Police investigating threat made on MU's campus


COLUMBIA, Mo. - **Tensions are still high on the University of Missouri campus after a threat was made to burn down the Gaines/Oldham Black Culture Center on Tuesday.**

The threat was made online, where MU students can post anonymously.

The University of Missouri police department is still working to figure out who made the threat.

Police told ABC 17 News while there is not an officer at the Black Culture Center 24/7, they are monitoring it closely.

The threat read: "Lets burn down the Black Culture Center and give them a taste of their own medicine."

The threat was posted on Yik Yak, a website that allows MU students to chat with one another anonymously.

"I thought that was disgusting," MU student Isaiah Edoho said. "I think that it's a situation where there is a lot of wrong on both sides and the way that we shouldn't handle that is anger."

Representatives of the Black Culture Center declined to comment Wednesday.

"I just think it was totally out of line. I really love how the Chancellor took note of that and sent out emails and was saying that we should be one Mizzou, and that we should not discriminate between any groups, so I really did appreciate that," said Kimani Davis, an MU student.

Chancellor R. Bowen Loftin posted this on MU's website after the threat was made:

"Senior administrators have been made aware of many racist, threatening and disturbing comments posted on anonymous social media sites such as Yik Yak and Erodr. The context of these statements makes it likely that the individuals posting them are students at MU."
"I am shocked and disappointed that members of our student body would participate in such hateful and hurtful speech that perpetuates negative stereotypes of black students."

"The behavior we are seeing on these anonymous social media sites is deplorable and unworthy of this institution and its values. I remind you that a core value of our university is Respect. These statements have a chilling effect on discussion that is intended to improve our campus climate and ensure freedom of expression for all students in a safe and inclusive environment."

"I urge every member of our student body to consider their statements and how they affect their fellow students."

The threat was made after a peaceful demonstration at the student center.

"It was a peaceful protest to show that we are one Mizzou, and we are standing behind Michael Brown one hundred percent. We do deserve justice in our community, especially in the black community and minorities in general when it comes to police brutality," said Davis.

This is not the only threat made on Yik Yak that has affected the Columbia community.

In September, Rock Bridge High School was put on a modified lockdown after a user posted a shooting threat.

MU administrators monitor social media after racist comments

By Ashley Jost

Wednesday, December 3, 2014 at 10:15 am Comments (24)

While several hundred students attended a demonstration on racial inequality in the University of Missouri Student Center on Tuesday afternoon, others took to a smartphone app and chose to meet the protest with racist, anonymous comments.

MU administrators addressed the comments posted on Yik Yak and Erodr, two smartphone apps that allow users to post anonymously. The MU Police Department also was monitoring those applications, MUPD Capt. Brian Weimer said.
“Let’s burn down the black culture center & give them a taste of their own medicine,” one of the anonymous Yik Yak comments said.

Other Yik Yak posts refer to those participating in the demonstration as “trash” and “animals.” The app indicated the comments were coming from the MU campus.

Weimer said MUPD is trying to find out who was behind the anonymous comments.

MU Chancellor R. Bowen Loftin called the comments “racist, threatening and disturbing” in a statement Tuesday afternoon.

“I am shocked and disappointed that members of our student body would participate in such hateful and hurtful speech that perpetuates negative stereotypes of black students,” Loftin said in his statement. “The behavior we are seeing on these anonymous social media sites is deplorable and unworthy of this institution and its values.”

MU students walk out of class to highlight problems in race relations

By Ashley Jost

Wednesday, December 3, 2014 at 11:30 am Comments (56)

The University of Missouri students organizing events and demonstrations focused on the death of Michael Brown and the events that followed in Ferguson say they’re tired.

They’re weary, they said at a Tuesday demonstration, of being the only black students willing to lead. As the movement appears to pick up momentum, the student leaders of the MU 4 Mike Brown effort are hoping for more involvement.

Naomi Daugherty was one of several speakers Tuesday afternoon to encourage other students to be part of MU 4 Mike Brown, as well as other black student organizations.

Hundreds of students, staff members, faculty and a few administrators gathered in the MU Student Center on Tuesday after walking out of their classes at 11:45 a.m. According to tweets from students, some professors let class out early so students could participate without issue.
The demonstration at the student center opened with chants such as “No justice, no peace,” while many held signs.

“I am glad that people are learning the value of black lives,” Daugherty said at the beginning of the program after 4½ minutes of silence to mark the hours Brown’s body lay in the street after he was killed. Last week, a St. Louis County grand jury declined to indict Darren Wilson, the officer who killed Brown. A federal investigation is still in progress.

Daugherty also read a “white privilege checklist” of issues that she and other black students face on campus.

“If you’re sure you won’t be called a racial slur when you go into Greek town, you have ‘white privilege,’ ” she said, reading from her list. Others involved faculty acting surprised when a black student excels in class.

Donell Young, assistant director of Student Life at MU, was among the speakers. He told the students this is a “pivotal point in history” where it could be possible to make some of the change the students said they hoped for. He urged them to become lawyers, lawmakers, teachers and police officers to help start that change.

Young also brought up the issue of black-on-black crime.

“We need to show people that we believe black lives matter,” he said.

Several speakers brought up “white privilege,” saying that to be a “white ally” to the cause, Caucasians need to “check their privilege at the door.”

Cathy Scroggs, vice chancellor of student affairs, empathized with students. As a woman, she said, she understands being a target of gender discrimination, while recognizing the difference between gender and race bias.

“My name is Cathy Scroggs. I am the vice chancellor for student affairs, and I have white privilege,” she said after some students encouraged white demonstrators to admit to having “white privilege.”

“We have got to change the institution, change the community, the state, the county and ultimately change the world,” she said. “I want to be part of that change. I want to stand with you.”

Hundreds of students dipped their hands in red paint and put a handprint on a sign that read “Black lives matter.”
MU rally for Michael Brown leads to racist threats on social media

Watch story: http://www.komu.com/player/?video_id=26756&zone=5&categories=5

COLUMBIA- MU Campus Police said Wednesday officers were patrolling and monitoring the MU Gaines/Oldham Black Cultural Center closely in response to a threat to the center's safety Tuesday afternoon.

