemicals used to make hand sanitizers, soaps, lotions, and sunscreen degrade the skin’s ability to act as a barrier and so act as skin penetration enhancers,” says vom Saal. So BPA enters the body more efficiently than it would otherwise. Food grease and other oils can act similarly because BPA itself is fat-soluble, explains vom Saal.

Vom Saal also explains that BPA can be absorbed rapidly by tissue in the mouth so that the chemical enters the body without first being metabolized–or broken down in digestion.

“The combination of dermal and oral BPA absorption led to a rapid and dramatic average maximum increase in unconjugated (bioactive) BPA…in blood and urine within 90 minutes,” write the study authors. In experiments, BPA was absorbed by people who held a receipt for as
little as two seconds. The amounts absorbed in the study “are in a zone where effects associated with obesity, diabetes and neurological effects can result,” says vom Saal.

Many laboratory studies have shown that BPA can produce health effects at very low levels of exposure—or just a few parts per trillion. BPA has also been shown to affect developing embryos, which means a mother’s exposure to BPA can affect her children. Some studies have shown that a single BPA exposure can affect even a third generation as the chemical has the potential to alter the ovary and eggs of the exposed fetus. At the same time many studies have found associations between BPA exposure in humans and the health effects found in lab studies.

Given the concern about BPA’s health effects, manufacturers of baby bottles and toddler’s sippy cups have largely stopped using it. In 2012, the U.S. Food and Drug Administration withdrew its approval for use of BPA in these products. But its use is still allowed in other products that come into contact with food. Industry trade associations, including the American Chemistry Council, maintain that BPA is safe and that average exposure levels, including from receipts, are not harmful.

Meanwhile, 12 different states have passed laws barring BPA in various products—primarily food and beverage containers intended for use by children. Only one state, Connecticut, has passed a law banning use of BPA in receipts.

But simply switching to another chemical may not solve the problem. As vom Saal and his coauthors point out in this study, a common BPA alternative used in receipts is bisphenol S, which can also interfere with estrogen. In fact, in its assessment of available alternatives for receipts, the U.S. Environmental Protection Agency found no chemical that was clearly safer than BPA. “What we need,” says vom Saal, “is an alternate technology.”

In the meantime, it appears that grabbing the fast food receipt before snacking on French fries may not only be packing on the extra calories. It might also be disrupting our hormones.

Daily Mail

Chemicals used to make cash register receipts could raise the risk of developing diseases such as diabetes, obesity and cancer

- Substance used to produce receipts could be absorbed into the bloodstream
- Includes paper receipts from shops, credit card machines and ATMs
- Chemical bisphenol-A - also known as BPA - can disrupt hormones
- Cause raise the risk of health problems like obesity, diabetes and cancer
- Chemical has been banned in baby bottles in Europe due to safety fears
- Campaigners are calling for the chemical to be banned in all receipts
Chemicals used to make till receipts could raise the risk of developing harmful diseases such as diabetes, obesity and even cancer, scientists claim.

Alarming research suggests that a substance used to produce paper in store tills, credit card machines and ATMs could be absorbed into the blood stream.

Researchers say the chemical bisphenol-A - widely known as BPA - can disrupt hormones, raising the risk of a wide number of health problems.

The chemical has already been banned in baby bottles in Europe because of safety fears.

But the transparent resin is still used to line most plastic and tin food packaging - despite the calls for an all-out ban by campaigners.

The UK Food Standards Agency says strict regulations mean that the health risk from food packaging is minimal.

But new American research suggests that the higher concentrations of BPA on thermal paper in till receipts - which is not regulated in the same way - poses a different route for the chemical to enter the body.

**Scientists at the University of Missouri have found that it can enter the blood stream through the skin.**

BPA is absorbed more quickly when it combines with other substances including suncream, soap or hand sanitizer, they said.

They also warn that people could digest the chemical if they wipe their mouth after handling a till receipt - a risk that is particularly high in restaurants.

EFSA - the European Food Safety Authority - last year found that BPA posed no appreciable health risk to anyone apart from very young children.

The organisation found that till receipts counted for no more than 15 per cent of exposure to the chemical, with the vast majority of the minimal concentrations of BPA in the human body coming from food packaging and diet.

EFSA is currently reviewing its findings, with a new report due by Christmas.

But the US scientists said till receipts are a much greater threat than previously thought.

