MU News Bureau

Daily Clips Packet

August 9, 2016
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MINDFUL EATING INSTEAD OF “DIETING”

Stories generated from News Bureau Press release: Mindfulness Key to Eating What You Want While Preventing Overeating

What if we stopped dieting and became more aware of what we eat? Dr. Lynn Rossy is a health psychologist with the University of Missouri. She says the first step in mindful eating is to breathe. Rossy says to ask yourself if you truly are physically hungry.

Listen to the story: https://brownfieldagnews.com/healthy-living/mindful-eating-instead-dieting/

EATING SLOWLY IS A GOOD THING

We’ve heard it before but slowing down and savoring meals can help us to not overeat. I’m Julie Harker with Healthy Living on Brownfield. Dr. Lynn Rossy, a health psychologist with the University of Missouri, says slowing down really works…

Listen to the story: https://brownfieldagnews.com/healthy-living/eating-slowly-good-thing/

Mizzou hires San Diego State's Jim Sterk as athletics director

By Dave Matter St. Louis Post-Dispatch, 7 hrs ago

COLUMBIA, Mo. • The University of Missouri has an athletics director. And he’ll come without an interim tag.
San Diego State University athletics director Jim Sterk will take over as Missouri’s new AD on Sept. 1, San Diego State announced Monday. The Post-Dispatch and other outlets reported the news earlier in the day.

“Jim has made extraordinary contributions to the success of SDSU’s athletics teams,” SDSU president Elliot Hirshman said. “I am grateful to Jim and his family for their service to the university community and wish them great success in their new endeavor.”

Mizzou had not formally announced Sterk’s hire as of Monday night. Sterk’s hiring is subject to approval from the University System Board of Curators. The board announced a meeting for 5:30 p.m. Tuesday. After a call to order, the board will go into closed executive session for “consideration of certain confidential or privileged communications with university counsel, negotiated contracts and personnel matters all as authorized by law and upon approval by resolution of the Board of Curators,” the board announced Monday.

Sterk, 60, recently named AD of the year by National Association of College Directors of Athletics, was about to start his seventh year at San Diego State. He’s under contract there through June 30, 2020, with a base salary of $315,000.

Mizzou could come close to doubling that figure. Former AD Mack Rhoades’ salary at MU was $600,000. Rhoades left MU last month for the AD job at Baylor.

Since Sterk came to SDSU in 2010, 50 Aztec teams have advanced to NCAA postseason play with 20 top-25 finishes. Since 2012-13, 30 SDSU teams have won conference titles. Sterk, formerly the AD at Portland State (1995-2000) and Washington State (2000-2010), was recently named to the NCAA Division I men’s basketball committee, which selects the NCAA Tournament field.

Under Sterk’s watch, San Diego State has the nation’s third-highest combined winning percentage in football and men’s basketball (75.2) this decade, trailing only Ohio State and Louisville. Working in a pro sports town that also supports an NFL franchise and Major League
Baseball, Sterk has helped build a following for the Aztecs’ high-profile teams. Steve Fisher’s men’s basketball program has drawn 72 consecutive home sellouts.

One of Sterk’s first hires at SDSU was promoting defensive coordinator Rocky Long to head coach after the 2010 season when Brady Hoke left for the head-coaching job at Michigan. Long is 43-23 in five seasons with five bowl appearances.

Sterk was AD at Washington State from 2000-10, during which he hired two football coaches who struggled to get much traction in the Pac-10 Conference, Bill Doba and Paul Wulff, but he brought in Dick Bennett to turn around the men’s basketball program before turning the team over to his son, Tony Bennett, who coached the Cougars to two NCAA Tournaments. Sterk previously worked in athletics departments at Tulane University, Seattle Pacific, University of Maine and University of North Carolina.

Sterk earned his bachelor’s degree from Western Washington in 1980, where he played football and basketball. He received his master’s degree from Ohio in 1986.

Rhoades announced July 13 that he was leaving Mizzou for the job at Baylor, after which MU interim chancellor Hank Foley used Todd Turner’s national search firm Collegiate Sports Associates to assist with the hiring process. Sarah Reesman, a longtime Mizzou athletics administrator, was named interim AD last Friday and will probably serve in that role through the end of the month.