The threat came from a post on Yik Yak, a phone application that allows users to post anonymous comments that can be seen by others in the area.

According to Captain Brian Weimer, the post said, "Let's burn down the Black Cultural Center and give them a taste of their own medicine."

The Yik Yak comment was accompanied by a number of other racist posts Tuesday afternoon and evening after an on-campus rally.

Naomi Daugherty, student leader for MU4MikeBrown, said she wasn't surprised by the racist reaction to the protest.

"We have been seeing these types of comments since the beginning of MU4MikeBrown," Daugherty said. "And I think those comments just prove why we need to fight racism at Mizzou and throughout the country."

MU students walked out of class at 11:45 p.m. Tuesday for a demonstration, protesting the grand jury decision not to indict Police Officer Darren Wilson for fatally shooting Michael Brown in August.

Daugherty said the racist, threatening comments make her afraid for her life.

"That comment, that threat, that act of hate, reflected the amount of work that needs to be done on this campus," she said.
Weimer said MUPD will continue to monitor the center closely.

"We are taking the threat seriously, since you never know when things will escalate," Weimer said.

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**Missouri white students told not to take part in Ferguson ‘die-in’ demonstration**

Columbia, MO. — Organizers of a recent Ferguson protest at the University of Missouri requested “only people of color” take part in the event’s “die-in,” one element of a larger demonstration that prompted at least two classes to be shelved so students could participate.

“During the demonstration we will hold a ‘die-in’ in the student center. We are asking that only people of color be the ones to do so,” event organizers stated in an email obtained by *The College Fix*. “We are asking non-people of color to stand holding hands in solidarity.”

“The ‘die-in’ is meant to represent black bodies that are killed unjustly. It was requested that others stand in a circle holding hands,” student Ebony Francis told *The College Fix* in a telephone interview.

Tuesday afternoon’s rally attracted hundreds of students and faculty and lasted more than 90 minutes as participants vented frustration over the decision by a grand jury to not indict Police Officer Darren Wilson for the shooting death of Michael Brown.

*(At right, a photo taken at the University of Missouri’s protest)*

The “die-in” – a play on “sit-in demonstrations” popular at universities – was 4 1/2 minutes of silence to represent the 4 1/2 hours Brown lay dead in the street after Wilson shot him. During the die-in, a large group of black students laid on the ground, although a couple of white students still took part despite organizers’ instructions.

According to comments on social media, at least two classes were essentially canceled so students could take part in the demonstration, which began with a “walk-out.”

Organizers asked the campus community to leave “classrooms and offices with their hands up and meet us in the Student Center at 12:00pm to move in solidarity and inform this campus and
our community that we will not tolerate injustice against black and brown lives,” according to organizers’ email.

Junior Daniel Beaman told *The College Fix* his psychology class was shelved Tuesday as a result. He said his professor invited students to participate in the walk out and, although the scholar did not leave the classroom, did not offer a lecture.

“I paid for my class. I don’t want to cut it short, so I don’t want to leave early unless I absolutely have to,” Beaman said in a telephone interview.

When asked what he thought of organizers’ stipulation that only people of color be involved in the “die-in,” Beaman, who is white, said “if they are trying to make a message that is against racism, I think they may have failed. The email makes it appear as if white people are not victims of police brutality. Like it’s only a black issue.”

During the protest, organized by representatives from the Legion of Black Collegians, MU NAACP, and MU4MikeBorwn, participants chanted slogans such as “Black lives matter!” and
“No racist police. No justice! No Peace!” and read the names of black people who have been killed in acts of violence by police and civilians.

Senior Naomi Daugherty, student leader for MU4MikeBrown, gave a speech that included a “white privilege checklist,” citing examples of instances where whites received advantages not afforded to black people.

“If you aren’t afraid to bring children into this world because they might be killed for being black, you have white privilege,” she said, according to the Missourian.

The University of Missouri is not the only campus at which white students have been asked not to play a role in Ferguson demonstrations. “White folks” in Massachusetts were asked to keep their hands down at a campus walkout Monday afternoon, Campus Reform reports.

The Maneater

Editorial: All of us are responsible for campus culture

We should always be paying attention to our campus’ passionate advocates and taking advantage of campus resources.

Dec. 3, 2014

During the “Ferguson Listening Session” Monday evening, students criticized the delayed response from several administrators, including Chancellor R. Bowen Loftin, to the ongoing events in Ferguson. Students expressed frustration and disappointment with the administration’s inactivity to close the racial divide on campus and foster an environment in which marginalized students feel comfortable voicing their concerns.

Several solutions were proposed by students in attendance, such as introducing a mandatory “diversity education” course and imploring the administration to act proactively rather than reactively. Another student urged for a mandatory sensitivity training program for all faculty members to help prevent racial disregard around campus.

We, as students, should acknowledge and understand that we live on a campus that has struggled with race relations, both overtly and subtly, for all of its 175 years. These issues are all a part of a broad cultural problem that is rooted in the past of our university and of our country. Our culture still struggles with the remnants of that history and recognizing that is the first step toward creating a more inclusive environment for everyone.
For more than half its existence, MU did not even admit black students. It was only in 1950 that the first black student, Gus T. Ridgel, was admitted, and the desegregation process was not easy. In 1977, the Missouri Students Association condemned the Ku Klux Klan for reportedly authorizing a Columbia chapter. In 1988, the Legion of Black Collegians hosted the first LBC Homecoming with the theme, “Show Me a New Mizzou,” in response to MU’s “Show Me Ol’ Mizzou” Homecoming.

Senior Naomi Daugherty, an organizer for MU4MikeBrown, said to administrators at Monday night’s forum: “We’ve been tweeting at you about this since August. Why is this discussion happening only now?”

The administration has not done enough to address how the events in Ferguson impact MU students or to create a safe space where students can discuss the changes they want to see. This forum was the first event that encouraged students to speak freely to MU officials on these issues.

The university should have taken more proactive steps months ago. Loftin said in a statement Tuesday that the administration has been “listening” to students, but listening doesn’t affect change. Students need to see that their words matter and resonate with administrators in responding to situations like this one. The administration needs to work to foster a more open relationship with its students so that they can feel comfortable to approach administrators and help make a change.