Professor Frederick vom Saal, whose work is published in the journal PLOS One, said BPA had been shown to interfere with oestrogen, the female fertility hormone, and other vital chemical balances in the human body.

‘Store and fast food receipts, airline tickets, ATM receipts and other thermal papers all use massive amounts of BPA on the surface of the paper as a print developer,’ he said.

‘The problem is, we as consumers often have hand sanitizers, hand creams, soaps and sunscreens on our hands that drastically alter the absorption rate of the BPA found on these receipts.’

In the study, researchers tested human subjects who cleaned their hands with hand sanitizer and then held thermal paper receipts.

In a second test, the participants who had handled the thermal paper then were given chips to eat with their hands.
The result was that BPA was absorbed very rapidly, Professor vom Saal said.

‘Our research found that large amounts of BPA can be transferred to your hands and then to the food you hold and eat as well as be absorbed through your skin,’ he said.

‘BPA exhibits hormone-like properties and has been proven to cause reproductive defects in foetuses, infants, children and adults as well as cancer, metabolic and immune problems in rodents.

‘BPA from thermal paper will be absorbed into your blood rapidly; at those levels, many diseases such as diabetes and disorders such as obesity increase as well.

‘Using BPA or other similar chemicals that are being used to replace BPA in thermal paper poses a threat to human health.’

British safety campaign group the CHEM Trust called for an all-out ban for BPA in till receipts.

Elizabeth Salter Green, director of the group, said: ‘Till receipts are such a routine part of daily life, yet this research shows that bisphenol A used in them can rapidly move through our skin and into our bloodstream.

‘This chemical has been used for decades and it is shocking that the scale of this exposure has only just been identified.’

University of Missouri's new health plan option encourages use of MU providers

By ASHLEY JOST

Wednesday, October 22, 2014 at 10:26 am Comments (1)

Correction appended

With open enrollment in progress for employer-sponsored health insurance, University of Missouri employees have an additional benefit option to consider this year.

This year’s third option, called the custom network plan, encourages employees to use MU Health Care services for lower out-of-pocket costs.

The plan’s premiums fall between existing plans. The monthly premium for an employee and family is $322, versus the cheaper option, the Health Savings Plan, at $238, and the more expensive plan, the preferred provider option, at $426.
The custom network plan gives employees a lower-cost option for deductibles and copay. To make that possible, those who choose the custom plan are required to visit physicians at MU Health Care facilities, along with a handful of other local providers. The plan is available to UM System employees in nine Mid-Missouri counties: Boone, Randolph, Howard, Cooper, Moniteau, Cole, Osage, Callaway and Audrain.

Betsy Rodriguez, UM System vice president of human resources, led a discussion on the benefit plans last week for MU staff members, along with MU Chancellor R. Bowen Loftin and other administrators.

The decision to add another option for employees was one of many that came from the Total Rewards task force, a group of employees from the four UM System campuses Rodriguez is working with to tweak employee benefits from retirement to time off.

“A lot is under consideration with benefits,” Rodriguez said. “The Total Rewards task force is focused on flexibility and adding choices.”

Employees who choose the custom network plan will have a $5 copay for primary care office visits at in-network providers. There is no deductible under the new plan.

Open enrollment started Monday and runs until Oct. 31.

MU Health spokeswoman Mary Jenkins said it’s too soon to know the financial impact the custom network plan will have on MU Health. UM System spokesman John Fougere said about 14,000 employees based out of Columbia are eligible for the health plans, and most of those employees were enrolled in health plans this year.

Boone Hospital Center has purchased multiple full-page ads in the Tribune and the Columbia Missourian informing UM System employees that they should choose the university’s other two plan options if they want to continue services with the hospital and its clinics.

So far, Boone doesn’t offer a custom network plan like the new university option.

“Boone Hospital Center currently does not offer a health insurance plan to our employees that excludes University of Missouri Health Care,” Boone Hospital spokesman Ben Cornelius said in an email. “Boone would like to ensure we provide broad choice in care for our population while working with them to become effective and educated consumers of health care.”

Cornelius said Boone Hospital Center will continue working to educate consumers on their options through the enrollment period.
There also is a new wellness program for those employees who use any of the university health plans. The two-tiered program gives participants the chance to choose different wellness challenges, from getting a flu shot to not smoking, to earn as much as $450.

Employees with questions about their individual situations can schedule one-on-one appointments with human resources staff through the enrollment period, Rodriguez said.

