Salmonella may hold the key to targeting cancer cells

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Generated from News Bureau press release: 50-year-old bacteria could be alternative treatment for cancer

Salmonella has a reputation for being a particularly aggressive illness-causing bacteria, but it turns out it may not be all bad.

Scientists from the Cancer Research Center and the University of Missouri believe it could hold the key to targeting cancer cells while leaving the healthy ones alone.

Among Salmonella's unique attributes is the ability to crash through barriers around cells and multiply.

The team used this to its advantage by using a 50-year-old salmonella sample to create a non-toxic strain with enhanced skills in locating and obliterating cancer.

The modified version was then injected into the circulatory systems of mice suffering from prostate cancer.
Robert Kazmierczak, one of the researchers, said, "We found that the mice tolerated the treatment well and when examined, their prostate tumors decreased by about 20 percent compared to the control group."

He also commented, "The goal of this treatment is to develop a bacterial vector that can destroy the tumor from the inside out and reduce the amount of side effects endured by patients with cancer."

Paducah, KY

MU Researchers Discover Fracking Chemicals May Impact Fertility

Generated from News Bureau press release: Exposure to Chemicals Released During Fracking May Harm Fertility

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Marc Lamont Hill discusses campus climate, MU protests at panel

ISABELLA ALVES, Oct 29, 2016
COLUMBIA — **Professor and author Marc Lamont Hill** moderated a discussion about racial climate at MU and the lasting events of last year's campus protests to a passionate audience Friday evening.

The event, "Race & Social Justice: #OneYearLater," was held at the Anheuser-Busch Natural Resources Building’s Conservation Auditorium. Stephanie Shonekan, director of the Black Studies Department at MU, opened the event by describing it as a reflection on last year's protests at MU.

MU Chancellor Hank Foley and MU Provost Garnett Stokes were among the crowd at the event, organized by the Department of Black Studies and Concerned Student 1950 member Marshall Allen.

The event started at 5 p.m. with performances by the Legion of Black Collegians Gospel Choir, the Indie Poets, Phi Mu Alpha Sinfonia and Talking Drum. Songs such as “Imagine” by John Lennon and “Lift Him Up” by Hezekiah Walker were carefully selected to reflect the event’s focus on race, diversity and inclusion.

Hill began his speech at 6 p.m., opening by saying Missouri has always been a key state in the discussion of social justice.

"You can't talk about justice without talking about Missouri," Hill said, citing events from the Civil War all the way to the 2014 shooting death of Michael Brown in Ferguson, Missouri, and the 2015 MU campus protests.

Hill called Brown’s death a "spectacle lynching" and an example of state violence. "They left him out there like he ain’t belong to nobody,” Hill said.

Hill criticized public education as another breeding ground for state violence. He said college brochures looked like “GAP commercials” with either no diversity or posed diversity, and that there wasn't enough diversity among students and faculty.
Hill praised the group Concerned Student 1950 for its role in the MU protests and encouraged student protesters not to limit themselves to the free speech zones set up by MU. “I want y’all where they don’t want y’all,” Hill said to heavy cheers and applause. The atmosphere became energetic as Hill led a chant, shouting “If y’all don’t get it” with the crowd responding “shut it down.”

Panel takes questions

The line to ask questions stretched halfway down the auditorium rows during the panel after Hill's opening speech, which included MU professors and members of Concerned Student 1950, with Hill moderating. Many questions dealt with the intersectionality between issues faced by different minority groups.

MU student Maha Hamed said that as a black Muslim woman she often struggled with how to build bridges between different minority groups she was a part of, and she asked for the panel's opinion.

Traci Wilson-Kleekamp, who is the leader of Race Matters, Friends, said that the group focused on the intersection of different race issues, and she encouraged Hamed to join. Hill noted that Hamed's problem has been relevant for some time, noting that activist Malcolm X faced the same struggle as a black Muslim.