Unfortunately, some of MU’s students haven’t done so. Some made blatantly racist statements on anonymous social media like Yik Yak and Erod. One Yak called for students to “burn down the black culture center & give them a taste of their own medicine.” We were glad to see Loftin’s swift response and condemnation, saying “The behavior we are seeing on these anonymous social media sites is deplorable and unworthy of this institution and its values.”

But an even bigger problem on our campus, and in our society, is the subtle racism that makes its way into everyday discussions. The kind of racism that is sometimes difficult to detect, that is so deep-seated we might not notice it, even within ourselves. Everyone is entitled to their own opinion, but it’s vital that we question why we hold those opinions. As university students, now is the time to examine our ideas and values — and how they formed.

For this conversation to move forward, it’s important that we all actively educate ourselves about our fellow students’ experiences and our community. We can’t wait for something terrible to happen before listening to our community — we should always be paying attention to our campus’ passionate advocates and taking advantage of campus resources. If you are walking by a protest or demonstration that you don’t understand, stop and listen. If you feel as though you are lacking understanding on these long-standing issues, get involved with events like “You in Mizzou,” Coffee with Noor or any of the other 750+ student organizations designed to educate.

Everyone — including us, the Maneater Editorial Board — needs to work harder to become educated and understanding members of our campus community.
We’ll strive to use our platform to give these topics the coverage they deserve, both in our reporting and in our opinion. As individuals we will seek to better educate ourselves, and as an institution we will work to better fulfill our duties as journalists, which includes fostering conversation.

On our nameplate, we say that we are “The Student Voice of MU.” It’s more than a slogan — we aim for it to be a guiding principle with every issue we publish. We welcome our readers’ insights — through letters to the editor, website comments, social media and guest columns — and hope to promote conscious discourse and help better our campus’ culture.

COLUMBIA MISSOURIAN

MU panel addresses problems in American criminal justice, law enforcement

Wednesday, December 3, 2014 | 10:32 p.m. CST; updated 6:33 a.m. CST, Thursday, December 4, 2014
BY CAMERON DODD

COLUMBIA — Michael Brown, Tamir Rice, Eric Garner and Oscar Grant were among the many names of young, unarmed black men killed by police that came up in an open discussion at MU.

Hosted by Phi Rho Eta Fraternity Inc., at least 100 students, legal experts and academics gathered Wednesday in Allen Auditorium to discuss what many describe as the flaws in the American legal system that allow disproportionate incarceration rates and police violence to continue.

"We want to have an open congress and hear people's concerns," said Earl Dunn, vice president of Phi Eta Rho's MU chapter. "We want to see: How can we as one school try to solve these issues that affect people of any race?"

The event's title, "Walking While Black: Moving Forward or Backward," evoked questions of progress made since the 1955 murder of 14-year-old Emmett Till. Till was murdered by a group of white men in Mississippi after he had an unknown interaction with one of the men's wives. Some reports say he flirted, others that he whistled or that he asked the woman for a date. The men captured and beat Till and then shot him, an event that sparked outrage around the world.
The parallels between Till's murder and the recent police killings of Brown, Rice and Garner were evoked by the commentators, protesters and the members of Wednesday night's panel, which consisted of MU Professor Clenora Hudson-Weems, Capt. Brian Weimer of the MU Police Department and Chicago attorney Lindsey Dates.

"There's a continuum of violence, of the murdering of black youth, from Till to Brown," Hudson-Weems said before the event. Hudson-Weems has taught at MU since 1990 and has written two books on Emmett Till and edited another.

Just like in 1955, "people all over the world are looking at us," Hudson-Weems said. "And we don't look very pretty."

Weimer discussed the distrust of the police that many people hold, blaming misunderstanding that begins early.

"We typically only show up for bad situations," Weimer said. "So there is an idea that every time you see a police officer, it is negative situation."

People shouldn't look at all police officers as the same, Weimer said. "We're individuals also. Our profession just happens to be law enforcement."

Weimer said MU police are willing to address individual officers who act inappropriately if members of the public will take it upon themselves to report misconduct. Technology such as dashboard and body cameras also offer potential safeguards against abuse of powers, he said.

"It's up to the public to report problems," he said. "If nobody ever comes forward on that corruption, it will continue."

Many in the audience raised questions about the effectiveness of cameras in preventing police violence. Earlier Wednesday, a grand jury had released its decision not to indict the New York Police Department officer who killed Eric Garner as the result of a choke hold in July. The choke hold, a violation of NYPD policy, was captured on video.

"What you said is applicable in a world without racism," Hudson-Weems said. "Officers come in with baggage: misconceptions, stereotypes and sometimes just plain hatred of blacks."
For Hudson-Weems, the first step in remedying the problem is acknowledgement that it exists. Then our society can move on to remorse and atonement, she said.

"We have an opportunity to show the world that these abominable acts are happening right before our eyes," she said. "We need to call it what it is. Many people don’t want to admit that there are some wrongs that need to be corrected."

Other audience questions addressed the harm caused by the disproportionate incarceration rate for black American men, which is six times higher than that of white men.

"The results of the criminal justice system are just as, if not more, devastating than Jim Crow laws," Dates said. He grew up in Chicago and worked as a lawyer, Dates said, and as a result, he's seen the effects of disproportionate sentences and fines on black America.

"As a black man in that legal system, I felt that, if I didn't have a law degree, it could easily be me." Dates said. "And even with a law degree, it could still be me."

Thinking Out Loud: Drs. R. Bowen and Karin Loftin (part 1)


For nearly a year Dr. R. Bowen Loftin has served as the Chancellor of the University of Missouri. The chancellor and his wife Dr. Karin Loftin sat down with KBIA's Darren Hellwege recently to talk about their backgrounds and reflections on their time spent so far here in Columbia. This week's Thinking Out Loud is the first of a two-part broadcast interview with the Loftins. Last year, R. Bowin Loftin became the University of Missouri's 22nd chief administrator. He came to Columbia after serving as president of Texas A & M University. Asked if he set out to be an administrator, he says:
“It was not a goal at all. When I was about 16 years old going to high school in a small town - I am not sure why it happened - one day an epiphany came along and I decided I wanted to be a college professor. I really wanted to do that. It was one of those situations where I didn't know much about it. I looked into it and did some research. What would it take to get there? I realized that I had to pick a field of study and get a quality degree... that's kind of how it started out. That's what I wanted to do and I got there in a very deliberate way.”

