Federal government awards University of Missouri funds for health care programs

The University of Missouri System will receive $1.5 million to train health care providers to work with diverse patient populations and serve communities that have lacked adequate care, part of $149 million in grant funding awarded Wednesday by the federal Health Resources and Services Administration, according to a news release.

The UM share is part of $2.9 million awarded to Missouri universities through 12 workforce programs for nurses, psychologists and primary care providers. The Columbia campus will receive $642,603 for its programs — $345,693 to support training of advanced practice nurses, $230,300 to train psychologists to work with rural or underserved populations and $66,610 to support a loan forgiveness program as an incentive to become full-time nursing faculty after graduating.

The awards also include $657,609 for three programs at UMKC and $167,563 for the loan-forgiveness program at UMSL. UMKC will receive $291,905 for the loan program, $344,804 to increase diversity among registered nursing students and $20,900 to support training for students in masters’ or doctoral programs to become nurse anesthetists.

Police arrest five accused of recent armed robberies

Columbia police on Wednesday arrested four men and one woman on suspicion of five recent armed robberies that targeted college-age men in the city.
One of the suspects also is accused of pulling a gun on a man early Saturday morning before assaulting him.

Detectives identified the five suspects after conducting 11 interviews with witnesses and the suspects themselves. Police also raided a home at 1416 Greensboro Drive at about 11:38 p.m. Wednesday and found several items that might have been stolen during the robberies, spokeswoman Bryana Larimer said in a news release. Detectives are contacting victims to return their property.

Columbia residents Deandre L. Denny, 19, Darion M. Polk, 21, Christion D. Johnson, 17, and Richard Johnson Jr., 22, were arrested for their alleged roles in the robberies. Ashley Aubrey, 20, of Pilot Grove was arrested on suspicion of driving the assailants during four of the robberies.

Denny, Polk and Richard Johnson were arrested during a traffic stop near International Drive and Range Line Street at about 3:27 p.m. Wednesday. Detectives found a gun on Denny, a bag of marijuana on Richard Johnson and a digital scale under his seat, Larimer said. Richard Johnson also had outstanding misdemeanor warrants.

Denny is accused of five counts of first-degree robbery, five counts of armed criminal action and one count each of unlawful possession of a weapon and possession of less than 35 grams of marijuana. Polk is suspected of five counts of first-degree robbery, six counts of armed criminal action and one count each of second-degree assault and unlawful use of a weapon. Richard Johnson was arrested on suspicion of first-degree robbery, armed criminal action, possession of less than 35 grams of marijuana and three warrants.

Christion Johnson was arrested at the home on Greensboro Drive at about 8:29 p.m. Wednesday on suspicion of five counts of first-degree robbery, four counts of armed criminal action and one count of third-degree assault. Aubrey was arrested near the home on Greensboro later that night on suspicion of four counts of first-degree robbery and four counts of armed criminal action.

All five suspects were being held at the Boone County Jail on Thursday; their bonds had not been set.

Denny, Christion Johnson and Polk are accused of committing four of the robberies together, with Aubrey driving them to and from the scenes of the crimes. The first of the four incidents was reported at 12:55 a.m. July 12 in the alley behind Günter Hans, 7 Hitt St., in which two men were robbed at gunpoint by two black males. At 1:31 a.m. the same day, the second report came in that
two men were robbed outside Campus Lodge Apartments, 2900 Old 63 S., by two black men, one with a handgun. At about 10:55 p.m. July 13, a 21-year-old man called police and reported that two black men in hooded sweatshirts, one with a gun, robbed him near Locust and Waugh streets. The fourth robbery was reported at 11:45 p.m. July 13 after three men said two black men got out of a vehicle in the 1300 block of Wilkes Boulevard and robbed them.

The four men also are accused of robbing five "Pokémon Go" players at about 11 p.m. Saturday near the Bear Creek Trail and North Providence Road. The victims, all men between 18 and 24, were playing the augmented-reality game when they saw several black men standing at the trail entrance near Providence. The men told police the culprits sprinted toward them and robbed them, with at least two pulling guns and one of them assaulting one of the victims.

The assault happened at about 1:26 a.m. Saturday near Tenth and Cherry streets, according to police. Polk is accused of pulling a gun on a man during an argument and then placing the firearm in a nearby car before punching the man several times. The victim suffered bruising and swelling after the assault.