MU student Paula Herrera-Gudiño asked what to do about discrimination against Latinos in the community. She said she felt the focus on divisions between white and black people often left other minorities out of the conversation.

Panel member and assistant professor of journalism Cristina Mislan responded that all minorities in America are “fighting against the same system.” Panel member and assistant professor of educational leadership Amalia Dache-Gerbino noted the struggle of Native Americans highlighted by protests against the Dakota Access Pipeline in Standing Rock, North Dakota.
In his speech, Hill said if students could take away one lesson from the event, it would be that “there are too many people that don’t do anything.”

Hill said he encourages students to hope, because to hope means to acknowledge that things are bad and need to change. Hill said his hope was that students would “make the world better than we found it.”

Panel recalls MU campus protests, administrative changes one year later

Abigail Hollis recalls in vivid detail the moment she and fellow activists with the group Concerned Student 1950 blocked the University of Missouri Homecoming parade last fall to confront then-UM System President Tim Wolfe for failing to address a series of racist and anti-Semitic incidents on campus.

Not only did Wolfe seem disinterested in hearing their concerns, but many in the parade crowd used the trademark “M-I-Z, Z-O-U” chant “to drown us out,” Hollis said.

“That was one of the most clear moments to me that we were ‘other’ in this community,” she said, adding that Columbia police “strong-armed us and threatened to pepper spray us.”

The Homecoming parade encounter eventually spurred protests that cast the national spotlight on MU, led to Wolfe’s resignation and sparked protests and demands for racial and social justice on other college campuses.

Hollis recounted her experience on Friday during the event “Race & Social Justice: #OneYearLater” in the Conservation Auditorium at MU. The celebration and panel discussion featured Marc Lamont Hill, an author and academic who praised the Concerned Student 1950 protesters as the vanguard of a movement to combat racism and social injustice. Hill, a distinguished professor of African-American studies at Morehouse College in Atlanta, is the host of BET News and VH1 Live, and a political contributor for CNN.
He said the MU protests were “transformative actions” that were energized by the “transformative moment” a year earlier in Ferguson with the death of Michael Brown, a black teenager shot by a white police officer.

Hill, who was in Ferguson the day after the shooting, did not mince words in calling Brown’s death a “murder” and “a 21st century lynching.”

“He laid out there for four and a half hours, as a spectacle,” Hill said. “They left him out there like he didn’t belong to nobody.” The sense of “nobodiness” was a collective feeling that galvanized and mobilized protests for social justice, he said.

Hill listed several cities where black men have been killed in police encounters, including Baton Rouge, La.; Baltimore; St. Paul, Minn.; and New York.

“We’ve got a lot of work to do ... to make America as good as its promise,” Hill told Friday’s gathering. He also criticized public school systems that have “failed” minorities — including Brown — and insisted that “the only public housing we’ve invested in in the last 50 years is the prison.”

Hill led a panel discussion and question-and-answer session with attendees about how to actively promote social justice and maintain the momentum of last fall’s protests.

Maxwell Little, a panelist and member of Concerned Student 1950, said activism already was occurring before the group decided to stop the Homecoming parade last fall. He also initiated a petition drive to have a statue of Thomas Jefferson removed from campus.

“It’s everybody’s issue,” Little said, calling Jefferson a “rapist” for impregnating some of his 160 slaves. He said the continued presence of the statue is counter to the university’s effort to combat sexual assault on campus.

Little also called for students and faculty to challenge a more than 30-page draft document governing free speech on campus.

Hill said Little was following the edict to “ask dangerous and counterintuitive questions” and “to imagine a world that is not yet.”

“It’s up to us to figure out what kind of community we want to be,” Hill said, adding that one of the best steps to seeking and achieving justice was already occurring “when we commit to listening to each other.”
MU hosts discussion one year after racial tension on campus

COLUMBIA - The University of Missouri invited Dr. Marc Lamont Hill to speak and facilitate discussion about the racial climate of MU's campus on Friday evening.