Eventually, Bowen earned a PhD in physics. His wife and now-University of Missouri first lady Karin Loftin also holds a PhD. Hers is in biomedical sciences. The story of how they met came up in the conversation. Bowen confessed that it was:

“...in a bar. I was going to graduate school at Rice University in Houston. Across the street was one of the worlds biggest medical center and Karin was going to grad school over there. We met through a mutual friend. What's not really well-known was that in my first year at Rice - 1970, '71 - graduate students were allowed to build a bar for ourselves at the University. We were given space under the chemistry building. Using some wonderful old oak paneling that had been taken out of another building for renovation purposes. We constructed in this dark, dank, dusty place a small place to meet. We served one thing there: Shiner Bock beer. I volunteered to bartend there one night a week. One day, Karin's friend who was dating a friend of mine brought here there and we met over the foosball table. How romantic, huh?”

Bowen shared an earlier research focus that looked at how technology can help colleges and universities best serve students.

“Fundamentally, the University exists to educate students. That's why were built. We do many things. I can't forget that. At the same time, we are all differently gifted. Every faculty member, every student has different gifts. You try to find out how to match those up. A good teacher can usually find out one-on-one exactly what that particular student needs to be successful. When you take that teacher and put them in front of a classroom of hundreds, you have to homogenize it. You really can't do it that way. The good students survive fine. The marginal students may be left behind because they don't get the specific thing they need delivered to them. And so the goal I had in this research was trying to find ways to reach that student and customize the experience just for them so they got the optimal learning environment. We showed through some good research that it was effective.”

Listen to part two of the KBIA interview with Drs. R. Bowen and Karin Loftin next Tuesday at 6:30 p.m. on KBIA 91.3FM..

COLUMBIA MISSOURIAN

First Title IX administrator finalist speaks about changing culture, training mandatory reporters
COLUMBIA — The first of four Title IX administrator finalists, Joe Gilgour, answered questions about his experiences and ideas relating to the open position at MU in a forum Wednesday afternoon.

After a brief introduction, Gilgour answered questions from faculty, staff and students who gathered in a room in the General Services Building.

Gilgour is the dean of student and academic support services and Title IX coordinator at State Fair Community College in Sedalia, Missouri; he has been the Title IX coordinator across the four State Fair campuses for seven years. He said he deals with about two to three Title IX violations a year at State Fair, which has an overall student population of about 5,000 students.

Gilgour earned bachelor’s degrees in psychology and theater from Southwest Baptist University, a master’s degree in college student personnel from Arkansas Tech University and a doctorate in education in higher education administration from Saint Louis University, according to his resume.

Prior to becoming dean of student and academic support services, Gilgour was the director of student life at State Fair. He also served as a conduct officer for Missouri State University-West Plains for two of his 10 years in higher education, according to his resume.

In his forum, Gilgour talked about his experience and ideas for the Title IX administrator position. He addressed questions about raising student awareness, changing the culture around sexual violence and how he would train mandatory reporters and measure success.

**Raising student awareness**

Gilgour said student awareness of Title IX isn’t going to change overnight. He said that to better inform students of the Title IX reporting process, he would work to identify student leaders and make connections with them to get the word out.

He said making Title IX awareness a mandatory part of new student orientation might be an option, but the mode of informing students is important in getting the message across.
"I don’t like just thinking I know what students want," he said. "I want to actually ask them and see what’s going on in their heads and what they're thinking."

When asked what his first week would look like if he was offered the position, Gilgour said he would get to know as many people as possible. He said he would want to be a figure that people know and a face of Title IX.

"I wouldn’t plan on sitting in the office all that much," he said.

**Changing the culture**

Gilgour said a big challenge in changing the culture relating to sexual violence is dealing with students who are not prepared for college.

"We get those students when they’re 18," he said. "But we have no control over what happens before they’re 18."

He said that when students are coming to campus from across the country and world, they bring their own cultural experiences with them. He said it’s important for the Title IX administrator to learn about the students as they come in and know their needs and attitudes — a process that starts over every year.

He also stressed the importance of informing students about alcohol and its effects. Although alcohol isn’t the cause of sexual assault, it often has a role in what happens, Gilgour said.

**Training reporters and measuring success**

Gilgour said interaction is the most important part of training. He said that at State Fair, mandatory reporting training is done in person with presentations and large groups.

He said it’s important to train mandatory reporters to be accommodating and what to say when they are told of an incident.

Gilgour said he doesn’t measure success in terms of numbers of reports submitted or how many lawsuits occur, but instead in terms of student success. The best way to measure success, he said, is to look at three main goals: stop the behavior, prevent it from happening again and help the victim.

He said if a university can show it’s done those things, he considers that success.
Gilgour said he approaches each report with the goal of being completely fair to both parties and finding out what happened.

He said a goal is to assist victims in getting what they need to finish school and succeed. For example, he said, the Title IX administrator could coordinate with faculty to accommodate student victims in class and potentially help victims change their housing situations.

Gilgour was the first of four finalists to speak in open forums. The next three are scheduled from 3:30 to 5 p.m. Thursday; from 3:45 to 5:15 p.m. Dec. 17; and from 3:30 to 5 p.m. Dec. 18.

The names of the finalists and the locations for the forums will be announced on the morning of the forum, MU spokesman Christian Basi said Tuesday. The Columbia Missourian will post that information online as soon as it receives it.

COLUMBIA MISSOURIAN

Donations pour in for MU students raising suicide awareness, honoring a friend

Wednesday, December 3, 2014 | 8:48 p.m. CST; updated 9:01 p.m. CST, Wednesday, December 3, 2014
BY LURIA FREEMAN

COLUMBIA – Alex Lindley, a senior at MU, met Ryan Candice the first day of seventh grade in their hometown of St. Louis. The two quickly became best friends, finding that they shared the same interests and sense of humor.

"As close to a brother as you can get without being blood related," Lindley said.

They grew up together, went to college together, and then in June, Candice took his own life.