More information about plan details is available at umurl.us/2015AE.

SECOND THOUGHTS:

This page has been revised to make the following correction.

Wednesday, Oct. 22, 2014

An article Wednesday said the University of Missouri's new wellness program is available only to employees who use the new custom network health insurance plan. It's actually available to all employees who use a university-sponsored health plan.

COLUMBIA MISSOURIAN

Guide to key events for MU's 103rd Homecoming celebration

Wednesday, October 22, 2014 | 3:33 p.m. CDT

BY Ryan McElroy

COLUMBIA — MU’s 103rd Homecoming is just around the corner, and there are plenty of events this weekend.

The Missourian's marketing department and the Mizzou Alumni Association put together a downloadable Homecoming guide. Here are some of the key events this weekend:

Friday

- Visitor check in and event information, as well as merchandise, will be available from noon to 5 p.m. at Mel Carnahan Quadrangle.
- Dedication of Traditions Plaza, MU's new amphitheater, begins at 3 p.m. at Carnahan Quad.
- Campus Decorations with skits performed by MU Greek students will take place from 6 to 9:30 p.m. in Greektown.
- MU's Mike Neu Quartet is performing from 6 to 9 p.m. at Traditions Plaza.
Campus Decorations will be on display from 6 to 9:30 p.m. Friday in Greektown. There will be skits centered around this year’s theme “Oh, the places you’ll go!” Vendors will be located throughout Greektown, including Dippin' Dots, D Dee’s Kettle Korn and Playing With Fire Wood Fired Pizza. Graphic by Josephine Peterson/Missourian

Saturday

- The Homecoming parade begins at 9 a.m. The parade’s route travels from campus through downtown.
- The Missouri Tigers face off against Vanderbilt at Memorial Stadium. Kickoff is at 3 p.m. and the crowning of the Homecoming king and queen will take place during halftime.

The parade starts at 9 a.m. at the corner of Tiger Avenue and Rollins Street and ends at Sixth and Elm streets. Graphic by Danielle Dieterich/Missourian

All events are open to the public.

Supervising editor is Elizabeth Brixey.

COLUMBIA MISSOURIAN

New Traditions Plaza encapsulates MU heritage

Wednesday, October 22, 2014 | 9:33 p.m. CDT; updated 6:30 a.m. CDT, Thursday, October 23, 2014

As MU's Homecoming nears, construction workers finish work on Traditions Plaza. The $1.4 million project was funded by the Mizzou Alumni Association. | HANNAH BALDWIN

BY BEN WALTON

COLUMBIA — The names of students and alumni lay etched into the bricks of the new terraced amphitheater as crew members put the finishing touches on Traditions Plaza, a multipurpose events space that also serves as a testament to MU’s 175-year-old heritage.
The plaza, located on Carnahan Quadrangle, appropriately opens Friday on the eve of the university's 103rd Homecoming football game against Vanderbilt.

The history-filled amphitheater is terraced into six levels that face a half-circle stage wrapped in greenery and bookended by Tiger Plaza and a background view of Jesse Hall.

The estimated $1.4 million price tag was fully funded by the Mizzou Alumni Association and the sales revenue from customized bricks sold to students and alumni that are featured in the design. The brick sales have covered about one-third of the costs to this point, and the rest has been paid from Alumni Association funds. The association plans to replenish those funds as bricks continue to be sold.

"We'll have about 1,500 engraved bricks for people to visit this weekend," said Todd McCubbin, Alumni Association executive director. "There are about 13,000 bricks total, so there is plenty of space to be sold."

The idea of building a functional space on campus for students and programming came about 18 months ago, McCubbin said. After considering a few different options, this project rose to the top as the university's 175th anniversary grew near.

"This is sort of a culmination of our celebration of the 175th anniversary of our campus," McCubbin said. "We thought Homecoming would be a perfect time to do it."

Mizzou Alumni Association members had the opportunity to vote on which MU traditions they thought should be featured in the new plaza. After nearly 5,000 votes, a committee was put together on campus consisting of a diverse group of students, faculty and alumni to decide what would be included in the final design.

Some of the notable figures, places and events commemorated at the plaza include Truman the Tiger, MU Columns, Homecoming, Tiger Walk, football game day and the freshman midnight BBQ. Information about these MU traditions can be found etched into granite tiles interwoven with the bricks on the plaza stage.