The event was titled, "Race & Social Justice: #OneYearLater" and was open to everyone to discuss and reflect on racial tension on campus, particularly the events that happened in fall 2015.

The Legion of Black Collegians' Gospel Choir, Indie Poets, Talking Drum and Phi Mu Alpha Barbershop Quartet performed before the discussion.

Chair of Black Studies Dr. Stephanie Shonekan said everyone was asked to wear "Mizzou attire" to emphasize the community aspect of the event.

"We wanted to do this event because we recognized that a year had gone by, and we wanted to keep the memory of all the hard work our students had done in our conscience," Shonekan said.

Darneisha Coleman, a member of Concerned Student 1950, said major movements always assess their progress at a certain point, usually at one year, and the community wanted to look at the progress and what still needs to be done during this discussion.

"I think it's important that we have Dr. Hill here to give us some outside perspective. As an outsider looking in, he will help give us some new perspective," Coleman said.

Hill started his speech by remembering Mike Brown and others who have died in police shootings.

"We also have to look at the forms of violence we experience every day," Hill said.

He said he wanted the discussion about race to continue, but also to remember and reshape the image of the events that happened last year.
"We want to understand the past, but not be prisoners of the event," Hill said.

"We wanted to reframe the narrative and make sure that we tell a story of good work for this campus, for all of us. We feel that looking back at the past can be helpful," Shonekan said.

Before the discussion, Coleman said she hoped they would talk about the difference in response times to racial incidents on campus.

"The difference between the university's response last year during the Payton Head incident, it took them way too many days to respond, and this year's incident with Delta Upsilon they responded almost immediately. So I think that it's important to look at the two incidents a year later and examine the progress that has been made," she said.

Several faculty members, former students and current students joined in on the discussion.

Filming was not allowed during the discussion part of the event.

**MU students, faculty discuss ways to move inclusion forward**


COLUMBIA, Mo. - Prominent sociologist and television commentator Marc Lamont Hill gave the hundreds of people in the Anheuser-Busch Natural Resource Center - create chaos or community.

Hill moderated a panel of several students and faculty, both current and former, for the Department of Black Studies' "One Year Later" event Friday night. The night featured music and poetry from students, then a speech from Dr. Hill, who encouraged people to keep the fight for inclusion on campus, even if they wouldn't be the immediate benefactors of it. He likened it to the struggles everyone's ancestors made to leave a better world for them.

"They didn't know what you were going to be, they knew that you were going to be," Hill said. "And that was enough for them."
The event comes a year after black students protested and organized action to highlight racial incidents on campus, and demand a stronger response from administration. It led to the resignation of then-UM System President Tim Wolfe, and Chancellor R. Bowen Loftin stepping away from the position for a different one within the system. Since then, students, including members of the group Concerned Student 1950, have demanded the school continue to work on greater faculty diversity and retention of minority students.

MU hired its first Chief Diversity Officer this year in Dr. Kevin McDonald, and dedicated $921,000 for programs like "a campus climate survey, additional training for campus and system administration, as well as students, and mental health support," according to the UM System news release in February.

Dr. Stephanie Shonekan, head of the Black Studies department, felt Hill's message of community over chaos was important for the group to hear. The woman of Nigerian and Trinidadian descent went to school and taught in the Midwest for most of her professional career. She said last year's events at MU showed her the reality of how people reacted to discussions about race, and felt the school was making progress on a more inclusive environment.

With last fall's events coming to a year anniversary, many will remember the protests that filled Carnahan Quadrangle, and the media frenzy attempting to cover it. Shonekan said it was important to hold an event that avoided framing the protest as just a handful of students trying to cause trouble.

"What really happened is that there were some really thoughtful students who said, 'You know, in 2015, it is time to demand that we have a campus where we are all wanted, and we are all welcome and we all feel comfortable to call it home,'" Shonekan explained to ABC 17 News.

