MSU open to bigger support role in MU's physician training program

By: Claudette Riley

Missouri State may soon play a bigger role in a Springfield program that trains medical doctors.

MSU currently plays a supporting role, providing IT support and access to on-campus amenities — including health care — to students enrolled in the University of Missouri Medical School's Springfield Clinical Campus.

Leaders at MSU and MU are talking about expanding the partnership in several ways, such as streamlining the process to allow top MSU graduates to enroll in MU's four-year medical school.

"They seem open to this idea of having a certain number of seats set aside for Missouri State grads with the idea that those students start here, go to MU for the first two years of medical school and come back here for years three and four," said MSU President Clif Smart.

"That would increase the likelihood that those people would stay in Springfield."

Mun Choi, president of the University of Missouri system, said many of the students who are part of the Springfield Clinical Campus hail from rural parts of Missouri and have "degrees at Missouri State, at the undergraduate level."

"If there are ways that we can make slots available for medical school students who enroll at Missouri State, as part of an articulation agreement, I can see that as a strong possibility," he said.

Choi said MU is also open to collaborating on curriculum.

"There are possibilities for us to offer classes together, perhaps in physiology, neurology or other specializations that students want to pursue in their medical degree," he said.

State funding for the program continues to be a concern, but interest in collaboration has remained strong.

"We are open to those ideas and very excited about collaboration with Missouri State," Choi said.
Smart said it would help MSU attract more students interested in medical careers.

"It helps with recruiting," he said. "It also gives us an additional reason to be supportive of that program."

Future of Springfield's Doctor Training Program in Jeopardy

By: Claudette Riley

SPRINGFIELD, Mo. -- In the next two years, the University of Missouri School of Medicine planned to admit another 64 students into a relatively new physician training program in Springfield.

But with state funding up in the air, that is now in jeopardy.

"The goal is to have the four-year enrollment of the medical school to be around 128. We're about halfway there," Mun Choi, president of the University of Missouri System, told the News-Leader. "The question then becomes how many students should we accept for fall of 2018, given the cuts that we've experienced from the state."

In the state's 2018 budget, the entire $10 million earmarked for MU's Springfield Clinical Campus was withheld. The line item was zeroed out during a tight funding year that included back-to-back cuts for all of Missouri's public colleges and universities.

Choi said MU kept the program afloat "using internal resources" this year - out of a commitment to existing students in the pipeline - but noted that funding model is not sustainable given widespread state cuts.

"It's going to be very difficult for us, without continued support from the state, to maintain the program at the level we envision," he said. "Right now, we're in the evaluation phase to determine how many students we can recruit."

During the Missouri legislative session that kicked off Jan. 3, MU and others plan to ask lawmakers to restore and protect funding for the Springfield campus by making it part of the university's overall state funding amount.
"Our hope is that we're able to convince the state leaders of the value of this program so that we can receive the $10 million as part of our core appropriation, as opposed to a line item, so this can be a sustained program," Choi said.

The MU medical school expansion, which also included constructing the new Patient-Centered Care Learning Center in Columbia, is expected to add 300 physicians, 3,500 new health care jobs and $390 million annually to the state's economy.

"It has been one of our top priorities in the last several years and will remain so this year," said Matt Morrow, president of the Springfield Area Chamber of Commerce. "It is millions of dollars of impact to the Springfield community."

Missouri and many other states are facing a critical shortage of physicians. Rural areas are expected to be the hardest hit.

Choi said the Springfield campus is a smart investment for the state.

"Starting a new medical school from scratch would require anywhere from $500 million to $1 billion," he said. "To start a collaborative process by expanding an existing medical school, like Mizzou, and partnering with a region like Springfield, we're able to train 128 medical students at a cost of $10 million a year."

He added: "That is a significant savings to the state and yet it provides the state medical professionals that are needed."

David Barbe, vice president of regional operations for Mercy Springfield, said training physicians in Springfield will make them more likely to stay in the area.

"We have a number of openings in the area that we've had trouble filling," Barbe said. He said others are so busy they can no longer accept new patients.

Barbe, who is also president of the American Medical Association, said national studies predict a shortage of 100,000 physicians in the next 10 years.

"Mercy feels strongly that this campus can really improve the supply of physicians in southwest Missouri," he said.

He said medical professionals are key to economic development because each office creates jobs, buys supplies and provides services. "Physician practices are a significant economic driver in a community."

Planning for the Springfield campus started a decade ago. It has received strong and vocal support from CoxHealth and Mercy Springfield - both key partners - as well as the Springfield Area Chamber of Commerce.

Future physicians enrolled in the program learn from medical professionals inside the two health systems.
"Without Cox and Mercy, the program would not have been successful. This is not a program that we could have established with just the University of Missouri resources," Choi said. "That partnership with those two institutions is key."

Steve Edwards, president and CEO of CoxHealth, said a coalition of community leaders from the Springfield area worked together to establish the campus through MU. He said it represents a "fiscally conservative approach."

"I can't imagine a better investment," he said.

Edwards said the MU medical campus will help this part of the state in many ways over a long period of time.

"The medical school location in Springfield can lead to more training programs, more residency programs," he said.

Edwards said shortchanging the program now will only hurt prospective medical school students and future patients.

"We've come so far and achieved so much," he said. "We're really poised for the next step."

Scholarships
CoxHealth recently presented five University of Missouri medical students with the first CoxHealth Springfield Clinical Campus Scholarships.

The scholarships are designed to support students who are studying at MU's Springfield campus and training at CoxHealth through its partnership with MU.