The stage also holds a gift for future generations of Tigers: a time capsule that will remain underneath center stage for the next 100 years.

One persistent aspect of MU's past that did not make it into Traditions Plaza is the Tigers' long-lasting rivalry with the Kansas Jayhawks. Since the two schools no longer compete against each other in athletics, the committee decided not to include it, McCubbin said. He mentioned,
though, that there are a few blank tiles on the stage to leave space for future traditions or the resumption of old ones. Traditions Plaza will not only be a place to learn about MU traditions but also to enjoy outdoor concerts, classes, movies, spirit rallies or any number of other potential events.

But whatever its changing uses might be from day to day, the plaza will fill one very central role for MU for years to come.

"We're a very tradition rich campus," McCubbin said. "So we thought, how do we immortalize all those great traditions, so that when people come and see that space, they can understand what we're all about in one quick visit?"

How much Mizzou gets for footwear, apparel contracts

By Kelly Moffitt

Footwear and apparel contracts are no longer child's play.

Over the past decade, universities' deals with athletic footwear and apparel companies have become standard, and quite lucrative for universities that warrant such a partnership. In our region, the University of Missouri and University of Illinois are two such beneficiaries of long-term apparel contracts from Nike. The University of Kansas also benefits from a contract with Adidas.

Mizzou, with a 2013 enrollment of 34,658 has a $2,250,000 contract with Nike for 2014-2015 alone. Illinois, on the other hand, with a 2013 enrollment of 44,520, has a contract of $1,525,000. KU, with a 2013 enrollment of 27,784, however, takes the cake with a 2014-2015 contract value of $6,375,000 from Adidas.

The University of Missouri's contract with Nike has grown significantly from 2004-2005 at $643,500 and will continue until at least July 31, 2019. In 2014, Mizzou's contract is comprised of an equipment and apparel contract ($2,000,000), cash ($150,000) and a discretionary apparel allowance ($100,000). The school also gets a $15,000 bonus for competing in a BCS football
game and $25,000 if it wins the game. A national championship title in football would give the school $40,000 in bonuses.

The University of Illinois' contract with Nike has not grown as much as Missouri's. In 2006-2007, the contract was worth a total $1,425,000. For the 2014-2015 school year, the contract is worth $100,000 more — $1.2 million of that goes to equipment and apparel allowances and $325,000 is cash. The contract is up after 2015-2016, at which point it will be worth the same amount as it is now. The school gets $25,000 in bonuses for a BCS game appearance and the same amount for a men's basketball final four appearance.

For the 2014-2015 school year, the University of Kansas will get $4,800,000 in equipment and apparel allowances and $1,575,000 in cash. By the 2018-19 school year, that contract will be worth $6,600,000. Although the school does not have any discretionary apparel allowance listed, there are some other interesting addendum's within KU's contract: Adidas agrees to provide one full-time employee at no cost to Kansas Athletics to be located on the university's campus to support the contract's implementation. Also interesting: The university receives $2.3 million in equipment at wholesale prices and $4.6 million at retail value.

The contracts themselves are posted in a database, which was compiled through public records requests made by our sister publication Portland Business Journal last year. You can view the database here.

Documents may have been updated in the past year. In addition to information about Mizzou and Illinois, you can search specific schools across the country to see how lucrative their contracts are. We checked for you though — no data is available on UMSL, Wash U, SLU, Webster, SIUE, SIUC, Maryville or Missouri State.

The 5 biggest breakfast myths

By Mallory Creveling

(Life by DailyBurn) -- The first meal of the day can have a very different meaning for different people. For some, it's grabbing a granola bar to nibble on during the morning commute; for others, it includes a big omelet with a cup of coffee at home.

Then there are the millions who forego grub in the a.m. altogether.

But how do these morning behaviors really affect weight loss, energy levels and appetite throughout the day? In order to help you crack the breakfast code, we tracked down the latest research, in addition to insights from Katherine Zeratsky, a nutrition instructor at the Mayo Clinic in Rochester, Minnesota.

Before you do -- or don't -- dig in, here's a reality check on the biggest breakfast myths:
**Myth 1: Breakfast is essential for weight loss.**

Reality: Munching in the morning doesn't have a direct effect on dropping pounds.

A recent study published in the American Journal of Clinical Nutrition found that when people are trying to lose weight, it doesn't matter if they devour a dish first thing after waking up or if they skip it altogether.