Hill told the audience a diverse faculty was important to fostering comfort for all walks of life on campus. He encouraged everyone, too, to listen to everyone's stories of "everyday racism" that may occur, and said hearing of those experiences can help others understand the importance of inclusion.

However, faculty from across disciplines continue to meet on creating ways to foster social justice on campus. Shonekan said while they may not know the exact direction yet, events like Friday's keep them moving.

"Actually, there is space for every voice, for every type of identity that exists in the United States and certainly here at the University of Missouri," she said.
Can Facebook prevent racial discrimination in targeted advertising?

With the use of a category called “ethnic affinities,” Facebook allows its advertisers to exclude specific racial groups when placing housing ads on its portal, a ProPublica investigation revealed on Thursday.

The nonprofit investigative news organization illustrated how Facebook approved within 15 minutes an ad it submitted for a "renter event" that explicitly excluded African Americans. The Facebook ad was allowed to go through despite being illegal, according to a lawyer ProPublica contacted, under the Fair Housing Act of 1968 that prohibits any advertisement with “respect to the sale or rental of a dwelling” that indicates “preference, limitation, or discrimination” on race and other categories.

"There's a part of the Fair Housing Act that makes it illegal to have discriminatory advertising. That part applies to both the person taking out the ad and also the publisher of that ad," Rigel Oliveri, professor of law at the University of Missouri told USA Today. "It's not just hosting the ad. It's encouraging and providing the advertisers with the ability to exclude people based on their race and ethnicity,"

While critics call the targeting tool racist, the use of ethnicity in targeted advertising is typical for internet companies, particularly social media behemoths such as Facebook which have a huge vault of data about users’ demographics, location and preferences. It’s a fine line companies have to walk in connecting sellers to interested customers while at the same time, avoiding misuse of the tools to promote exclusion.

Facebook’s head of US multicultural sales, Christian Martinez, outlined the balance in response to ProPublica’s investigation on Friday. He explained why some advertisers may only want to reach to a certain group, citing the example of "a merchant selling hair care products that are designed for black women."

But not all examples are that innocuous, he acknowledged. "There’s also negative exclusion – for example, an apartment building that won’t rent to black people or an employer that only hires men," Mr. Martinez wrote. "Our ad policies strictly prohibit this kind of advertising, and it’s
against the law. If we learn of advertising on our platform that involves this kind of discrimination, we will take aggressive enforcement action."

The Fair Housing Act was originally enacted because many African-American and Hispanic families couldn’t purchase or rent homes in areas because of their race.

The dangers of targeted advertising veering into potential racism showed up in the 1970s, for example, when many agencies made advertisements using racial stereotypes. More recently, studies have found more tobacco and junk food advertisements targeted at African-Americans and Latinos than white people.

With advertising generating nearly all of Facebook’s revenue, and targeted advertising being one of Facebook's main selling points, the company clearly struggles to vet all submissions and filter out those that violate its policies.

Mr. Martinez admitted that they "often aren’t in a position to know the details of an apartment rental or job application," but said Facebook will take down an ad if "the government agency responsible for enforcing discrimination laws tells us that the ad reflects illegal discrimination."

Doing the vetting by themselves, however, is not unfeasible. As ProPublica points out, The New York Times put a system in place to prevent discriminatory housing ads back in 1993, (after the newspaper was successfully sued under the Fair Housing Act) using an automated program that detects discriminatory code words such as "whites only," "no kids," or "near churches." Human reviewers also go through the ads before publication.

Another solution might just be to avoid exclusion. As Jerome Williams, professor and provost of Rutgers University-Newark tells The Christian Science Monitor in a phone interview, the original purpose of targeted advertising was not to "exclude other groups" but to "concentrate your message to a particular group."

"Because of technology, you can prohibit certain people from viewing it. That becomes risky," Prof. Williams says. "I think you want to avoid those type of strategies."