**MISSOURIAN**

**Five suspects arrested in connection with armed robberies**

JESSICA HEIM-BROUWER, 14 hrs ago

COLUMBIA — The Columbia Police Department arrested five suspects between Wednesday afternoon and early Thursday morning in relation to recent armed robberies targeting college-aged males, according to a news release from the department.

The arrested suspects include Deandre Lavelle Denny, 19; Darion Martel Polk, 21; Christion Deangelo Johnson, 17; and Richard Johnson, Jr., 22, all of Columbia. The fifth is Ashley Aubrey, 20, of Pilot Grove, Missouri.

Detectives with the Criminal Investigations Division conducted 11 interviews with the suspects and various witnesses throughout the investigation.
At 11:38 p.m. on Wednesday, officers with a search warrant found items at 1416 Greensboro Drive that Columbia police said were acquired from the robberies. Detectives are in the process of contacting the victims to return the property.

Four of the armed robberies occurred on July 12. The first was at 12:55 a.m. in an alley behind Gunter Hans in downtown Columbia. At 1:31 a.m. at Campus Lodge student apartments, another robbery occurred. Two more robberies took place that evening — the first was at approximately 10:55 p.m. near Locust and Waugh streets, and the second, around 11:45 p.m., occurred in the 1300 block of Wilkes Boulevard.

At 1:26 a.m. on Saturday, around Tenth and Cherry streets, Polk allegedly became involved in a verbal argument with a male and proceeded to threaten him with a firearm, according to the release. After placing the weapon in a nearby vehicle, Columbia police said Polk hit the man multiple times with his fists. The man experienced swelling and bruising after the assault but was not robbed.

At 11:04 p.m. the same day, four of the suspects allegedly committed a fifth armed robbery near Bear Creek Trail and North Providence Road.

On July 13, Columbia Assistant Police Chief Jeremiah Hunter and MU interim Chancellor Hank Foley held a press conference in light of the incidents. The victims were men between the ages of 21 and 24, and some were current or former students, Foley said at the conference.

Each suspect faces charges of several counts of robbery in the first degree and armed criminal action. Denny, Polk, Christion Johnson and Richard Johnson each face additional charges as well. Denny's bond has been set at a combined $5,000, Polk's bond has been set at $9,000, Christion Johnson's bond has been set at $500, Richard Johnson's bond has been set at $13,000 and Aubrey's bond is to be set by the court.
Five arrested for recent robberies targeting college-age victims

COLUMBIA, Mo. - Columbia police announced Thursday the arrests of five people in connection with recent robberies targeting college-age males.

Shortly before midnight Wednesday, police searched a home on Greensboro Drive in Columbia for evidence related to the robberies. They reported finding items which may have been stolen, and are working to get in touch with the victims to try and return what was stolen. In most of the robberies, the victims were either current or former students at the University of Missouri.

At around 3:30 Wednesday, officers with the Street Crimes Unit were on International Drive in north Columbia looking for suspects in the investigation. They stopped a vehicle carrying Deandre Denny, Richard Johnson Jr., and Darion Polk.

Officers say Denny had a concealed gun and marijuana, and reported finding marijuana with Johnson, as well as a digital scale under Johnson's seat. Denny is a convicted felon; Johnson had some misdemeanor warrants at the time of his arrest.

As a result of the investigation, officers arrested the following:

- Deandre Denny, 19, on suspicion of robbery and armed criminal action (five counts each), as well as possession of a controlled substance

- Darion Polk, 21, on suspicion of robbery (five counts), armed criminal action (six counts), unlawful use of a weapon, and assault

- Christion Johnson, 17, on suspicion of robbery (five counts), armed criminal action (four counts), and assault

- Richard Johnson Jr., 22, on suspicion of robbery, armed criminal action, possession of a controlled substance, and possession of paraphernalia
- Ashley Aubrey, 20, on suspicion of robbery and armed criminal action (four counts each)

Investigators have linked the suspects to six incidents with varying degrees of participation. Those incidents include:

- Armed robbery on Hitt Street, behind Günter Hans, shortly before 1 a.m. on July 12. Police say Denny, Polk, and Christion Johnson committed the robbery, while Aubrey provided transportation.

- Armed robbery on Old Highway 63 South at the Campus Lodge apartment complex, at around 1:30 a.m. on July 12. Police say Denny, Polk, and Christion Johnson committed the robbery, while Aubrey provided transportation.