The researchers assigned more than 300 overweight and obese (but otherwise healthy) individuals, ages 20 to 65, to either the control group (that continued with eating habits per usual), a group that was told to eat breakfast or a group that was instructed to miss the meal. After tracking their weight for 16 weeks, the scientists found that those who grabbed a bite in the morning didn't lose any more weight than those who omitted a.m. snacks.

But take this finding with a grain of salt.

"Though our study suggests breakfast may not be key to weight loss, we only examined a general recommendation of eating versus skipping," says Emily Dhurandhar, assistant professor at the Department of Health Behavior at the University of Alabama Birmingham and a lead author of the study. "Specific foods and timing may help," so if weight loss is the goal, consult with a nutritionist or doctor to determine your best course of action.

**Myth 2: Skip boxed cereals.**

Reality: Sure, you should lay off the sweet stuff, but not necessarily the cereal itself.

Lucky Charms, Cocoa Puffs and Fruity Pebbles may taste delicious, but they aren't packing a nutrient punch. That's not to say that other cereals on the market can't be a part of a healthy, balanced diet.

In fact, an Advances in Nutrition study found that whole-grain cereal can lower cholesterol (the soluble fiber prevents re-absorption of the substance in the gut). These slow-digesting carbs can also improve bowel function (the fiber content softens stool and promotes good-for-you bacteria in the digestive system), and help maintain a healthy weight.

The best choices when searching the shelves? Oat and barley mixes work best for those keeping an eye on cholesterol levels, and wheat bran is ideal for those with gut problems, says Peter Williams, honorary professorial fellow at the University of Wollongong in Australia and one of the study's researchers.

Williams suggests portion sizes of about one-third to one-half cup of a heavy cereal, like muesli, or one cup of a light cereal, such as puffed grains.

**Myth 3: You should eat a meal to fuel your a.m. workout.**

Reality: Food will increase your energy; just consider your activity of choice.

As for whether a morning meal will help you power through a workout, the answer is most likely. Research from the University of Bath in the United Kingdom found that those who ate breakfast had higher energy expenditure in daily physical activity over a six-week period, compared to those who fasted until noon.
The study authors suspect that this effect can occur on any given day breakfast is eaten (discounting a long-term effect), because the improvement in energy levels was apparent from week one, says James Betts, research scientist and senior lecturer in the Department of Health at the University of Bath and lead author on the study.

Betts and his team also found high glucose levels in the breakfast-eating group, which signals to the brain and central nervous system that there's energy available and motivates you to move.

"You may realize the quality of your physical performance that day is not critical, say if you're performing simple housework, so you opt for skipping breakfast to take advantage of the negative energy balance," explains Betts. "Or you may decide that you need breakfast to support your energy needs and perform to the best of your ability."

Either way, breakfast can help support an active lifestyle.

**Myth 4: Grabbing a bite before work will help you eat less later.**

Reality: It's not guaranteed to reduce calorie intake in the afternoon, but eating in the morning does release chemicals to the brain and can also steady glucose levels throughout the day.

**A new study just released from the University of Missouri found that having breakfast, particularly dishes high in protein, increased young adults' levels of dopamine (a brain chemical responsible for moderating impulses and reward), which may reduce food cravings and overeating later in the day.**

**Eating initiates a release of this neurohormone, which then triggers feelings of reward, explains Heather Leidy, an assistant professor of nutrition and exercise physiology at the University of Missouri and author of the study. That reward response, Leidy adds, is what helps people regulate how much they chow down.**

If someone has eaten three meals in a given day and they're still munching in the evening, that usually due to reasons other than hunger, like convenience, boredom, stress, or a reward, says Zeratsky. But that doesn't necessarily mean eating breakfast will stave off late-night cravings. The above-mentioned University of Bath study found that having breakfast didn't suppress caloric intake later in the day but that it did, however, regulate glucose levels in the afternoon and evening. The benefits: "More variable glucose levels can indicate a poorer diet or a more unsteady metabolism," says Betts. "And chronic inflammation from the body's excess exposure to glucose can lead to issues like diabetes or cardiovascular disease."

So while breakfast might not help you cut back on calories, it may cut disease risk.

**Myth 5: Breakfast is the most important meal of the day.**

Reality: It's less about one meal than it is about what you eat over the course of the day.

According to the above recent research, weight loss isn't necessarily tied to breakfast habits. It comes down to calories instead.