Other candidates linked to the search included Tulsa’s Derrick Gragg, East Carolina’s Jeff Compher and Southern Methodist University’s Rick Hart, among others.

Two former Mizzou athletes outside of the AD world had drawn strong support around the state: former basketball star Jon Sundvold, who runs a Columbia investment firm, and Mike Owens, a former Mizzou football player who was a top-ranking executive at Anheuser-Busch for nearly 30 years. Sources indicated in recent weeks that Foley preferred a sitting AD, not an industry outsider.
Missouri lands Jim Sterk as new athletic director, will start Sept. 1

tpalmer@kcstar.com

COLUMBIA - Jim Sterk will become Missouri’s new athletic director, a person with knowledge of the situation told The Star on Monday.

San Diego State later confirmed the news, announcing that Sterk had resigned as athletic director and would assume the same post Sept. 1 with the Tigers.

Sterk, 60, who has been at San Diego State since February 2010, succeeds Mack Rhoades, who resigned July 13 to become the athletic director at Baylor.

The University of Missouri Board of Curators announced a special meeting for 5:30 p.m. Tuesday, during which the board will go into executive session “or consideration of certain confidential or privileged communications with university counsel, negotiated contracts and personnel matters.”

Generally, such a meeting is the final step in formally approving a contract for a position such as athletic director.

With the Aztecs, Sterk has proven to be an adept fundraiser, more than doubling the fundraising total for scholarships during his tenure.

He is one of four reigning National Association of College Directors of Athletics’ ADs of the year and is a member of the NCAA Division I men’s basketball committee.

“Jim has made extraordinary contributions to the success of SDSU’s athletics teams,” San Diego State president Elliot Hirshman said of Sterk’s leadership during the most successful period of time in Aztec Athletics history, according to a release from Aztecs athletics. “I am grateful to Jim and his family for their service to the university community and wish them great success in their new endeavor.”
Sterk served as Washington State’s athletic director for 10 years prior to his arrival at San Diego State and was the Portland State athletic director from 1995-2000. During the decade before his arrival at Portland State, Sterk also worked as a senior associate athletic director at Tulane, and associate athletic director at Seattle Pacific and in various administrative capacities at Maine.

One of Sterk’s colleagues said he’s an even-keeled and knowledgeable administrator. Another colleague praised the job Sterk did at Washington State, saying Pullman, Wash., isn’t an easy place to build a competitive athletic program. But while Sterk is familiar with the challenges of having a smaller budget than conference brethren, Missouri’s program represents a bigger enterprise.

According to USA Today’s NCAA Finances database, Missouri ranked 30th in the nation with $91.2 million in total revenue in 2014-15. San Diego State ranked 57th with $49.0 million in revenue, and Washington State ranked 53rd with $54.1 million in revenue.

A native of Bellingham, Wash., Sterk graduated from Western Washington in 1980 and later earned a master’s degree in sports administration from Ohio in 1986. He started his career as the assistant to the director of ticket operations at North Carolina in 1986.

Sterk was inducted into the Western Washington University Athletics Hall of Fame in 2010 after a standout career as a linebacker with the football team. He set the Western Washington single-season tackles record with 164 in 1977 and also lettered in basketball one season.

He and his wife, Debi, have three daughters — Ashley, 27, Amy, 24, and Abby, 21.

Sterk’s current contract with the Aztecs runs through 2020 and includes a base salary of $315,000 plus incentives worth up to $75,000, according to the San Diego Union-Tribune.

Rhoades’ contract at Missouri included a base salary of $600,000 along with up to $300,000 in performance incentives based on academic/social goals and on-field achievement. He also received two courtesy cars and an allowance for moving expenses and transitional housing.

Mizzou was expected to pay Rhoades’ replacement $750,000, a source told The Star last week, because the market for athletic director compensation is rising. Minnesota lured Mark Coyle from Syracuse with a five-year contract worth $850,000 per year plus $150,000 in incentives.

Sterk’s hire, which was first reported by Bill Pollock of Missourinet, might mean his appointment to the Division I men’s basketball committee from May is withdrawn. The committee can’t include two members from the same conference, and Kentucky’s Mitch Barnhart, a native of Ottawa, Kan., was chosen to the committee along with Sterk.
San Diego State men’s basketball has sold out 72 consecutive games, while the football team went 11-3 last season, winning the season’s final 10 games and beating Cincinnati 42-7 in the Hawaii Bowl.