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**In Defense Of Steady-State Cardio**

With the fitness world drowning in a sea of praise for high-intensity interval training, it’s hard to remember that other workout methods exist. HIIT has turned out to be pretty ideal for burning
maximum calories in minimal time. And once you learn the quickest, most efficient way to get something done, it’s hard to look back. We get it. But focusing only on short, intense workouts and ignoring longer, lower-intensity ones may actually be sabotaging your goals—whether they’re centered on weight loss or strictly focused on athletic performance.

Lower-intensity exercise that you can do for a longer period of time is called “steady-state cardio.” It’s a type of aerobic exercise. “Steady-state aerobic exercise refers to an exercise intensity that results in a relatively stable heart rate and oxygen consumption,” Steve Ball, Ph.D., associate professor of nutrition and exercise physiology at the University of Missouri, tells SELF. “In simple terms, it is ‘slow long distance,’ and for years has been the formula for weight loss because it can be performed indefinitely and almost every day,” he explains. The best example of this is a 60-minute jog—no hills or sprints, just chugging along at the same pace for an hour.

The key during steady-state cardio is to get your heart rate to a moderate level. “That means under 145 (beats per minute), and ideally around 135 or 140,” for most people, Andrew Kalley, founder of Kalley Fitness and NYC-based triathlon coach and personal trainer, tells SELF. Based on your rate of perceived exertion, your efforts should fall at about a 6 on a scale of 1 to 10 during steady-state workouts.

Steady-state cardio has its place in a well-rounded workout routine, but it has its downfalls, too. Here’s what you need to know.

Building endurance means “training your body and your energy system to function for a longer time frame,” Kelvin Gary, owner and head coach at Body Space Fitness in NYC, tells SELF. “This, over time, will increase your body’s capacity to do work.” When your heart rate is stable throughout a cardio session, you’re able to push yourself longer before you get all tuckered out. (HIIT will also help improve your endurance, but you’ll reach your limit much quicker with these intense workouts.) As your muscles are challenged over a sustained period of time, the mitochondria—parts of your cells that mediate respiration and energy production—grow in number and size. This makes your muscles more efficient at using oxygen. Steady-state cardio also causes certain cardiovascular adaptations, which make your heart stronger and better equipped to do its job through long bouts of physical activity.

Building endurance is important for athletes of all levels, because it helps you push through workouts and is good for heart health. But endurance is critical for those who are training for a race—you’re not going to make it 6, 13, or 26 miles without it. If you’re following a training plan, you’ll notice long runs sprinkled amongst the shorter, quicker ones, exactly for this purpose.

Lots of people hate the idea of running at all, let alone for an extended period of time. Fortunately, if you’re not into hitting the track, you can get the same moderate-intensity cardio workout from plenty of other activities. Riding a bike, jumping rope, using a stair-climbing machine, or even spending some time on a rowing machine all work, too. You can really turn any cardio activity you like into steady-state if you keep tabs on your heart rate and keep it consistent. “The key is it actually being steady and aerobic where it’s conversational”—that is,
your breathing is controlled enough that you can hold a conversation—“and the heart rate is relatively low,” Kalley says. “You can’t do five or six days in a row of high-intensity exercise,” Kalley says. “If you’re doing HIIT all the time, it’s just too much stress on your body, and it’s going to break you down. Some people will hit a wall and need to take days off, but for others it may mean injury or getting sick,” he explains. You may even start to see diminishing returns, meaning any progress you’re making will begin to slow down and eventually stagnate—as your body gets tired out, your workouts will become weaker, slower, and less effective. When you’re overworked, the work you do put it isn’t going to be quality anymore.

Instead of going hard every time you work out, try to alternate high-intensity days with steady-state ones (or even a full-out rest day). As a rule of thumb, Kalley says you shouldn’t do more than two legitimately hard workout days in a row. Giving your body time to recover in between allows you to come back even stronger on the harder days. Steady-state cardio is a great choice for those who don’t want a full day of complete inactivity but know they need to give the body a break.