Lindley hadn't seen it coming.

"That's what gave me the idea," Lindley said.
He and a group of friends would make a documentary film that both honored Candice's life and educated the public about possible warning signs of suicide.

The proposed documentary, tentatively titled "Wake Up," is now the subject of a GoFundMe page that was launched Tuesday night. In just 24 hours, more than $9,000 has been raised.

When asked how he felt about the influx of donations, Lindley said it was overwhelming and he couldn't be more appreciative. He attributes the overnight success to the "power of social media."

According to the Facebook page for the film, the funds will go toward expenses for travel, film equipment and fees for the crew.

Senior Claudia Rudelic is also a member of the group putting the documentary together. She went to high school with Candice and considered him to be her closest friend at MU. She said she's not really surprised by the number of donations because of all the people who knew and loved him.

"He was kind of like the centerpiece that brought our friend group together," Rudelic said.

Lindley wanted to say thank you to everyone who has shown support for the film project — which has been endorsed by the MU Suicide Prevention Coalition — and everything it represents.

"In a time where we can easily spread a message, there is no reason to stop now," he said.

5 Ways To Ditch Your Sweet Tooth In Time For Christmas
If you’ve already polished off the Christmas chocolates then now is the time to learn how to curb your cravings. Follow these top tips to make sure you don’t pile on the pounds over the festive season.

**Change your diet**

There are many reasons why we all suffer sweet cravings at one time or another - but more often than not it’s because we are lacking something in our diet.

A recent study by U.S. researchers found that teenagers who skipped breakfast were prone to obesity but those who ate a protein-rich breakfasts were found to have less food cravings and were less likely to overeat later in the day.

They concurred that eating a high protein breakfast increased levels of the brain chemical dopamine, the 'feel-good' messenger that regulates food intakes and cravings.

The study's leader, Professor Heather Leidy, of the University of Missouri-Columbia, said: “Our research showed people experience a dramatic decline in cravings for sweet foods when they eat breakfast.

“However, breakfasts that are high in protein also reduced cravings for savoury - or high-fat - foods.

“On the other hand, if breakfast is skipped, these cravings continue to rise throughout the day.”

If you struggle with cravings, try changing your eating habits and eat little and often. This helps keep your blood sugar level stable and eliminates your body’s need for a quick sugar fix.

Adding more substance to your lunch can also help. According to Yale researchers, when women add three ounces of meat, poultry or fish to their lunch, they eat 31 per cent fewer sugar calories during the rest of the day.

**Take your mind off it**

It can be hard to focus on anything else when a craving strikes, so try going for a walk or doing a workout. Not only will this give you something else to focus on but it will also release endorphins, the same as those released from sweets and treats, to leave us feeling more calm and relaxed.

Walking after a meal is the perfect alternative to a desert and will also help you burn off some of the calories consumed during your meal.

If after trying everything else the cravings are still there, then try brushing your teeth or gargling with mouthwash. As well as the minty flavour, the aftertaste never mixes well with sweets and you should lose your craving.
A little of what you like...

Every now and again the best way to combat a craving is to give in to it, but only in moderation. If you are going to completely fall off the wagon then this option is not for you, but if you want a treat then make sure you go for quality over quantity.

One square of a high quality, high cocoa chocolate bar should curb any craving and is better for you, and lower in calories, than a regular bar.

If you want to create your own snacks so you don’t have to face temptation too often, you can try covering nuts or dried fruit in chocolate or mix the healthier snacks with chocolate chips.

By treating yourself you avoid the feeling of missing out which is often the reason for dieters failing.

Go cold turkey

If you are not the type of personality to be able to stop after one piece of chocolate or a handful of nibbles then the best option to get rid of your sweet tooth is to go cold turkey and cut out sugar completely.

If you can manage 72 hours sugar-free then you will find that not only do the cravings die down but your taste buds will adjust and many things will become too sweet.

Be prepared though as you can feel tired, so if you are going to give it a go it is essential to eat properly to keep your energy levels up.

Change your perfume

We know how a smell can influence our taste buds, even sometimes making us hungry when we thought we were full, but researchers, at St George’s Hospital in London found that the smell of vanilla can have the opposite effect and actually reduce cravings.

Researchers tested a skin aroma patch that releases the aroma of vanilla and found that the test group lost an average of 5lbs a month compared to the placebo group, which lost an average of just 2lbs.

Evidence showed that those wearing the vanilla aroma patches also reported a positive eating change in their diet and felt more in control of what they ate.
Why It’s Dangerous to Discuss Campus Rape Only at Its Most Extreme

By Robin Wilson

NO MENTION

The gang-rape story that rocked the University of Virginia last month is more shocking and gruesome than any case even longtime observers of campus sexual assault have ever encountered.

But what makes the story so urgent also makes it problematic. Experts disagree on whether public attention for such a violent attack—in this case, through a prominent article in Rolling Stone—helps or harms other assault victims. Does it draw valuable attention to assault on campuses, or does it derail colleges from responding to and helping to prevent more-typical cases of sexual misconduct?

High-profile depictions of brutal rapes—like one detailed last summer in The New York Times, in which a football player allegedly raped a female classmate over a pool table at Hobart and William Smith Colleges—can cause students and their parents to think those cases are the norm. And that can be dangerous.

In the Rolling Stone article, a first-year student named Jackie told of being sexually assaulted by a half-dozen fraternity brothers who punched her in the face, held her down atop shards of broken glass, and repeatedly raped her, one of them using a beer bottle.

Most campus assaults, by contrast, involve two people who know each other—a young woman and a young man who have both been drinking at a campus gathering and decide to leave together. The assault that comes next almost never involves force and typically revolves around the issue of whether the young woman consented to the sexual activity.
"The UVa case has to be the most factually egregious allegation I’ve come across in 17 years, and it’s absolutely unrepresentative of what’s typically alleged in campus cases," says Brett A. Sokolow, president of the National Center for Higher Education Risk Management, a consulting and law firm that advises colleges.

One danger of emphasizing campus rape cases that are so far out of the normal realm, experts say, is that future assault victims might wonder whether what had happened to them really qualifies as rape, particularly if there was no violence and no gang.