#Mizzou set to hire San Diego State’s Jim Sterk as next Athletic Director

August 8, 2016 By Bill Pollock

Multiple sources have confirmed to Missourinet that the University of Missouri is set to hire Jim Sterk as the school’s next athletic director. Sterk is currently the AD at San Diego State.

Sterk has been in San Diego since February 2010. Prior to his time at SD State, Sterk was athletic director at Washington State for ten years. He was also AD at Portland State from 1995-2000.

Sterk has been successful with the Aztecs. Just completing his seventh season, Sterk has overseen the most successful period of time in SDSU history. During his tenure, 50 teams have advanced to NCAA championship with 20 of those squads finishing in the top 25 at national championship events. Since 2012-13, a total of 32 Aztec teams have won conference championships.

In addition, Sterk has overseen SDSU’s success in the classroom (including record numbers of scholar-athletes and APR highs), as well as a school-record $5.6 million in scholarship donations through the Aztec Club.

The Sterk File:

PROFESSIONAL CAREER
2010 – present San Diego State Athletic Director
2000 – 2010 Washington State Athletic Director
1995 – 2000 Portland State Athletic Director
1991 – 1995 Tulane University Senior Assoc. AD
1990 – 1991 Seattle Pacific Assoc. Athletic Director
1987 – 1990 Univ. of Maine
’89-90 – Assist. AD (Finance)
CAREER HIGHLIGHTS/HONORS/ORGANIZATIONS
- 2016 NACDA National Athletic Director of the Year
- Inducted into the Western Washington University Athletics Hall of Fame Feb. 6, 2010 for his success as linebacker in their football program
- Member of the NCAA Division I Men’s Basketball Committee
- Oversaw a significant increase of the department’s operating budget from just under $20 million in 2000 to over $30 million in 2008.
- WSU Athletic Foundation membership total has doubled since 2000 and annual gifts have increased from just under $3 million in 2000 to more than $13 million in 2008.
- Pac-10 Rev. Sharing and Football Officiating Subcommittees
- In 2006-07 WSU athletics department was recognized with three national honors for their excellence in academics.
- In 2006-07 Washington State Athletics had 8 sports score points in the USSA Director’s Cup, finishing 70th nationally.
- Pac-10 Special and Ad Hoc Committees: AD Liaisons to Coaches Group, Bowl Committee, Rose Bowl Management.
- Pac-10 Men’s Basketball Subcommittees Chair
- Pac-10 Conference Executive

Jim Sterk hiring gets ball rolling on deciding future of Mizzou men’s basketball

ST. LOUIS COUNTY, MO (KTVI)- The move hasn’t been formally announced by Missouri yet, but barring something unforeseen, San Diego State officials broke the news for MU Monday night. Jim Sterk is leaving the Sunshine state to be the next Athletic Director at Mizzou, effective September 1.

The decision to bring in a widely-praised administrator like Sterk helps to bring a sense of forward motion back to an athletic department that has seemed from the outside to be a picture of instability since last fall. The move also brings into the fold the person who will be charged with deciding if Kim Anderson will remain in charge of the Tiger men’s basketball program after the upcoming season.

A few weeks ago, we mused about some of the coaching names that could be up for debate for the 2017-18 campaign—Anderson included—depending on who got the AD’s job. Sterk’s name
wasn’t included in that discussion, so many of the names speculated back then don’t make sense in a connect-the-dots sort of way now.

What does Sterk’s history tell us about his basketball coaches?

At Washington State, he inherited Paul Graham, who in four seasons went 31-79 before Sterk declined a fifth year option after the 2002-03 season. He then successfully lured Dick Bennett. Bennett’s son Tony ultimately became the head coach in waiting and took over as head coach in 2006 before leaving for Virginia after the 2008-09 campaign. After a winning run in the Apple state and NCAA runs to his credit, Tony Bennett left for the basketball-rich ACC and the University of Virginia. Since then, Bennett has earned a number one overall seed in the NCAA tourney while going up against traditional basketball blue bloods.