“Daily exercise at a low intensity so that you can do it for an extended period of time equals max calorie expenditure over the long haul,” Ball says. But the reality is that HIIT burns more calories in a shorter time period. Kalley adds that your body is less likely to adapt to high-intensity workouts, which can mean bigger changes. “When we talk about someone who’s trying to lose weight or get fit, there’s no doubt that HIIT gets you the most bang for your buck,” he says. Ball also notes that the afterburn effect is stronger after HIIT workouts than it is after steady-state “so you burn some extra calories after the exercise bout.”

Steady-state cardio also won’t help you put on the lean muscle you need to rev up your metabolism and aid weight loss. “You need to maintain a good level of muscle mass [to lose weight], which usually does not occur with doing just steady state cardio,” Gary says. Many HIIT workouts include resistance training, either with added weights or simply bodyweight moves. But steady-state cardio is still crucial to include in your routine because it keeps you actively moving, burning calories, and conditioning your heart so it’s prepared for all types of activity. No, the calories won’t burn off as quickly, but incorporating steady-state cardio into your weekly workouts gives you the ability to still move and break a sweat on recovery days instead of taking a day off completely. Moving more burns more calories over time.

Whether you’re trying to lose weight or are gearing up for a triathlon, combining HIIT and steady-state workouts is the best way to keep challenging your muscles and improving your fitness. Too much of either workout can lead to overuse injuries and burnout.

By incorporating both training styles into your weekly fitness routine, you’ll train your cardiovascular system to work efficiently at all different levels of intensity, maximize calorie burn, and increase your overall endurance.
Bill Gates and NY Met David Wright See Money in Meatless Venture

By Jade Scipioni Published October 31, 2016

Tech billionaires and star athletes alike are going meatless, both in terms of their diets and their investments, thanks to a California-based startup.

“The opportunity to invest in a food company with a mission to positively impact the food industry and our planet for future generations was one that, as a new father, really excited me,” New York Mets captain and third baseman David Wright tells FOXBusiness.com.

Wright, alongside other big investors like Microsoft (MSFT) co-founder Bill Gates, Twitter (TWTR) co-founder Biz Stone and most recently Tyson Foods (TSN), the world’s largest producer of meat, are backing Beyond Meat.

“We’re still meat. It’s just meat directly from plants. Think of it as an innovation in meat essentially,” Ethan Brown, co-founder and CEO of Beyond Meat, tells FOXBusiness.com.

Brown started the company in 2009 after he licensed technology from professors at the University of Missouri who were able create meat directly from plants by running the matter through a biological system.

“What we have done is figure out a way to take those same type of materials from plants and run them through a process of heating, cooling and pressure to create a piece of meat. So, you’re getting essentially the same things in terms of proteins, fats and water but it’s coming directly through a system that comes from plants versus going through the animal,” he adds.

And, while the outcome is the same — so is the taste, says Brown, “Minus all the cholesterol, hormones and other ‘junk’ found in meat products.”

A Beyond Burger patty has 20 grams of protein, 25% iron, 5 grams of saturated fat and no cholesterol — with a total of 22 grams of fat and 290 calories per patty. Animal-based beef meanwhile has 19 grams of protein, 12% iron, 9 grams of saturated fat and 80 milligrams of cholesterol — with a total of 23 grams of fat and 287 calories per serving.
“That’s why we have a lot of athletes that are endorsing our products for us. It’s such a clean source of protein,” says Brown.

Alternative proteins are needed not only for certain health issues, but also for environmental ones.

The “Livestock’s Long Shadow” report, which was conducted by the United Nations Food and Agriculture Organization in 2006, estimated that 18% of the annual worldwide greenhouse gas emissions (GHGs) are attributable to cattle, buffalo, sheep and other poultry. But in 2009, the Worldwatch Institute released a new calculation by Jeff Anhang and Robert Goodland that found that the livestock sector was tied to 51% of GHGs.

