Struggling with stress? Then have a probiotic yoghurt: Experts say they could relieve anxiety in humans

By STEPHEN MATTHEWS FOR MAILONLINE

Generated from News Bureau press release: Common Probiotics Can Reduce Stress Levels, Lessen Anxiety

Eating probiotic yoghurts could help to cure stress and anxiety, new research suggests.

Beneficial live bacteria that are introduced to the body have become increasingly popular as a way to improve gut health.

But the benefits of products like Yakult and Activia yoghurts could spread much further than just promoting a healthy digestive tract, scientists claim.

Despite being tested on zebrafish, experts say the findings could be replicated in humans in future.

Researchers at the University of Missouri tested how the animals behaved after doses of a common bacteria found in probiotic supplements.

In the first study, scientists added it to tanks that housed the animals. Other tanks received no probiotics.

They then introduced human-like stress to both groups by draining small amounts of water from the tank and overcrowding, replicating isolation and overcrowding.

Gene pathways were then analysed, allowing scientists to discover those who had probiotics showed a reduction in stress.

Lead researcher Daniel Davis said: ‘By measuring the genes associated with stress and anxiety, our tests were able to predict how this common probiotic is able to benefit behavioral responses in these fish.'
'Essentially, bacteria in the gut altered the gene expression associated with stress- and anxiety-related pathways in the fish allowing for increased signaling of particular neurotransmitters.'

To test their theory further, the researchers measured the movements of fish in their tanks using computer measuring and imaging tools.

Despite being tested on zebrafish, experts say the findings could be replicated to help relieve humans of stress in future.

Previous studies of fish behavior have found those that are stressed tend to spend more time at the bottom of their tanks.

Once the fish were administered probiotics, they tended to spend more time toward the top of the tanks - showing less signs of anxiety.

Study co-author Aaron Ericsson added: 'Using zebrafish, we've developed a relatively inexpensive platform for testing of other species of bacteria and probiotics and their potential benefit on different systems of the body.

This comes after research earlier this year found a daily dose of probiotics could help to ward off type 2 diabetes.

While US scientists found probiotic yoghurts may be able to reverse some symptoms of autism.

Radio news service broadcast on 400 radio stations in 13 states

EXERCISE TRACKERS – DO THEY HELP?

Generated from News Bureau press release: To Beat Holiday Weight Gain, Create a Plan Ahead of Time

Listen to the story: https://brownfieldagnews.com/healthy-living/exercise-trackers-help/

Tools for maintaining and losing weight — do they work? Steve Ball, an associate professor of nutrition and exercise at the University of Missouri,
says exercise tracking tools can be helpful…but often the newness wears off. He says it all comes down to calories in and calories out.

Campus carry issue will be back for 2017, despite colleges' opposition

By Ashley Jost • St. Louis Post-Dispatch, Nov 21, 2016

ST. LOUIS • With a Republican super majority in the Legislature and a newly elected Republican governor, Missouri colleges can probably expect the push for concealed carry on campuses to go all the way in 2017, despite opposition from all 13 public four-year universities.

Missouri is one of more than a dozen states that considered campus carry in 2016. Ten others have adopted similar laws.

Missouri law currently prohibits concealed firearms at higher education institutions “without the consent of the governing body” of that college, the exception to the rule being university law enforcement officers.

At least four bills introduced between the Missouri House and Senate in 2016 would have changed that statute. One version, sponsored by Rep. Jered Taylor, R-Nixa, that would have allowed full-time employees and faculty, but not students, to have firearms on campus, was later attached to a wide-ranging gun bill. The measure was removed just before the bill passed.
The larger gun bill, which was vetoed by the governor and overridden by the Legislature, allows residents to carry a concealed gun without a permit, among other things.

The campus carry issue has appeared for at least the last three years in Missouri.

A joint report published in January by the National Association of Student Personnel Administrators and the Education Commission of the States outlined the history of campus carry nationwide.

The report points to the 2007 mass shooting at Virginia Tech as a potential catalyst for campus carry discussions in many states. It also shows that 18 other states moved to ban firearms on campuses statewide. However, eight of those still allow guns in locked cars parked on university property.

**Bringing it back**

Taylor told the Post-Dispatch that he planned to bring back the campus carry bill in “a similar form” to what he ended with last session. That final product included a few “compromises” he said he made with college leaders.

For example, the final product would have prohibited guns in dormitories, college-run hospitals, science laboratories and administrative buildings where disciplinary action might take place.

“I believe it’s important because we do have a right through the second amendment,” Taylor told the Post-Dispatch, explaining why he supports the bill. He added that it was extra important considering the “increase of sexual assault and violent crimes” on campuses.

“We shouldn’t take someone’s rights away because they stepped across the street and onto a college campus,” Taylor said. “Overall, I think it’s about personal responsibility and personal safety.”