When Tony Bennett left WSU, Sterk hired Portland State’s Ken Bone, who posted two winning seasons in five campaigns and an 80-86 overall record. Sterk left for San Diego State before Bone was fired.

At San Diego State, Sterk inherited Steve Fisher, the longtime Aztecs coach who turned around the Aztec hoops program despite the stain of a painful NCAA investigation that prompted his ouster from Michigan. The program has been in the NCAA or NIT postseason since 2005-2006. In January, the NCAA announced it found no violations in the men’s basketball program after rumors of an investigation emerged last fall.

If I had to produce two names to watch besides Anderson at the help in 2017-18, here are two shots in the dark.

I found an interesting note within an Associated Press writeup when Sterk fired Paul Graham. Sterk said he would consult with former Washington State head coaches in the process that ultimately brought Dick Bennett there. One of those coaches was Kelvin Sampson, who’s tenure there didn’t overlap with Sterk’s. But still, there’s a relationship. Sampson has served his penance for past NCAA violations, and if Houston doesn’t gain entry into the Big 12, he could be antsy to find a Power 5 conference home.

If he can’t get Tony Bennett, what about a Bennett assistant with head coaching experience? Brad Soderberg, the former Saint Louis Head Coach, former Wisconsin interim coach and Lindenwood University Head Coach is now on Bennett’s bench. He obviously knows the area. He’d have Bennett’s endorsement, but would have to answer why he couldn’t get the Bills into the postseason during the last three years of his tenure, and how he’d plan on fend off the new energy coming from Travis Ford’s SLU program.

What, if anything does all this mean for Missouri in 2017-2018? Sterk was successful in getting the Bennetts to come to Washington, not so much in replacing them. He kept a good thing going at San Diego State. As we’ve said before, if Kim Anderson can turn things around and shows he can win and recruit what is sure to be a fertile St. Louis region over the next few years, he stays. Borrowing from Rick Pitino, I think we can safely say Tony Bennett and Steve Fisher won’t be walking through the doors at Mizzou Arena.
But at least we now know who will be charged with making that choice.

Similar stories also ran in: The Columbia Daily Tribune, The Missourian, KOMU, KRCG13, ABC17, KBIA, KMBC-TV, KCTV5, FOX4

Planned Parenthood wins attorney fees in Missouri lawsuit

Watch the story: http://mms.tveys.com/PlaybackPortal.aspx?SavedEditID=4b22c345-08b0-4b49-b5b0-2c7f4494984e

The state will need to pay thousands of dollars to Planned Parenthood for the legal work done in a lawsuit against the state.

U.S. District Judge Nanette Laughrey decided that the Missouri Department of Health and Social Services would pay $156,630.68 in attorneys fees. That will come from the Legal Expense Fund, according to Nanci Gonder of the Attorney General's Office, which battled with Planned Parenthood Great Plains, then called Planned Parenthood of Kansas and Mid-Missouri, in court. Gonder said the department was reviewing the decision when asked about a possible appeal. The state has until the end of August to file a notice of appeal.

Planned Parenthood Great Plains sued the state in 2015, embroiled in controversy with the state legislature and the University of Missouri with regards to its ambulatory surgical center license and "refer and follow" privileges for a doctor to perform abortions at its Columbia clinic. Judge Laughrey ruled in May that the state could not revoke its ASC license, after doing so last year when UM Health took away such privileges for Dr. Colleen McNicholas. So far, the Columbia facility has neither a doctor nor a license to perform abortions, but is seeking both, according to PPGP spokeswoman Bonyen Lee-Gilmore.

Dr. McNicholas will meet with UM Health this week, Lee-Gilmore said, in another attempt to gain such privileges, appealing her rejection. That will help PPGP obtain a surgical center license from DHSS. UM Health public relations manager Mary Jenkins said the Executive Committee of the Medical Staff denied her application on February 22, but could not say when an appeal would be heard.

The Missouri laws requiring such privileges and licenses will come under further scrutiny in the coming months, in part from a U.S. Supreme Court decision striking similar rules down in Texas. The
5-3 ruling called the rules a "substantial obstacle" to women seeking an abortion, and violate the Constitution. Lee-Gilmore said PPGP's legal team has looked into several avenues of action, and will bring something forward in the coming months.