And, with the growing population expected to reach 9.7 billion in 2050, the demand for meat will double.

Bill Gates, who is the first to admit that hamburgers are one of his favorite foods, says he became an investor because “we need more options for producing meat without depleting our resources.”

Brown says that’s one of the reasons that he decided to team up with Tyson Foods even after receiving backlash from some of his early supporters.

“What we are doing is looking at changing the food system and for me my motivation is to try to get plant-based meats on as many plates as I possibly can and I believe Tyson can help me do that. And, the people that are hung up on large corporation versus small corporation etc., need to look past that and work together to try to solve the bigger issue,” adds Brown.

MU researchers attempt to minimize dining hall waste

Generated from News Bureau press release: New Food-Ordering Formula Could Lead to Less Food Waste in Buffet-Style Restaurants

MU researchers hope to adopt their findings about the environmental costs of food waste in campus dining halls following months of research conducted by two MU professors and a doctoral student. The researchers concluded that animal-based products have a substantially higher environmental cost relative to plant-based foods.

“The dining halls can implement my program,” doctoral student Esma Birisci said. “Right now, we are only working with the Mark Twain dining hall, but I hope that all the dining halls can implement my findings.”
Assistant professors Ron McGarvey and Christine Costello, along with Birisci, decided to take an alternative approach toward the issue of environmental cost and focus on food waste with their research.

“In this study, we focused on the environmental cost of wasted food, not the environmental cost of food that is consumed,” McGarvey said.

The data produced provides insight into the real production costs, which go beyond the simplicity of a price tag. Plant-based products, such as corn or apples, have a relatively low environmental cost. However, meats and other animal-based products have substantially higher costs attributed to their production.

The reason for the difference between animal-based and plant-based costs lies in the steps taken to produce such products. In the case of vegetables, fruits and other plant-based products, the cultivation process is a relatively simple one. Most of the input needed to grow the aforementioned goods are natural resources, such as sunlight and water. Animal-based products, on the other hand, follow a more resource intensive agenda.

To explain this issue, McGarvey used beef, one of the most resource-intensive animal products, in a scenario.

“Whenever you throw away a pound of beef, you aren’t just throwing away the food,” McGarvey said. “It’s useful to think about the resources which were needed to produce that pound of food. You had to feed the cow and grow it over its life. So you had to grow so many pounds of corn, and to grow the corn you needed to use fuel and fertilizer; once the cow leaves the farm, there are a whole other set of resources and everything else you needed to process the cow into meat for consumption.”

These findings lead to a simple conclusion: The waste of animal byproducts has the potential to place a substantial strain on available resources. Such feedback has resulted in the heightened motivation to start making changes in the all-you-care-to-eat dining halls found on campuses nationwide. At MU, solutions to excessive food waste have begun to be developed.

McGarvey said solutions for reducing waste include providing smaller plates in dining halls and posting signs which encourage students to take only as much food as they plan to eat. While he said these changes have been beneficial, there is still more the group wishes to accomplish.

A more formal and permanent solution to the issue has been the focus of Birisci’s research over the past couple of years. She has spent the past months crunching numbers and sorting through the data to find a solution.

With a final wrap-up of the study’s findings coming in early December, the two members of this research team are hoping for more thorough consideration when it comes to filling up a plate in dining halls.
MU School of Medicine associate dean steps down, replacement named

TAYLOR BLATCHFORD, Oct 29, 2016

COLUMBIA — Rachel Brown, associate dean for student programs and professional development at the MU School of Medicine, stepped down from her position on Friday.

Brown oversaw admissions, student services and curriculum initiatives in the position, which she has held since 2006. School of Medicine spokeswoman Mary Jenkins said Brown will retain her position at the medical school as a professor in the Department of Psychiatry.