College officials and others might be skeptical as well. Highlighting the most violent cases can also cause colleges to take steps to prevent such extreme assaults—steps that may be very different from what someone would do to try to prevent acquaintance rape.

"These stories really capture the public’s imagination and bring much-needed attention to the issue," says Alexandra Brodsky, founding co-director of Know Your IX, a victims’ rights group. "But there’s clearly a cost to that. When members of a university community start to expect these really gruesome details, it makes the reality of violence in most other cases pale in comparison. And that’s a shame."

Adds Mr. Sokolow: "It makes it seem like the most-publicized incidents are the norm rather than the exception. That’s bad because then what you do is you focus all of your prevention and response around 2 percent of what happens, rather than the 98 percent."

Powerful Publicity

Some experts, however, say that doesn’t mean it can’t be helpful to highlight dramatic cases. Attention to them can have a spillover effect, getting people on and off campus to talk about the problem of assault, shining a spotlight on bad behavior and ultimately opening up a broader conversation about sexual misconduct.

Laura Dunn, a victims’ rights advocate who started an organization called SurvJustice, says the brutality of the alleged rape at UVa shows the extent to which colleges and others still fail to take sexual assault seriously.

"When there is so much evidence of a terrible crime—broken glass from a table, multiple perpetrators, even a bottle used to violate her—it’s astounding that people debated whether to take the victim to the hospital," she says. "That’s how strong the culture of silence can be on campus."

In recent days, some journalists and others have questioned the veracity of the Rolling Stone story. Some have asked whether such a violent attack could really have occurred; others have wondered why the friends of the alleged rape victim reacted so callously. (Those friends reportedly decided they shouldn’t take her to the hospital because that might ruin their chances of being invited back to fraternity parties.) But while the details may be extreme, some campus-rape experts say they don’t have trouble believing them.
"As someone who lived through this firsthand and has seen people’s reactions on campus—not just to my own rape but to others—I don’t doubt this story even a little," says Ms. Dunn, who alleged she was raped by male classmates as an undergraduate at the University of Wisconsin at Madison. "I know this story is insanely shocking. But that is literally what is happening to victims. They are having this experience and expecting people to be shocked and ready to assist, and they’re not."

Kathleen A. Bogle, an assistant professor of sociology and criminal justice at La Salle University, agrees. "I think it’s good to bring attention to how violent or gruesome some of the cases are because so many people don’t think this is a real problem," says Ms. Bogle, who studies sexual assault. "This is showing you that there can be people on your campus that go to class and interact with teachers, but have this dark side and violent tendency, and a total disregard for someone else."

Robin Wilson writes about campus culture, including sexual assault and sexual harassment. Contact her at robin.wilson@chronicle.com.

December 4, 2014

6 Months on the Job, Top U.S. Higher-Education Official Defends Moves to Protect Students

By Goldie Blumenstyk

NO MU MENTION

The Department of Education’s top higher-education official said on Wednesday that the agency was on track to release an outline of a proposed college-rating system later this month, that it recognizes the need for more simplicity and consistency in how it collects student loans but has no firm plan to accomplish that yet, and that it has "a broad base of common ground" with
Republicans in Congress, even though many of those lawmakers have been openly critical of the department’s efforts.

Six months into his tenure as under secretary of education, Ted Mitchell also responded to critics who say the department hasn’t done enough to help students at the 56 for-profit colleges that are being shut down under government supervision and sold to a controversial loan-serving company. Mr. Mitchell said the department had "confidence" that the expected buyer, the ECMC Group, will operate the Everest and WyoTech campuses of Corinthian Colleges Inc. in a way that will be better for students.

Notably, however, Mr. Mitchell avoided commenting on how the department regarded ECMC’s controversial practices in loan servicing or in collecting student loans from borrowers in default or in bankruptcy.

Mr. Mitchell spoke with The Chronicle in an interview. Following are excerpts of that interview, edited for length and clarity.

Q. The new proposed college-rating system was supposed to come out this fall. By the calendar I think you have about two weeks until the equinox. Will you make the time frame, and, if so, what will it look like?

A. [Laughs.] We’re planning on meeting our deadline. We are in fact in daily discussions about how we’re going to engage the field in the next part of this process. We will put out a schema for public comment, and the schema, as we talked about before, will not be populated with data but will instead give us an opportunity to consult with the field about some of the data elements, some of the specific metrics, that we’re looking at. We’re very much interested in responses from stakeholders over the next couple of months. There will be a 60-day comment period.

Q. We’ll have a new Congress in January run by Republicans who have not always been that friendly to the Obama administration’s higher-education policies. Does that portend trouble for things like the ratings, or for the "gainful employment" regulation, or spending on financial aid, or even the department itself?

A. We feel that there’s a broad base of common ground with our colleagues on the Republican side, and look forward to exploring that with them over the coming weeks.

Q. Does the department plan to present any of its own priorities for the Higher Education Act reauthorization, and is there a timeline for that?

A. Yes. We’re working on a document that will help identify those and clarify those. We’re going to try to get through ratings and a couple of other things we’ve got on the plate before we turn to that.
Q. A lot of initiatives have been coming out of the White House. The ratings, the summit [on access and opportunity that’s taking place on Thursday], gainful employment. Does that say anything about the role of the department versus the White House?
A. No, it’s actually very exciting for us to be working in such close partnership with the White House, and to have that kind of attention to our issues, we think, is very important. It really reinforces the commitment of the president and his whole team to higher-education issues. Couldn’t be happier.

Q. The department has been criticized from all sides for its actions on Corinthian Colleges Inc., including some student advocates who say it didn’t include enough protections for students in the deal. Why approve, as a buyer, a company that has no experience running colleges and one that’s been the subject of a lot of complaints from students about its loan-collection tactics?
A. Student outcomes and student welfare have been our first priority from the beginning of this. When we were first engaged in the Corinthian issue, we felt there were two positive outcomes for students. One would be a purchaser who we regarded as providing higher value to the students, and the second would be an orderly shutdown of campuses and a teachout …

We’re confident that ECMC is coming into this with just the right attitude and approach. They’ve got their eyes wide open to the problems of Corinthian, and they are committed to doing everything that they can to provide a higher quality of education to students. We’ve been struck by the things that they’ve agreed to do voluntarily. [Those include a 20-percent reduction in tuition, plans to close programs that don’t offer good job prospects, and for students in programs that close, full refunds, options to complete, or vouchers for another degree program.]