- Armed robbery in the area of Locust and Waugh Streets, shortly before 11 p.m. on July 12. Police say Denny, Polk, and Christion Johnson committed the robbery, while Aubrey provided transportation.

- Armed robbery on Wilkes Boulevard near College Avenue, at around 11:45 p.m. July 12. Police say Denny, Polk, and Christion Johnson committed the robbery, while Aubrey provided transportation.

- Assault near Tenth and Cherry Streets at around 1:30 a.m. July 16. Police say Polk showed a gun in a threatening manner to the victim, then put the gun in his car and punched the victim several times.

- Armed robbery near where the Bear Creek Trail crosses Providence Road, shortly after 11 p.m. on July 16. Police say Denny, Polk, C. Johnson, and R. Johnson, Jr. committed the robbery.

How to lose weight eating what you want

“Mindful eating” emerges as alternative to dieting

Generated by News Bureau press release: Mindfulness Key to Eating What You Want While Preventing Overeating
Helping people try to lose weight is big business. Americans spend close to $60 billion a year on weight loss products, according to the Bharat Book Bureau, a business data firm.

That includes everything from diet soda to special meal plans. While obesity statistics show that a lot of us really need to shed some pounds, there's a growing belief in diet circles that it's not so much what you eat, but how you eat it.

“You can eat anything you want, as long as you do it mindfully,” said Lynn Rossy, a health psychologist for the Total Rewards Program at the University of Missouri system.

**Mindfulness**

The key word there is “mindfully.” Mindfulness, which has its roots in Buddhist teachings, is a philosophy that has taken hold in many areas of life, so it isn't surprising that it's being harnessed to help people lose or control weight.

Mindfulness is based on living in the moment, being totally aware of your experience. It is being used to help people reduce stress and focus on what they are doing, to make them happier and more productive. So, how does that translate to eating?

“Mindful eating means choosing food that will satisfy you and nourish your body as well as being aware of physical hunger and satiety cues,” Rossy said. “Food should be pleasurable to your taste buds and to your body.”

It's an abrupt departure from restricting calories by eating foods you might not particularly like but that are low in calories. Rossy says the mindfulness-based eating solution teaches people how to use their own internal signals to guide how, when, what, and why they eat. More importantly, she says you should eat food you like, just not as much of it.

**Key elements**

That's easier to do, she says, when you are slowly savoring each bite and enjoying it. As a result, she says people are more satisfied and less likely to overeat. Here are the key elements:

- Do a breathing exercise and decide if you are really hungry
- Assess your food and decide if you really want to eat it
- Eat slowly and be aware of signals your body might send suggesting you are full
• Chew thoroughly
• Savor what you are eating

“Diets do not work in the long term because they do not help people access their own internal wisdom about how to eat,” Rossy said. “Taking a mindful approach to eating also helps people discover desires that can be ignored through eating for emotional reasons—desires for creativity, movement, connection, meaningful work and spirituality.”

It may be no coincidence that Fortune Magazine reports the diet industry is losing ground, even as the obesity rate rises. It conducted a survey last year that found many more consumers say they are trying to eat healthier than say they are on a diet.

Senator believes "activists" provoking violence against law enforcement

JEFFERSON CITY- Missouri Sen. Mike Parson, R-Bolivar, said Thursday he believes criminals are using peaceful protests as a cover to hurt police officers.

"Enough is enough," said Parsons, who is a Republican candidate for lieutenant governor. "We must come together, not let activists use racially-charged words and phrases to divide us."

One of the original organizers of Concerned Student 1950 disagrees with Parson's statements.

"Being a police officer comes with certain things. You chose to put that uniform on, so when you're fighting against people, you're trained how to do that," Andrea Fulgiam said.

She said those who assault or kill police officers are not associated with protesters.
"Killing an officer, that's not what I want to do. I don't think that's what anyone that's actually out there protesting to make a difference wants to do because we understand that they have families just like us."

Parson said he wants to make killing a police officer simply because of their uniform a hate crime.

"Protests are only 'peaceful' when the law is followed," Parson said. "We must stop allowing assaults and killing of law enforcement officers in the name of protesting. The criminal element is emboldened if we are lax or selectively enforce the law. A subculture is being created wherein some now believe that killing of police officers is justifiable retribution for perceived injustices."