"To invalidate these unconstitutional and medically unnecessary laws that place an undue burden on patients seeking safe and legal abortion in Missouri," Lee-Gilmore told ABC 17 News.

Bonnie Lee with Team PLAY, an anti-abortion group, said she disagrees with Judge Laughrey's decision for the state to pay attorneys fees to PPGP. State law makes it illegal for Missouri to use any public money "for the purpose of performing or assisting an abortion, not necessary to save the life of the mother, or for the purpose of encouraging or counseling a woman to have an abortion not necessary to save her life." It's unclear whether attorneys fees constitute as such, but Lee said the licensing and admitting privileges laws should stay in place.

"Those women should be safe," Lee told ABC 17 News. "And just like any other clinic that does surgical procedures, those women should know that it meets basic safety requirements."

While the Columbia facility remains open for other reproductive services, it cannot perform abortions. Planned Parenthood's St. Louis facility is the only in the state providing abortions, with PPGP providing that service in Overland Park and Wichita, Kan. Lee said Missouri's laws stand a good chance at surviving any court battle, after a state committee claimed numerous medical concerns at Planned Parenthood's current operations in the state.

**A Planned Parenthood doctor is expected to meet with University of Missouri health officials this week.**

"Even if that is the choice that they make, they can do so knowing that they will be cared about," Lee said.

The latest version of the Missouri budget came with an amendment to end Medicaid reimbursements for healthcare providers assisting in abortions. Gov. Nixon said that would require federal approval, and anticipated any change would happen in 2017.

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**New MU Program Making an Effort to Provide Equal Opportunities to Go to Medical School**
The State Historical Society of Missouri has revealed conceptual drawings of a planned $35 million research center and museum.

*Columbia, MO. - The State Historical Society of Missouri has revealed conceptual drawings of a planned $35 million research center and museum.*

The three-story Center for Missouri Studies will house museum galleries on the first floor and collections of manuscripts and newspapers set aside for researchers on the second floor, according to The Columbia Daily Tribune (http://bit.ly/2b1k7vd ). The third floor will house the society's administrative offices.

The construction of the building is being funded by state revenue bonds.

Society director Gary Kremer said the new center has adopted the symbol of the confluence of the Missouri River and Mississippi River to guide the center's design. The conceptual drawings were unveiled Thursday, and schematic design drawings have been approved by the executive committee of the historical society's board of trustees.

"This came out of endless conversations — repeated conversations between the staff and the architects," Kremer said. "There were lots of brainstorming discussions of 'What does this building mean?' and 'What message do we want to send?' "
The new building will have two front doors, with one facing south toward the University of Missouri and the other facing north toward downtown Columbia.

The society was founded in 1898 and is the trustee of state historic records. It is currently located on the ground floor of Ellis Library.

Society board president Stephen Limbaugh said the society's facilities for many documents and items from its art collection "have been woefully inadequate for decades."

Audit finds millions missing in student loans

JEFFERSON CITY, Mo. — Hundreds of Missouri college graduates still don't know how much they owe on taxpayer-subsidized loans, according to a report released Monday.

State Auditor Nicole Galloway said the Department of Higher Education can't account for $5.2 million in loans under the Advantage Missouri program. The program provided more than 2,000 college students with loans between 1998 and 2005. The state agreed to forgive the loans if the students agreed to work in a high-demand field after they graduated. Galloway said the department never told the graduates how much money they owe, or if any portion of their loans was forgiven. That's because the department lost track of who owed how much.

"About 65 percent of those borrowers, the Department of Higher Education doesn't know if that money was due back, or if those loans should be forgiven," she said.

Since the department didn't track the loans, Galloway said state officials have no way of knowing if the program worked as intended. Moreover, she said the outstanding loans could hurt the students who took them.

"If you're a student who has received a loan, has not heard from the Department of Higher Education, doesn't know the status or the repayment of your loan, and then all of a sudden starts
to get notices that you owe payments, that could affect your personal financial status, that could affect your credit score," she said.

The department said in a statement it agrees with Galloway's findings. It said providing forgivable loans is a labor-intensive process, and state lawmakers never provided funding for the number of staff needed.