**The opposition**
Taylor said the willingness of higher education leaders to work with him on last year’s campus carry bill was invaluable.

Among those leaders was Paul Wagner, director of the Council on Public Higher Education in Missouri, an organization that represents all 13 of Missouri’s public four-year universities.

Unlike most issues, all of the campuses “are in agreement that open carry of handguns is not a good idea,” Wagner said.

State law allows state university boards, which are appointed by the governor and approved by the Legislature at every public four-year college, to decide whether they want to allow firearms on campus. All 13 have decided against it, Wagner said.

Rob Dixon, executive director of the Missouri Community College Association, said his organization didn’t speak in favor of or in opposition to the campus carry bill. He said that the 12 community college schools and systems agreed that because their board members were largely elected by residents, those boards “should have the authority to set policies on these issues.”

But Missouri’s public four-year institutions took direction from their experts.

“Our focus is always on whatever is going to keep campuses safe,” Wagner said. “So when the issue was raised, we talked to the people who set those policies on campus — our professional safety and security employees.”

Those people, Wagner said, advised leaders to oppose the effort.

**Maj. Brian Weimer with the University of Missouri-Columbia Police Department declined to comment on the campus carry issue.**

“Our job is to enforce the laws, not to make them,” Weimer said.
Ryan DeBoef, chief of staff to the president at Missouri State University, was also among those who worked with bill sponsors, despite the Springfield college’s speaking in opposition to the bill when the time came.

It’s a little too soon to speculate on what bill could come forward ahead of the 2017 session, he said. A spokesman from the University of Missouri System echoed a similar sentiment.

Legislators can begin pre-filing bills on Dec. 1, ahead of the first day of session Jan. 4.

**Law enforcement agencies conduct active assailant training drill**

COLUMBIA - Local law enforcement agencies participated in an active assailant training exercise Monday to better prepare for real emergency situations.

The **MU Police Department, Columbia Police Department, Missouri State Highway Patrol, Boone County Sheriff’s Department, Columbia Fire Department, University Hospital EMS and Boone County Emergency Management** all took part in the exercises on the MU campus and at the Southern Boone County R-1 Elementary School in Ashland.

Brad Fraizer of the Columbia Fire Department worked as the Public Information Collector for the drill.

Fraizer said the point of the drill was to make sure all parties can run smoothly and effectively in a situation like this.
"There's a lot of evaluators here that are watching," Fraizer said. "We'll get their feedback as well as feedback from participants."

Fraizer also said it was good to have all of the agencies together.

"This gives us all a chance to work together. We work together one-on-one every day for the most part. It is very rare that all agencies get to work together at the same time, so this is an opportunity to just train together on a large scale event."

Boone County Emergency Management Director Terry Cassil said, "These type of exercises, where agencies operate as if the event was occurring in real time, are invaluable learning tools. While we hope we are never put to the real test, we must be prepared for any type of scenario which could occur."

**Law enforcement uses MU dorm for active assailant training**


COLUMBIA — On Monday afternoon, the Boone County Office of Emergency Management coordinated a full-scale active-assailant simulation at the Laws Residence Hall on the University of Missouri’s campus.

Local law enforcement, fire, emergency medical services and emergency management all participate in the exercises.
"It's very rare that all agencies get to work together at the same time," Columbia Fire Marshal Brad Frazier said. "This is an opportunity to train together on a large scale event."

Volunteers acted as victims with specific injuries for medical personnel to react to and treat accordingly. Even the media had the opportunity to partake in a mock press conference.

Frazier said the smallest of hiccups will be analyzed and worked on for improvement.

"Whether it's relocating injured victims to casually collecting points or how we responded when entering the building," Frazier added. "It's an opportunity for us to test our procedures and test our training and then make it better."

A second similar exercise was conducted at Southern Boone R-1 Elementary School in Ashland Monday night.

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**Active Shooter Event Held at MU**

Watch the story: [http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=59b77bd9-7c74-4ba2-9567-523efbc0e399](http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=59b77bd9-7c74-4ba2-9567-523efbc0e399)
New UM president to visit campuses

Incoming University of Missouri System President Mun Choi will meet with faculty, staff, students and others in a reception Dec. 1 in Columbia as part of a tour to visit all four UM campuses.

Choi, currently provost at the University of Connecticut, was selected early this month to be the 24th permanent president of the UM System. He takes office on March 1.

The Columbia campus visit will take place from 9 to 10 a.m. Dec. 1 in Stotler Lounge at Memorial Union, 518 Hitt St. It will follow similar receptions, also beginning at 9 a.m. each day, on Nov. 29 in the Millennium Student Center at UMSL and Nov. 30 in Leach Theatre on the Missouri University of Science and Technology campus in Rolla.