Laine Young-Walker, an assistant professor of clinical psychiatry in the Department of Psychiatry, will fill the associate dean position beginning Tuesday, Jenkins said. Young-Walker graduated from the MU School of Medicine in 1997 and joined the Department of Psychiatry faculty in 2009.

Young-Walker is chief of the division of child and adolescent psychiatry and a member of the MU Faculty Council Committee on Race Relations. She will step down from her position as vice chair of the Department of Psychiatry when she takes her new position on Tuesday.

Jenkins declined to comment on the terms of Brown’s transition, citing the school’s policy of not discussing personnel matters.

The School of Medicine's most recent accreditation report in June flagged problems with its diversity and treatment of students. The school must submit an action plan to the Liaison Committee on Medical Education by December detailing the steps it will take to improve.
“Together with her colleagues in the Office of Medical Education and the entire School of Medicine, Dr. Brown has worked hard to address these issues, and the School of Medicine has made significant progress in these areas,” Jenkins said.

University of Missouri Board of Curators Set to Meet

Watch the story: http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=83d2a002-94d7-45b1-b9d9-ef73f8b40815

The Bumpy Road to Free College

To make it happen, the federal government and the states might have to work together — like they did to build the interstate highways

By Karin Fischer OCTOBER 30, 2016
You might have heard — Hillary Clinton has a free-college plan.

Plenty of ink has been spilled on the Democratic presidential nominee’s proposal to cover in-state tuition at public colleges for families making up to $125,000: Is it too generous or not generous enough? What might it mean for private institutions? Is it DOA with Republicans in Congress?

Less remarked upon is the plan’s most radical feature, which also happens to be the bedrock on which the entire proposal rests. And that’s a new way that states and the federal government would have to work together.

The Clinton blueprint, one of several plans circulating to make tuition or all college costs "free" or "debt free," breaks with more than four decades of financial-aid policy, in which assistance flows directly from the federal government to students and their families. Instead it would send federal dollars — $450 billion over 10 years — to the states to subsidize tuition for low- and middle-income students. States would have to kick in some of their own money to cover the costs and agree to hold down tuition increases.

To the extent that the idea of a federal-state partnership has gotten attention, it’s largely been skeptical. The federal government has historically shown deference to state and institutional autonomy when it comes to higher education. Partisan gridlock in Washington has held up all but the most anodyne bills, and even if the proposal made it through Congress, statehouses are hardly friendly terrain. Republicans currently hold 31 of 50 governorships; in 30 states, they control both the governor’s office and the state legislature. Plus, Ms. Clinton has to get elected.

"What makes for a great campaign slogan," says John R. Thelin, a historian of higher education at the University of Kentucky, "can be a governance nightmare."

But advocates say the only way to really make college affordable is to ensure that states have, in the Clinton campaign’s own words, "skin in the game." In the current system, supporters argue, there’s nothing to prevent states from cutting higher-education funding. They know that colleges can raise tuition. And they know that when they trim budgets, federal aid will make up the difference, at least in part. As a result, the price of college has steadily risen, while state support has tumbled.

That’s where the partnership between the federal government and the states comes in.
"It’s not the sexy part of the proposal," says F. King Alexander, president of the Louisiana State University system, "but it’s the most important part."

For higher education, a federal/state approach represents a profound shift. Any additional funds channeled through the states would almost certainly come with regulatory requirements, the type that colleges have long dodged. No one has spelled out just what those demands would look like — or how they might change the relationship between the federal government, state lawmakers, and individual institutions.

But there’s a precedent for using a partnership to tackle ambitious policy goals. Exactly 60 years ago, the federal government and the states came together to meet another great challenge: build more than 40,000 miles of interstate highways, crisscrossing the country. That collaboration — how it succeeded and where it failed — might offer a primer on the pitfalls and the promise of Ms. Clinton’s free-college plan.

The story continues: http://www.chronicle.com/article/The-Bumpy-Road-to-Free-College/238217