We’ve also been really encouraged that they know that this is a troubled company that they’re purchasing. They want to have pretty tight guardrails around public accountability for the work that they do.

Q. There’s a lot of concern, however, that this company itself has not acted in good faith with borrowers, as a collector of loans in bankruptcy, and it has been in trouble with the courts over its collection tactics. Why should people have confidence in the company?
A. That’s why we’ve been really clear with them, and they’ve been clear with us as well, that they want to create an independent subsidiary company with a firewall between the work they do in other aspects of their business and the education enterprise that they’re engaged in now, the new company that they intend to call Zenith. We have confidence that their approach is an approach based in wanting to do the right thing for these students and for putting substantial resources behind that in ways that we think will help. For example, the tuition reduction is an $80-million investment in students. It’s a marker for their sincerity, their seriousness of purpose, and their dedication to getting this right.
Q. You’ve got two years to go in your term. Do you have particular priorities that are distinct from your predecessor’s?

A. This has been a very smooth transition and a consistent focus on the president’s top-line goals about increasing access, increasing affordability, assuring high and consistent outcomes for students across the board. So we’re looking for the next two years as an opportunity to accelerate on that agenda.

Goldie Blumenstyk writes about the intersection of business and higher education. Check out www.goldieblumenstyk.com for information on her new book about the higher-education crisis; follow her on Twitter @GoldieStandard; or email her at goldie@chronicle.com.

The Second Summit

December 4, 2014

By

Michael Stratford

NO MU MENTION

WASHINGTON -- The Obama administration is once again gathering hundreds of college presidents here today for a second White House-run summit that will promote new commitments to help low-income students.

Administration officials said they had won some 500 promises from college leaders, states, higher education associations, nonprofit organizations and other entities. Like the January event, the college leaders and other organizations had to make new commitments in order to participate. The commitments for today’s summit were aimed at producing more college graduates, helping prepare more low-income students for college, and improving college advising for underserved students. Dozens of commitments were also focused on getting more underrepresented students to complete science, technology, engineering and mathematics degrees.

The Summit on 'This Week'

Our weekly news podcast, "This Week @ Inside Higher Ed," will feature a discussion of the summit with Gail Mellow, president of LaGuardia Community College. Click here to receive email notification of this and other podcasts.
Administration officials said they wanted to especially promote partnerships among and between colleges as well as with K-12 school districts.

The commitments also include new philanthropic pledges. The Michael and Susan Dell Foundation is committing $30 million over the next six years to boost college graduation rates for low-income students. And the Helmsley Charitable Trust plans to spend $10 million to scale programs that promote underserved students in STEM fields. The three main higher education associations representing public institutions also announced a new collaboration that seeks to, among other things, create more seamless transfer pathways for students between their institutions and more accurately measure student progress. The organizations -- the Association of Public and Land-grant Universities, the American Association of State Colleges and Universities, and the American Association of Community Colleges -- said they would also create new metrics and reporting tools that “more accurately” track student outcomes at their institutions.

The Education Department also announced several new executive actions, including a plan to set aside $10 million over the next five years for the Institute of Education Sciences to fund research on college completion. Separately, the department also said it would waive certain federal student aid regulations for a select number of colleges that want to experiment with giving Pell Grants to high school students taking college-level courses.

President Obama and the First Lady, as well as Vice President Joe Biden, are among the speakers at the daylong event, which will also feature panel discussions and breakout sessions. It is being held at the Ronald Reagan Building, several blocks from the White House.
Long Beach City College President Eloy Ortiz Oakley, who is attending the summit, praised the Obama administration for “doing a great job of putting college completion on the national agenda.”

Still, he said he thought the administration had struggled to strike the right balance between events like today’s that showcase colleges’ best efforts to help low-income students, and a regulatory agenda aimed at holding colleges accountable.

“They need to continue to fine tune both sides of the equation: to make sure they use the right sticks and the right -- and a large enough amount of -- carrots,” he said. “It would be nice if the federal government or the administration had the ability to tie more resources to the work that we’re doing and the commitments that we’re putting forward.”

**A Broader Reach**

Some in higher education criticized the focus of January’s White House convening as placing too much emphasis on boosting low-income students’ enrollment at elite universities rather than the types of institutions that educate underserved students in large numbers.

This time around, though, community colleges will have a larger presence at the summit. David Baime, senior vice president of government relations and research at the American Association of Community Colleges, said that more of the two-year
colleges that he represents would be attending the summit than in January.

“The administration clearly wanted to maximize their impact by being as inclusive as they can,” Baime said. “Our colleges have enthusiastically responded to the administration’s offer to make new commitments.”

In a departure from the January event, the White House has also invited participation from American Public University System, a large, publicly-traded for-profit university -- a sector of higher education with which the Obama administration has repeatedly clashed, most significantly over its gainful employment regulations.

American Public, which is one of the nation’s largest for-profit colleges, pledged to boost the number of students graduating from STEM programs by 10 percent next year. It also said it would specifically promote female participation in its STEM programs.

**A Carefully Orchestrated Affair**

For many colleges, the summit serves as a chance to publicize their efforts to help students, with the imprimatur of the White House. Dozens of institutions on Thursday, for instance, raced to announce that their president would be heading to Washington for the event.

The presidential-level attention comes with some extra perks, too. As part of their invitation to the summit, the college leaders were also invited by the White House to attend the annual Christmas tree-lighting ceremony this evening.

For the Obama administration, the summit is an opportunity to tout some good news in higher education. “This summit marks a major milestone in expanding college access and, very importantly, completion for low-income and underrepresented students,” Education Secretary Arne Duncan said Wednesday. “We’re announcing significant new strategies and partnerships to advance college opportunity.”

The White House published a 211-page report outlining the more than 500 commitments it won from college leaders, companies, nonprofit organizations and other entities.