"It's the total number [of calories] that matters, whether you divide that into two meals or six," says Zeratsky.
But again, that doesn't give you a free pass to skip breakfast every day. Having some foods to start out the day can promote a nutrient-rich diet overall, Zeratsky says.

Her go-to power meals: "energy foods," including fruits and whole grains and "hunger-controlling" foods like milk, yogurt, or eggs. If you are working out in the early a.m., opt for something smaller (particularly if you have a sensitive stomach), such as a banana or whole-grain bread with peanut butter or honey. If you do choose to eat early in the day, be sure it's something healthy that will do your body good.

(AAU research news website)

Teens who eat a hearty breakfast skip the snacks

University of Missouri – Original Study

Posted by Jesslyn Chew-Missouri on October 22, 2014

Teenagers who eat breakfast, particularly one high in protein, are less likely to crave junk food later, and scientists say a boost in the brain chemical dopamine may help explain why.

In contrast, teens who skip breakfast are more inclined to overeat later and have a greater risk of becoming overweight.

“Our research showed that people experience a dramatic decline in cravings for sweet foods when they eat breakfast,” says Heather Leidy, assistant professor of nutrition and exercise physiology at the University of Missouri.
“However, breakfasts that are high in protein also reduced cravings for savory—or high-fat—foods. On the other hand, if breakfast is skipped, these cravings continue to rise throughout the day.”

For a new study, published in the *Nutrition Journal*, researchers studied the effects of different breakfasts on participants’ levels of dopamine, a brain chemical involved in moderating impulses and reward, including food cravings.

**Breakfast skippers**

Dopamine levels were determined by measuring homovanillic acid (HVA), the main dopamine metabolite. Eating initiates a release of dopamine, which stimulates feelings of food reward. The reward response is an important part of eating because it helps to regulate food intake.

“Dopamine levels are blunted in individuals who are overweight or obese, which means that it takes much more stimulation—or food—to elicit feelings of reward; we saw similar responses within breakfast-skippers,” Leidy says.

“To counteract the tendencies to overeat and to prevent weight gain that occurs as a result of overeating, we tried to identify dietary behaviors that provide these feelings of reward while reducing cravings for high-fat foods. Eating breakfast, particularly a breakfast high in protein, seems to do that.”

Participants in the study were young women with an average age of 19, but Leidy says the findings may be generalized to a larger population of adults.

“In the US, people are skipping breakfast more frequently, which is associated with food cravings, overeating, and obesity,” Leidy says. “It used to be that nearly 100 percent of American adults, kids, and teens were eating breakfast, but over the last 50 years, we have seen a decrease in eating frequency and an increase in obesity.”

The Beef Checkoff Program, the Egg Nutrition Center, and the Margaret Flynn Award from the University of Missouri funded the study.
Fraternity members remember deceased brother at vigil

Third to left, Sigma Pi members Joey Tosello and Chris Coco talk about fond memories they had with Christopher Nicklow during a candlelight vigil in memory of the Sigma Pi fraternity member and MU sophomore on Tuesday.

By THE TRIBUNE'S STAFF

Wednesday, October 22, 2014 at 11:30 am

University of Missouri students gathered Tuesday night to remember a sophomore who died Sunday night.

The Sigma Pi fraternity hosted a candlelight vigil for Christopher Nicklow at the chapter house, 808 S. Providence Road. Nicklow was a member of the fraternity. He was found unresponsive Sunday night in the 300 block of William Street and pronounced dead at a hospital.

Preliminary autopsy results point to natural causes, and police have said no foul play is suspected. Nicklow is the second MU fraternity member to be found dead in less than a month. Cale Boedeker, an Alpha Gamma Rho member, was found dead at his fraternity house on Sept. 29, also of natural causes.
Housing report outlines future of student housing in Columbia
In fall 2013, there was an oversupply of 902 beds.

By Maggie Stanwood
Oct. 22, 2014

Student housing in Columbia might be coming to a crisis point if developers continue, according to a recent analysis report.

The report, authored by Brookside Marketing Director Sarah Backhaus, outlines the future of the student housing market and how MU’s enrollment could affect the existing and proposed developments in the future.

“(MU) could grow up to 38,000 and not create new student housing,” according to the report.

The reports are done from time to time and are used to determine whether or not to place more apartments within Columbia, Brookside spokesperson Jack Cardetti said.