Fulgiam said it is important for police officers to note that, without the careless killing of black bodies, there would be no protests at all.

**Calls for Unity and Civility**

After a tense summer nationally, and fearing a return of campus protests, college officials call for a peaceful start to the academic year.

**No MU Mention**

Bracing for another round of student protests as the new academic year begins, college officials are pre-emptively calling for peace and unity on their campuses following a summer of gun violence and political unrest.

Last year, anger over race relations -- including issues that were specific to higher education and issues that were not, such as police killings of unarmed black men -- led to widespread student protests at campuses across the country. The demonstrations prompted institutions to make some policy changes in regards to support for minority students, as well as compelling several college administrators to step down. The protests also provoked considerable backlash, with several campuses receiving online threats against black students.

After a summer break that featured a divisive presidential primary season framed by more police killings of black men, the murders of several police officers and a mass
shooting at a gay nightclub in Orlando, Fla., campus officials are not counting on campus protesters being any less active this year.

"The idea of campuses being places of widespread student protests is filtering down to students just enrolling in college," Angus Johnson, a scholar of student movements who teaches at Hostos Community College, predicted in February. "We’re going to see an increase in what we saw happening last year."

A study published earlier this year indicated that the protests may be here to stay for some time -- and that colleges may be in the midst of an age of student activism not seen since the 1960s.

The annual American Freshman Survey found that one in 10 of last year’s freshmen -- this year’s sophomores -- said they have "a very good chance" of participating in student protests while in college, an increase of 2.9 percentage points over last year’s survey. Black students, in particular, said they planned on being activists, with 16 percent of students reporting that they planned on participating in protests. The findings were among several from this year's survey that the researchers said point to the highest level of civic engagement in the study’s 50-year history.

Earlier this month, following the killings of black men and police officers in Baton Rouge, St. Paul and Dallas, Harris Pastides, president of the University of South Carolina, published an open letter addressing the violence. A year ago, the killing of nine African-Americans by a white supremacist at a South Carolina church placed the state at the center of a national debate over modern use of the Confederate flag.

“As we process these events, we ask ourselves: How do we respond?” Pastides wrote. “What should we do? What is the historical context? Will it happen again? Am I safe? Who is next? Should there be more laws? Should we restrict access to certain weapons? How does our nation move forward? How do we heal? Who can I talk to? How do we have these difficult conversations? While I don't have answers to all the questions, I do think there's something we can all do that may help.”

Pastides urged students and faculty members to “recommit to airing our views in a way that is civil and responsible and recommit to opposing violence in all of its forms,” including violent language and hate speech.

“Come back to campus ready to learn and prepared for conversations to come,” the president wrote. “Most importantly, be ready to extend the hand of friendship to a new face.”
Other colleges issuing such letters include Doane University, which urged protesters to "remain calm in the wake of these tragic events," and the University of Mississippi, which called on students to "support one another in these difficult times." Janice Abraham, president and CEO of United Educators, a risk management firm for colleges, said she expects to see many such letters as officials begin to welcome students back to campus and hope to "de-escalate conflicts that could occur."

At Ithaca College, several administrators on Wednesday urged students and faculty to sign a joint unity statement to “show solidarity for the victims of these tragic events” and to commit “to work together to seek answers to the difficult questions and show mutual respect for one another.”

In October, student protesters demanded that Ithaca’s president, Tom Rochon, resign over his handling of several racist incidents. Rochon, who did not immediately step down but said he will resign next July, is one of the statement’s signees. Nearly 700 other people had signed the statement as of Thursday, though it has also prompted criticism.

“It reeks of an ‘all lives matter’ sentiment that erases the discrimination many people experience, both on campus and elsewhere,” Zack Ford, a graduate of Ithaca College and LGBT editor at Think Progress, wrote in a Facebook post. “It sugarcoats and whitewashes the real problems the community is trying to solve, cheapening the valid concerns that students, faculty, staff and alumni have been raising for the past year.” Similar criticism has been directed at a statement released this week by 30 presidents of historically black colleges. “America’s HBCUs were the birthplace of the idea that black lives matter to our country,” the presidents wrote.

While many praised the message and the presidents’ promise to organize a symposium on gun violence, others decried the statement’s lack of references to gay, lesbian, bisexual and transgender students.