Future UM System President set to visit Mizzou

COLUMBIA, Mo. - UM System President-designate, Dr. Mun Choi, is set to visit all four campuses next week.
The UM Board of Curators announced Dr. Choi as the 24th UM System President earlier this month. He comes from UConn.

On Monday, the University said Dr. Choi will kick off the first of four inaugural visits at UMSL November 29. The following day, he'll travel to Missouri S & T.

Dr. Choi will then be in Columbia December 1 for a welcome reception at Memorial Union starting at 9:00 a.m.

He'll wrap up his visits December 2 at UMKC.

ABC 17 News plans to be on hand at UMSL and Mizzou to bring you the latest from Dr. Choi's visits.

Mizzou standout Crockett suspended after arrest

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

COLUMBIA, MO. • For an instant Saturday night, the disappointment of Missouri’s loss to Tennessee vanished from Damarea Crockett’s face. The running back lit up at the mention of Mizzou’s next opponent: Arkansas.

The Razorbacks never offered a scholarship to the Little Rock, Ark., native.
“Sheesh, let’s go,” Crockett said loudly in the bowels of Neyland Stadium, where he just ran for 225 yards and broke a couple MU records. “Let’s do it. Let’s get it on.”

He won’t get that chance.

Missouri coach Barry Odom suspended Crockett for Friday’s season finale, against the Razorbacks, after the freshman was arrested Sunday morning on suspicion of marijuana possession.

Hours after Crockett set two Missouri freshman rushing records, a University of Missouri Police officer was checking campus parking lots and spotted a vehicle on Lot AV 14, off Ashland Gravel Road on the east part of Mizzou’s campus. In the vehicle, Crockett was found with marijuana and was arrested on suspicion of possession of less than 35 grams, MUPD Major Brian Weimer said. It was 4:17 a.m. Sunday.

Crockett was taken to MUPD headquarters where he was processed and released on signature summons. Others were in the car but not in possession of marijuana and not arrested, Weimer said.

According to Missouri statute, possession of less than 35 grams is a Class A misdemeanor.

Mizzou players who are arrested during the season are suspended for a minimum of one game, Odom said Monday. The Tigers (3-8, 1-6 Southeastern Conference) play their final game of the season Friday, hosting Arkansas (7-4, 3-4) at 1:30 p.m.

“Damarea’s done a lot of great things,” Odom said. “He’s going to have a tremendous future. He realizes one decision obviously affects this football program and it affects him.”

In Saturday’s game, Crockett became MU’s single-season record-holder for rushing yards by a freshman, breaking Brad Smith’s record set in 2002. Crockett has 1,062 rushing yards on the season, which ranks fourth in the SEC. His 225 yards Saturday broke Smith’s single-game freshman record.
With Crockett unavailable, junior Ish Witter and sophomore Nate Strong will get the bulk of the carries Friday, Odom said.

Witter, coming off a career-best 163-yard game at Tennessee, ranks sixth in the SEC in rushing attempts per game among running backs (14.3) and ranks 12th in yards per game (67.1). Strong, a junior college transfer from East St. Louis, just happened to have his biggest workload of the season Saturday — eight carries for 39 yards.

“I thought Nate did some good things for sure,” Odom said. “I said the other day I think he’s got a really bright future ahead of him. He’s got size. He’s got speed. He’s getting an understanding of the tempo and pace of the game. We’ll rely on those two heavily.”

Missouri offensive players interviewed after Monday’s practice don’t expect any drop in production from a running game that produced 420 yards and four touchdowns at Tennessee.

“We’ve got a lot of ballers in the (running back) room,” left guard Kevin Pendleton said. “It’s going to be tough not having (Crockett), but other guys have to step up. Ish, it’s his third year running the rock. Nate’s been through a full season. We’ll be fine.”

“Ish has been out there through the thick and thin,” quarterback Drew Lock said. “He knows what he’s doing. We have confidence in him. He has superb confidence in himself.”

For all the struggles the Tigers have endured on the field, Odom hasn’t had to discipline many players for off-field incidents. He planned to make Crockett’s arrest a “teachable moment,” he said.

“It’s frustrating that you have those (incidents), but it’s also life and it’s being in this role of leading and guiding young guys to make decisions 24 hours a day that affect our program,” Odom said. “We talk very openly about all the different road bumps and the things that can hold you back, not only from a personal standpoint but from a program and team standpoint.”
That process started Sunday when Odom gathered the team for a meeting to discuss Crockett’s arrest.

“We’ve got to be able to put the team first,” Pendleton said. “If we’re going to do anything, not this year but going forward, the young guys have to learn the team is bigger than you. It doesn’t matter what situation you’re in. It doesn’t matter whose fault it was. You can’t put yourself in that situation.

“(Crockett) is going to learn from that. The rest of the young guys are going to learn from it because that’s on us, too. As an older guy to know we had guys out at 4 a.m., that’s not good. That’s not a good look on the leaders of this team. We’ve got to step up and make sure we hold guys accountable.”