“We’ve now decided not to put in student housing apartments, but to put in non-student apartments for young professionals and others,” Cardetti said.

No developer builds without having done research, Deputy City Manager Tony St. Romaine said.

“I think they all felt at the time they decided to move forward with their projects that Columbia’s student population was increasing and will continue to increase over the next few years,” St. Romaine said. “Right now, I believe the university is at about 35,000 enrollment, and I don’t think there’s any sign in the next few years that that will slow down very much.”

Developers from outside Columbia are not as concerned with the housing situation, Cardetti said.

“Frankly, we come at this from a slightly different angle,” Cardetti said. “Our developers are from Columbia, they live in Columbia. Our goal is to build nice developments and own them and manage them for decades to come. Some of these out-of-state developers are not as cognizant of
the supply and demand issue because they don’t plan to be in the Columbia student housing market for a very long period of time.”

The report comes amid the ongoing struggle between some Columbia residents and City Council over a student housing development, the Opus Group project.

Opus was first discussed along with a few other complexes during the beginning of 2014. However, it was determined downtown infrastructure could not support new complexes as is, and council worked to find a solution.

In May, the council and a few developers, including Opus, came up with agreements to fund infrastructure issues in the downtown area. However, a petition began to circulate, backed by local attorney Jeremy Root, to repeal the Opus agreement, citing the problems with the infrastructure.

“The contributions that are being offered by the developer, in no one’s mind, including the city staff, are adequate to enable our infrastructure to support them completely,” Root said in an April 2 Maneater article.

The petition did receive enough signatures, and City Council voted to repeal the agreement with Opus. However, repealing the agreement only took away the additional funding Opus would have given to the city to fund infrastructure developments, not stop the construction of the project, St. Romaine said.

“So now we do not have the pleasure of having the additional $450,000 to help with the city’s infrastructure in the downtown area,” St. Romaine said.

Now, Opus is facing litigation on the county and federal levels. However, construction of the project has started and is slated to be completed August 2015.

“I’m not surprised by the report,” Root said. “I don’t think anyone in Columbia would be surprised to hear we have a surplus of purpose-built student housing. We’re already starting to see degradation of projects that were developed in the last decade, and that’s unfortunate.”

There was an oversupply of 902 beds in fall 2013, according to the Moore and Shyrock Fall 2013 Vacancy Report. The Brookside report also points to an end date for MU’s growing enrollment, as numbers of 18-year-olds are expected to drop off both in the United States and Missouri, based off data from the Census Bureau.

Too many complexes can lead to many more issues than just empty beds, Cardetti said.

“We already saw other student housing complexes offering ‘name your own price’ and others,” he said. “It can lead to issues such as higher crime and other problems when you have abandoned property in an oversupplied market.”

The issue with student housing may stem from MU itself, St. Romaine said.
“The university is not building any new dorm housing to accommodate new students, so there certainly is a demand there,” he said.

MU is currently constructing a new residence hall, Virginia Avenue South Housing, which will have 331 beds. The two residence halls planned to replace Jones, Laws and Lathrop halls will add 350 additional beds.

Cardetti said the growth at MU will not come from undergraduate students.

“We think that the university will grow, but we think a lot of that growth will be among graduate students, among online students and then to a lesser extent with on-campus undergraduate students, who really purpose-based student housing is made for,” Cardetti said.

The student housing market is not a city government issue, St. Romaine said.

“We just want to make sure the zoning is appropriate for the private development, and they have the necessary utilities and infrastructure to support them,” he said. “We try to stay out of determining how many beds are needed in the downtown area and leave that to private enterprise to figure out.”

Anyone involved should be keeping their eyes open and paying attention to what could happen in the future, Cardetti said.

“It’s just an issue that all policymakers at the local level here need to keep an eye on because there are certainly drastic effects when you see oversupply in student housing in a market,” he said. “That’s just not healthy for the local community.”

COLUMBIA MISSOURIAN

Kyiv Post, NPR's Audie Cornish, Wired, The Guardian among those to receive Missouri Honor Medals

Wednesday, October 22, 2014 | 7:27 p.m. CDT; updated 7:49 p.m. CDT, Wednesday, October 22, 2014

BY ALEKSANDR GORBACHEV

COLUMBIA — Seven outstanding journalists and media institutions will be recognized with the Missouri Honor Medal for Distinguished Service in Journalism on Tuesday.