The summit has also been a carefully orchestrated affair, according to several people who participated in planning sessions with White House staffers. Many participants, for instance, were forbidden from publicly discussing the substance of their commitments until the morning of the event, though the White House encouraged them to promote their institution’s attendance at the event on social media on Tuesday by using the Twitter hashtag #collegeopportunity. Other participants said they were frustrated that the administration would not share which other groups and organizations planned to attend.

Still, the summits have also served as a chance for the administration to build good will with the colleges and universities that it has, on other occasions, said need to be held more accountable for rising tuition, graduation rates, student employment outcomes,
and, more recently, campus sexual assaults.

Thursday’s summit also comes as the Education Department prepares to soon release an outline of its plan to rate American colleges on certain metrics, which has drawn skepticism and opposition from many college leaders.

Duncan told reporters Tuesday that he would be making an announcement on the ratings system “probably by the end of the year, so the next couple weeks.”

IF STUDENTS HAVE TIME TO GET DRUNK, COLLEGES AREN’T DOING THEIR JOB

The way college drinking looks in popular culture, the author notes, serves as an “instruction manual” for alcohol abuse. (Greg Kahn, Grain)

By Kevin Carey
Dec. 4, 2014

NO MU MENTION

A few years ago, I found myself sitting in the corner of a campus student lounge, talking to a 19-year-old named Jessica about what brought her to college, how much she studies, and why her weekends almost never involve getting drunk. She wasn’t a teetotaler for religious reasons and it wasn’t because there were many other fun things to do. Her college was in Rochester, Minn., which, in midwinter, consists mainly of subzero temperatures and a lot of elderly sick people in and around the Mayo Clinic. After three days there, the hotel bar seemed particularly enticing.
Jessica wasn’t a party animal for two reasons. First, she had a lot of school work to do. The University of Minnesota’s Rochester campus is new and unusual. There are only two majors: health professions and health sciences. The classes are small and the workload demanding. Jessica told me she spends 30 to 40 hours per week studying outside of class, far more than the typical undergraduate.

Second, there is no organized collegiate-drinking infrastructure in Rochester. Fraternities, sororities, and big-time sports are nonexistent. The bars and restaurants are set up for the elderly sick people, not 25-cent drink specials and pregame keg blasts.

Some of Jessica’s high-school friends went to St. Cloud State University and came home with stories of lost weekends and more than a few lost weekdays. But Jessica was too busy to party, and there were no parties to attend.

These realities offer the beginnings of a solution to the scourge of collegiate alcohol abuse.

No one emerges from the womb with a DKE T-shirt and a beer-pong paddle. To be sure, nobody is going to change the nature of youth. As one angry father wrote to his son in medieval times, “I have recently discovered that you live dissolutely and slothfully, preferring license to restraint and play to work and strumming a guitar while the others are at their studies, whence it happens that you have read but one volume of law while your more industrious companions have read several.” Plus ça change.

But there’s a difference between idle young men consuming too much mead in the taverns and the kind of relentless, quasi-industrialized alcohol consumption common on many campuses. No one emerges from the womb with a DKE T-shirt and a beer-pong paddle. Students behave this way because we teach them to, primarily through popular culture.

Like many people, I’ve watched and enjoyed Animal House multiple times. It’s one of the funniest movies ever made, and also one of the most inadvertently destructive. The conceit, as we all know, is that the hard-drinking brothers of Delta House are anti-authoritarian heroes. But in order to gain the audience’s sympathy, the movie cleverly expunges every consequence of the Deltas’ allegedly depraved behavior.

You may think you remember watching a toga party that a member of rival Omega House later described as featuring “individual acts of perversion so profound and disgusting that decorum prohibits us listing them here.” But wait—what acts is he
talking about? The movie shows none. The party consists entirely of people standing around having fun and dancing to Otis Day and the Knights. All of the sex is consensual. Nobody gets poisoned or assaulted. The drunk drivers all step out of their cars unscathed.

That’s the way collegiate drinking always looks on the screen, whether it’s in a bar or a frat house or on a spring-break beach: music blasting, people dancing, cups raised high. The images haven’t stopped since Animal House was released in 1978: two of this year’s biggest box-office hits were the frat-party comedies Neighbors and 22 Jump Street. Our culture provides a detailed instruction manual for undergraduate alcohol abuse, and students comply with something close to obligation.

Our culture provides a detailed instruction manual for undergraduate alcohol abuse, and students comply with something close to obligation. The movies don’t show what comes next: rape, illness, and tragedy. Scroll down the death list on CompelledToAct.com—it takes a while—and the stories start to blend in similarity and repetition. “Lost his life in an automobile accident.” “Fell into a ditch near railroad tracks.” “Found unresponsive while on spring break.” There are no ditch-shrouded corpses in Neighbors, because that’s not entertainment.

As a result, thousands of young lives are being lost and ruined, and colleges are increasingly being called to account. The federal government’s recent high-profile expansion of scrutiny into campus sexual-assault policies is mostly a response to terrible things that happen after excessive drinking.

Colleges can’t change Hollywood. But they can increase the distance between those fantastical movie parties and real college life. While fraternities aren’t inherently bad (full disclosure: I was in one), it’s no secret where the biggest alcohol risks are often found.

Caitlin Flanagan’s recent Atlantic exposé suggests that some universities are colluding with national fraternal organizations to shift legal liability for alcohol-related damages onto parents’ insurance policies. That’s reprehensible. Greek organizations exist at the pleasure of colleges, not the other way around. College presidents who bend to pressure from outside groups or alumni with fond, hazy memories of youthful hijinks are failing their most basic obligations to their students. Organizations that are a danger to students should be permanently shut down. The same is true for the parasitical bar owners and party planners. Alcohol abuse will never be eliminated, but there are many lives to be saved between there and where we are now.
Students also drink because they have a lot of time on their hands. Studies have found that today’s full-time undergraduates are spending fewer hours on academic work in exchange for better grades than in previous generations. Substance abuse can be a product of aimlessness and boredom, something to do to fill the time. In the long run, the most effective alcohol-abuse prevention policy is to be a better college: a place where students are continually challenged, provoked, and engaged by the difficult work of learning.

When my daughter reaches college age, I’m going to look for places that have a reputation of being “where fun goes to die.” Better fun than something else.

Kevin Carey is director of the education-policy program at the New America Foundation and a contributing writer to The Chronicle.