New research shows resistant starch can improve health

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COLUMBIA - New research suggests that a type of fiber called resistant starch can have a positive impact on health.

The research found that the starch helps keep the intestines working well, and it also increases satiety, or the feeling of "fullness," which helps with weight loss.

University of Missouri Health Care Clinical Dietician Ashley Ritzo said the unique way the starch is digested is what makes it so beneficial.

"Resistant starch is a type of fiber," Ritzo said. "It resists digestion in your small intestine and passes into your large intestine, where it’s fermented by various bacteria that have health benefits to humans."

Ritzo also said the bacteria used to ferment the starch is very beneficial to a person's health.

"It has been shown to have health benefits like anti-cancer benefits, and anti-inflammation," Ritzo said. "They help prevent chronic diseases like diabetes, heart disease and obesity, and some research is even coming out now about the potential mental health benefits that this bacteria could have."

The fermentation of the resistant starch creates short-chain fatty acids as by-products. These fatty acids are known for also having health benefits.

"The short-chain fatty acids actually feed the cells that line the large intestine and have anti-cancer benefits." Ritzo said.

Ritzo said resistant starch can be found in the largest quantities in foods like under-ripe bananas, legumes and unrefined grains, like quinoa farro.
Ritzo said there is no specific recommendation for how much resistant starch a person should consume each day.

"It is a type of fiber, and the recommendations for fiber are 30 or more grams a day," Ritzo said. "So in general, if you're eating a diet that's rich in whole, unrefined plant-based foods, then you are getting some of the benefits of resistant starch."

**Warhover resigns as Columbia Missourian editor**

Columbia Missourian Executive Editor Tom Warhover stepped down Monday and will return to teaching and conducting research in the spring semester, the University of Missouri School of Journalism said in an email.

Warhover, an associate professor, will return to teaching and research for the Donald W. Reynolds Journalism Institute based at the school, according to the email announcement. He joined MU’s faculty in 2001 after working at The Virginian Pilot, a daily newspaper that serves southeast Virginia and northeast North Carolina.

The announcement gave no reason for the change. The Missourian reported Warhover offered his resignation to Dean David Kurpius in mid-December.

Kurpius named Mike Jenner, a journalism professor, interim executive editor until the school finds a permanent replacement. Jenner also will serve as the interim chairman of the Print and Digital News faculty.

Jenner, a 1975 University of Missouri journalism graduate, will not be a candidate for the permanent job.

The search for a new editor will begin in the spring, the announcement said.
Civil rights and diversity groups are stepping up their opposition to Alabama Senator Jeff Sessions's nomination for U.S. attorney general, citing among other concerns his record opposing affirmative action and minority protections. At the same time, statements from Betsy DeVos, President-elect Donald Trump's nominee for education secretary, are raising concerns among some about her commitment to understanding issues of race.

The Senate Judiciary Committee held its first confirmation hearing for Sessions Tuesday. It was the first chance Congress has had to directly question any of Trump's cabinet nominees about their record and views.

The Association of Equal Opportunity, Affirmative Action and Diversity Professionals, a group that includes many higher education diversity officers, wrote to Senate leaders this week that the voting record compiled by Sessions in the Senate showed "evidence of a bias against efforts to promote equal opportunity for women, minorities, persons with disabilities and the LGBT community."
In addition to a history of votes against legal protections for women and minorities, the organization said Sessions has consistently opposed female and minority nominees from the Obama administration, especially those who have supported affirmative action.

"I think it makes people unhappy if they lost a contract or a right to go to a school or a privilege to attend a university simply because of their race," Sessions said in a 1997 statement quoted by the group in the letter. Supporters of affirmative action say it is important to creating and maintaining diversity in higher education as one of a number of criteria for admitting students -- and that implying that affirmative action guarantees admission to anyone undercuts diversity efforts.

Shirley Wilcher, executive director of the American Association for Access, Equity and Diversity, said that record is relevant to college and university campuses because of the role the Department of Justice plays in enforcing and providing leadership on protections.

"He sets the tone and he is the primary enforcer, especially when it comes to public colleges and universities," she said. "If he turns a blind eye, we can only assume that other federal agencies will do the same."

The issue of affirmative action in particular is likely to surface in continued scrutiny of Betsy DeVos, Trump's nominee for education secretary. In arguing against a Michigan law allowing affirmative action in 2003, DeVos wrote in a *Detroit News* op-ed that "race is irrelevant and should be irrelevant."

Many college educators say race remains relevant in the United States and that such seemingly pro-equity statements suggest a lack of awareness or sensitivity. The AAAED argued that Sessions's views on affirmative action are particularly concerning because they suggest as attorney general he would not offer a strong defense of those policies in federal court. Last June the U.S. Supreme
Court upheld the consideration of race and ethnicity in college admissions in the case of Fisher v. the University of Texas at Austin.

The AAAED was joined in opposition to the appointment of Sessions Tuesday by NAFSA: Association of International Educators. Esther D. Brimmer, executive director and CEO of NAFSA, in written Senate testimony cited the senator's anti-immigrant stance, record on voting rights and fight to overturn a court ruling that found Alabama's public schools provided separate and unequal education to the state's children.

Archie Ervin, president of the National Association of Diversity Officers in Higher Education, said the group's leadership would meet this week and he expected discussions of cabinet nominees, including Sessions and DeVos, to be front and center. Ervin, who is also the vice president for institute diversity at Georgia Institute of Technology, said the group believes affirmative action as defined by the courts is critical to maintaining educational access for all Americans.