The Missouri School of Journalism has awarded the medals since 1930. Winners are selected by the faculty on the basis of superior achievements in
Each recipient will give a master class Tuesday. All classes are free and open to the public.

The medalists will be honored at a banquet that will take place Tuesday at MU. Here's a look at this year's winners.

**Byron Calame**

Byron Calame, one of the most respected American editors, spent 39 years at the Wall Street Journal, where he made his way from reporter to deputy managing editor. He also served as the public editor for The New York Times from 2005 to 2007. Calame has received numerous awards that recognize his exceptional career. A graduate of MU, he was awarded a Doctor of Humane Letters honorary degree by the university in May 2011.

**Audie Cornish**

Audie Cornish is a co-host of the popular radio show "All Things Considered" on National Public Radio. Before coming to NPR, Cornish was a reporter for Boston’s radio station WBUR and served as a reporter for The Associated Press. In 2005, she was awarded the first prize in the National Awards for Education Reporting for her study of the achievement gap between races called "Reading, Writing and Race".

**The Guardian**

This [British national daily newspaper](https://www.theguardian.com) has the third-largest English-speaking newspaper website in the world, according to ComScore report from 2012. It was The Guardian that broke the story of the PRISM surveillance program that was leaked to journalists by Edward Snowden. British Press Awards named The Guardian the newspaper of the year in 2014 for its reporting on government surveillance. James Ball, the special projects editor for Guardian U.S. who came to the newspaper from Wikileaks and the Bureau of Investigative Journalism, will accept the award on behalf of the newspaper’s staff.

**Steve Kopcha**

Steve Kopcha, an MU graduate from 1963 and an associate professor emeritus at MU, had a remarkable career in advertising. He worked as an executive vice president and chief creative officer of D’Arcy Masius Benton and Bowles agency in Detroit, creating and supervising ads for Whirlpool, Colgate-Palmolive and the Air Force among many others. He also served as a senior vice president, creative planner at the Detroit office of McCann-Erickson. Kopcha was the first creative director to become a member of the board of directors of the Adcraft Club of Detroit.
Kyiv Post
This is the leading Ukrainian English-language newspaper. According to the report of AGT Communications Agency, it was the second most-quoted Ukrainian or Russian news organization in the Western media during the period of the Ukrainian revolution that started with massive protest demonstrations in Kiev last November. Last year, a group of Kyiv Post journalists created the nonprofit Media Development Foundation that aims to support quality journalism in Ukraine by training young media professionals. Brian Bonner and Kateryna Gorchinskaya, chief editor and deputy chief editor of Kyiv Pos, will accept the award.

Eugene Richards
Eugene Richards is a photographer, writer, filmmaker and a former member of highly respected Magnum Photos cooperative. Richards has worked as a photo journalist for more than 40 years, covering topics as diverse as his wife’s fight with breast cancer, rural poverty in Arkansas and the effects of the drug trade on neighborhoods in New York and Philadelphia. Richards’ work has been featured in Life, The New York Times Magazine, Esquire and National Geographic, among others. He published 15 books and received numerous honors, including the Robert F. Kennedy Lifetime Achievement Award.

Wired
This is arguably the most prominent tech magazine in the world. Founded in 1993 in San Francisco, Wired quickly became the main source of reporting on emerging technologies and the digital era. It was Wired’s journalists who coined the term “crowdsourcing” and introduced “the Long Tail” theory. Over the years, Wired has won numerous National Magazine Awards. Wired’s current editor-in-chief, Scott Dadich, who previously served as vice president, editorial platforms and design for Conde Nast and led the development of Wired’s iPad application as the creative director of the magazine, will accept the award.

MU Army ROTC to induct nine into Hall of Fame

Wednesday, October 22, 2014 at 9:30 am

The University of Missouri Army Reserve Officers’ Training Corps is inducting nine veterans into its Hall of Fame on Nov. 1.
The ceremony starts at 9 a.m. in front of the Crowder Hall on the University of Missouri campus. Those being inducted include: Brig. Gen. Mark Spindler, retired Col. David Smith, Lt. Col. Karl Teepe, Col. Timothy Donovan, retired Col. John Haseman, Darrell Eichhoff, Capt. Wells Cunningham, Capt. Joseph Parent and Richard Kinder. The inductee recognition ceremony will take place during halftime at the Nov. 1 MU football game. For more information, contact 573-882-0643 or simmonsjl@missouri.edu.