What was Pendleton, a redshirt sophomore, doing at 4 a.m. Sunday?

He said he was fast asleep.

“I popped some Advil and went to bed,” he said. “But you’ve got to know what your guys are doing. For (other players) to feel like the only thing they had to do was be up at 4 a.m. after a game like that, that’s on us and the leadership. We have to step up and make them realize the team has to come first.”
UPDATE: MU running back suspended for marijuana possession

Watch the story: http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=bee687d5-e9b5-4f52-afbd-8f0a1463e985

COLUMBIA - Missouri football coach Barry Odom suspended freshman running back Damarea Crockett on Monday after being arrested for marijuana possession.

Odom says with Crockett's arrest, he's staying true to his team policy of a minimum one game suspension for in-season arrests. Ish Witter and Naterance Strong will get a majority of his carries in Crockett's place.

MUPD officers arrested Damarea Crockett at 4:43 a.m. this past Sunday morning after they found him in a car with a few other people in a parking lot. MUPD arrested Crockett and accused of having 35 grams or less of marijuana. Major Brian Weimer said Crockett was the only one accused of having marijuana, so he was the only person arrested.

Crockett's arrest comes hours after a record-breaking performance against Tennessee on Saturday. He rushed for a freshman single-game record 225 yards and a single-season freshman record 1,062 yards. Crockett also scored a touchdown in Missouri’s 63-37 loss to Tennessee.

The Missouri football team faces Arkansas this Friday at 1:30 p.m.

Confluence Charter Schools hires top leader from Normandy schools
Normandy schools will lose one of its top leaders to Confluence Charter Schools just as the district has started to show sustained turnaround improvement.

Candice Carter-Oliver, Normandy's assistant superintendent of academics and support services, has been hired to be the first permanent CEO of the struggling charter network that enrolls more than 3,000 students.

“I am thrilled to work with the students, staff and school communities of Confluence Charter Schools,” said Carter-Oliver in a statement. “I am most committed to ensuring all children achieve at high levels. High expectations, along with high levels of student support, will continue to move us forward.”

Carter-Oliver has a bulk of experience working in urban, high-poverty school districts. She has worked as a teacher, learning coach and elementary coach in Normandy, Riverview Gardens and St. Louis Public Schools before serving in high-level administrator positions at Normandy, including chief academic officer.

“She has an extensive background as a teacher and a leader in urban schools,” said Confluence Board Chair Jose Pineda in a statement. “From her personal experience, she understands the link between the arts and education. Dr. Carter-Oliver has been instrumental in Normandy’s academic improvements in her role as assistant superintendent.”

Carter-Oliver’s position becomes effective on Jan. 1, 2017. She will be paid a salary of $190,000 on a three-year contract.

In January, Carter-Oliver was also announced as one of the three finalists for the job of University City schools superintendent.
This year, Normandy performed at the level of a provisionally accredited district for the first time in years, earning about 55 percent of points possible on the state’s annual report card for schools. Carter-Oliver has been credited with helping to drive that improvement.

Academic performance is still low in the district — only 33 percent of students passed state tests for English language arts, and 16 percent for math — but the 55 percent score provided new hope that the district is turning around.

Normandy Superintendent Charles Pearson said in a statement that he would want Carter-Oliver to stay with the district, but he wishes her the best.

“Dr. Carter-Oliver is a bright, talented, committed educator with an amazing future ahead of her,” he said. “I would love for her to remain here in Normandy but we know her work here has prepared her for this next chapter in her career.”

Confluence opened in 2003 and has since grown from one campus with 245 students to 3,500 students on five campuses. Like the urban school districts Carter-Oliver has worked at, most of Confluence’s students are African-American and come from low-income backgrounds.

For at least the past three years, Confluence has performed poorly, earning just 28 percent of points possible on the state’s annual report card for schools in 2013. This year, it finally performed as well as the state's standard for provisionally accredited school districts, earning about 55 percent of points possible.

The charter network’s standardized test performance is nearly identical to Normandy's. This year, 32 percent of Confluence students passed state tests on English language arts, and 17 percent on math.

The numbers are lower for social studies, where 14 percent of students passed, and science, where only 6 percent did. For Normandy, 11 percent of students passed the social studies test, and about 8 percent passed science.
The charter’s old sponsor, Missouri University of Science and Technology, put the schools on probation in 2012, then lifted the probation after the network started to show improvements.

**Confluence runs Grand Center Arts Academy, Confluence Academy-Old North, Confluence Academy-South City, Aspire Academy and Confluence Preparatory Academy. The University of Missouri-Columbia now sponsors Confluence schools, except for Grand Center Arts Academy, which is sponsored by St. Louis University.**

Charter schools are tuition-free, publicly funded and independently run schools that only operate in St. Louis city and Kansas City.