**DACA**

Sessions was asked directly by Senate colleagues Tuesday about his position on Deferred Action for Childhood Arrivals, the program established by President Obama that allows undocumented immigrants brought to the U.S. as children to receive temporary authorization to live and work in the U.S. Sessions suggested it would be possible to reverse DACA but also that it was unlikely that the first targets of tougher immigration enforcement would be students who have benefited from the executive action.

"It would certainly be constitutional, I believe, to end that order and I would -- the Department of Justice, I think, would have no objection to have a decision to ban that order because it is very questionable, in my opinion, constitutionally," he said.
At the same time, Sessions told Illinois Senator Dick Durbin, a Democrat, "we are not able financially or any other way to seek out and remove everybody that's in the country illegally. President[-elect] Trump has indicated criminal aliens, like President Obama indicated, certainly are the top group of people [for deportation]."

Michael Olivas, a University of Houston Law Center faculty member currently serving as interim president of University of Houston Downtown, said DACA would not fall within Sessions's jurisdiction as attorney general.

"I would hope that the confirmation process will vet the [Department of Homeland Security] secretary designate on this particular issue, which he would administer -- not DOJ," Olivas said.

Olivas, who said he was not speaking on behalf of the law school or the university, said protections for those undocumented immigrants -- many of them college students or recent graduates -- would not be easily unraveled and would remain in place until a formal action to rescind them.

**Joking About Law Professors' Opposition**

Sessions also shared a laugh with Senator Lindsey Graham, a South Carolina Republican, over a joke that may rankle some in academe. They both suggested that Sessions has nothing to fear from a letter signed by hundreds of law professors opposing his confirmation.

“We're about to get an answer to the age-old question ‘Can you be confirmed attorney general of the United States over the objection of 1,400 law professors?’” Graham said. “I don't know what the betting line in Vegas is, but I like your chances.”
Inaugural Alternatives

Some colleges are planning events for students and faculty members who want to be together on Jan. 20, but not to celebrate.

By Emily Tate

January 11, 2017

After a particularly divisive presidential campaign and the unlikely victory of President-elect Donald Trump, some colleges and universities have planned alternative events for those who may not be in the mood to celebrate on Inauguration Day.

The University of Connecticut is hosting The People's Inauguration, where students and faculty members are invited to come together and share poems, songs, personal stories and passages of literature or meaningful writings, such as the Universal Declaration of Human Rights or Langston Hughes’s “Let America Be America.”

The idea is to promote social justice, human rights and inclusion, said Mark Overmeyer-Velazquez, director of UConn’s El Instituto and an associate professor of history. “This is not meant to be an anti-Trump protest, but rather a positive, proactive way to focus our community as one of solidarity and progressive values,” he said.
This isn’t a standard Inauguration Day event at UConn. Kathryn Libal, director of the Human Rights Institute there, said she had not seen any program of this kind in her 14 years at the university.

After Trump won the election in November, many faculty members felt the need to connect with students and show their support, Libal said. This is especially important, she said, for immigrant or Muslim students, who fear what the new administration could do.
Jan. 20 will be a “day of celebration for some, and a day of difficulty for others,” Libal said. For that reason, Libal, Overmeyer-Velazquez and others wanted to create the People’s Inauguration for students to open up, share their stories and listen to one another.

“We’re not sure what we’re getting ourselves into [with this administration] or the best way to respond, but we figured creating opportunities and learning from them is a good way to go,” Overmeyer-Velazquez said.

With similar intentions, the University of Richmond is hosting a Jan. 19 panel discussion called “Anticipating the Trump Presidency” to parse what’s in store for the years to come. “What we’re hoping is that some facts and perspective on what new presidents can and cannot do -- and the realities of the executive branch -- will help people understand that changes in their lives will not be so radical as media seem to suggest,” said Stephen Long, associate professor of political science and international studies at Richmond.

Long, who will speak on the panel about U.S. policy, said immigrants or children of immigrants at the university have come to him with questions about how their lives could change in the next four years. Martha Merritt, dean of international education at the University of Richmond, has heard similar questions from international students and other minority groups.
“The population that comes to the U.S. to study by choice doesn’t deal particularly well with uncertainty,” Merritt said. “They, like all of us, have many unanswered questions about what to expect.”

The panel discussion on the eve of the Inauguration is meant to provide some clarity and calm, Long said.

That same day, the University of Chicago’s Center for the Study of Race, Politics and Culture and Center for the Study of Gender and Sexuality will host Re:action -- a Day of Resistance and Rebuilding to spark political and social action on campus.

This cool welcome to the Trump administration follows an outpouring of criticism at some of the colleges whose marching bands will perform during the inaugural parade.

One tradition that won’t be disrupted is George Washington University’s inaugural ball. The university, located just six blocks from the White House, has hosted a ball every four years since 1993; next weekend it will host the seventh. Peter Konwerski, the vice provost and dean of student affairs, anticipates about 4,000 students, faculty and alumni will attend the ball this year.

In the days immediately following the election, some students who opposed Trump tried selling their tickets, Konwerski said. They felt like going to the ball -- which is intended to be a celebration -- would be a show of support for Trump. But since the initial shock of the election results has passed, many students have come back around, Konwerski said.

An organization focused on protecting the student press is hosting a different kind of inaugural ball. The Student Press Law Center will host the Ball of Rights as an “unabridged celebration of the First Amendment” on the night before Trump’s inauguration.