“How come the letter does not mention the deaths of LGBT people of color?” Ben Webster, a student at the University of Maryland Eastern Shore, tweeted. “Black Lives Matter was started by queer women of color and yet our struggles are not addressed. Socioeconomic status, gender and race are mentioned, but not sexual orientation?” One of the HBCU letter’s signees was John Silvanus Wilson Jr., the president of Morehouse College.

Wilson also released a separate letter last week. Addressed to his “Morehouse sons,” the letter discussed the shootings that occurred this summer, both of black civilians and
police officers. The president urged his students to “endure the recent disruption to your standard summer activities” and to look toward the future. “My love goes out to each of you,” Wilson wrote. “Be mindful, be safe and be constructive. And we will see you next month.”

**Feds Soften Distance Ed Rule**

Education Department releases proposed rule on state approval of online programs, cutting a provision that would require states to review of all out-of-state colleges.

**No MU Mention**

The Obama administration this morning released its latest proposal on how colleges that offer distance education programs to students in other states should be regulated.

The rule requires distance education providers to follow state laws governing how they become authorized to offer courses and programs to students in states other than where they are located. A university in Illinois that wishes to enroll students residing in Wisconsin in its online programs, for example, has to apply to the Wisconsin Educational Approval Board and pay a fee to be approved.

In what observers called a “significant” departure from previous drafts, however, the proposed rule does not require states to conduct an “active review” of out-of-state colleges -- a provision that was in previous drafts that many distance education groups criticized for placing an undue burden on states but consumer protection groups argued was important to prevent fraudulent colleges from taking advantage of students.

The U.S. Department of Education will accept public comment on the rule, which will be published in the Federal Register on Monday, until Aug. 24.

This latest and final attempt from the Obama administration to settle the issue of state authorization follows about six years of on-again, off-again rule making, during which variations of the rule have been proposed, vacated by a federal court, sent to a negotiating committee and put on ice. The department in 2014 paused work on the rule after multiple sessions of negotiated rule making failed to provide a consensus, but surprisingly restarted its efforts last month.

The department is hurrying to finalize the rule before the next administration takes over. To do so, it faces a deadline at the end of October. If the department issues the final rule before then, it will go into effect July 1, 2017.

In the announcement, the department described the lack of federal regulations governing distance education providers that enroll out-of-state students as a “loophole.” It highlighted provisions that require colleges to document how they handle student complaints and inform students about any negative changes to their distance education accreditation status.
Still, the rule does not take as hard a line on state laws governing oversight of out-of-state colleges as previous versions have. During the rule-making sessions in 2014, the “active review” provision was one of the central points of contention, said Russell Poulin, director of policy and analysis for the WICHE Cooperative for Educational Technologies. He and several others participating in the sessions argued against the provision, saying the federal government was effectively requiring states to change their laws.

“That was the main sticking point,” Poulin said in an interview. “[The department] just wouldn’t budge on that, and if they had, we would have come to consensus.” A department official, speaking on background, confirmed that the proposed rule does not require states to review out-of-state colleges. If a state has regulations in place concerning how colleges become authorized to operate in it -- and most do -- colleges have to comply with them; if not, they don’t have to.

“This is a significant change,” Poulin said in an interview. Since the proposed rule no longer contains that provision, the department has inserted language elsewhere in the rule in an effort to protect consumer rights.

Many critics have said the process of receiving approval in all 50 states is too onerous, particularly for small colleges that may only have a small online student population. The rule therefore recognizes organizations such as the State Authorization Reciprocity Agreement, known as SARA, which grants member institutions the authority to offer programs to students in all of its member states (presently 40 states and the District of Columbia).

Marshall A. Hill, executive director of SARA’s national council, said he was not surprised to see the proposed rule acknowledge reciprocity agreements, but noted that the department’s announcement specified “as long as the agreement does not prevent a state from enforcing its own consumer laws” -- language not seen in previous versions of the rule.

The rule also requires colleges to notify students if their professional programs meet state certification or licensure requirements.

Robert Shireman, a senior fellow at the Century Foundation and former Education Department official, said the rule “doesn’t go as far as it might,” but he added that it “does take important steps forward in terms of consumer protection.” The department official said the language in the rule is purposely broad at this point, and that the department does not wish to be “too prescriptive” before the public comment period. In the announcement, the department said it expects to issue the finalized rule before the end of the year.