CoxHealth made an initial contribution of $500,000, with plans to use the earnings from that investment to fund scholarships and create legacy scholarships in the future. The $4,000 scholarships were awarded to the following students: Nick Timmerwilke, Aundria Eoff, Rachel Plate, Savannah Davis and Derek Stokes.

"This campus came about because of a lot of effort, and these scholarships show that this goes beyond a partnership," said Andy Evans, associate dean and chief academic officer of the Springfield campus, in a news release. "CoxHealth is reinvesting in the future of healthcare in this community and investing in students who come here to train."

Fewer international students are enrolling in Midwest colleges. At what cost?
Talal S. Alanazi from Saudi Arabia is staying enrolled at the University of Missouri despite President Donald Trump’s rhetoric and restrictive immigration and foreign travel policies.

He does it for MU’s “strong chemical engineering program” in Columbia. But just as important, he said, is that “the diversity here helped me to be open and understanding of different world traditions, which made me grow into a better and more cultured person.”

U.S. campuses across the country are seeing fewer students like Alanazi.

Since Trump stepped into the White House a year ago the number of international students at colleges has dropped significantly. Experts in part blame an unwelcoming climate fostered from the top down in the U.S.

“A significant proportion of institutions (56.8 percent) report that the U.S. social and political environment and feeling unwelcome in the United states are factors contributing to new international student declines,” said a recent report by The Institute of International Education.

The institute said the number of newly arriving international students declined an average 7 percent at colleges in the fall of 2017 compared to 2016. Some schools are seeing steeper drops.

The declines are like money — in the form of tuition dollars — pouring through a hole in some college purses. Many international students pay full freight on tuition to attend schools here.

Midwest schools, including some in Missouri and Kansas, are suffering hefty blows.

The University of Central Missouri at Warrensburg saw a notable decrease. International student enrollment fell from 2,638 in the fall of 2016 to 944 last autumn. The school had 695 international graduate students last autumn compared to 2,400 the previous fall.

The drop is costing the school about $14 million this year.

The Institute of International Education said 45 percent of campuses reported drops.

“On the other hand, 31 percent of campuses responding saw some increase in international enrollments,” said the institute’s Sharon Witherell. Twenty-four percent of the schools responding said their international student enrollment numbers remained stable.
Foreign students contribute about $36.9 billion into the U.S. economy each year in cost of living spending. According to the Association of International Educators, in 2016 these students were responsible for and supported more than 450,000 jobs in higher education, and in the accommodations, retail, transportation, telecommunications and health industries.

The Institute of International Education, however, has yet to calculate the full economic impact of the decline in new international students. Those numbers may not be available until June or July.

More international students are staying away, educators says, because of the uncertainty fueled by President Trump’s support of curbs on immigration of non-English speakers; his travel ban of people from six, mostly Muslim, countries into the U.S.; and his failure to immediately denounce white supremacist groups who marched across the University of Virginia campus in Charlottesville last year. One woman was killed in the melee that followed.

It doesn’t appear the president intends to let up, given his vulgar comment just last week when he questioned why the U.S. would welcome immigrants from Haiti and some African nations.

“Concerns around the travel ban had a lot to do with concerns around personal safety based on a few incidents involving international students, and a generalized concern about whether they’re safe,” said Rajika Bhandari, head of research for the Institute of International Education.

She mentioned too that prospective students from India who were interviewed shortly after the election talked about fears regarding the racial climate in the United States. Those concerns, she said, were heightened after the shooting death in February 2017 of an Indian engineer in a bar in Olathe, Kan.

Srinivas Kuchibhotla was killed that winter night at Austins Bar & Grill, and his friend, Alok Madasani, was injured. Both worked at Garmin. Both were from India, but were possibly targeted because the shooter — who before he shot, yelled, “Get out of my country” — thought they looked “Middle Eastern.”

Bhandari said not all the fault in the decline rests in the U.S. Other factors include competition from other countries also seeking to enroll international students in their colleges, and the slowdown of two flagship study abroad programs in Saudi Arabia and Brazil.

Campuses in the Midwest, where most international students come from China, India, Saudi Arabia, and South Korea, seem to have been particularly hard hit by the enrollment decline.

Last year at the University of Central Missouri graduate international students made up 57.1 percent of the total graduate student population. This year they only make up 27.5 percent.

Jeff Murphy, a spokesman for the university, said factors contributing to the decline included economic struggles in some countries, particularly India, where most of the school’s graduate students are from.

But there were also issues related to obtaining visas to study in the United States; concerns related to safety in the United States, and federal policies that affect students overseas.
Avila University also saw fewer new international students in 2017 compared to 2016, a roughly an 11 percent decline.

At University of Missouri-Kansas City, enrollment of international non-resident students at UMKC this past fall numbered 1,160 compared to 1,373 in 2016, a decline of 15.5 percent.

At the University of Missouri Columbia campus international student numbers were down last fall by 285 students, a 12 percent drop.

In fall 2016, international students accounted for 7.06 percent of MU’s total student body. In 2017 it was 6.69 percent.

At Kansas State University, international student enrollment is down by 159 students.

At the University of Kansas, the number of international students has remained fairly stable over the last two years, said Erinn Barcomb Peterson, KU spokeswoman.

International students made up 8.6 percent of KU’s total enrollment in fall 2016 and 8.2 percent in 2017.

None of those schools has yet calculated their revenue loss from the enrollment drop.

Why does it matter whether campuses here can attract international students?

The Association of International Educators reports that in 2016, 10,231 international students in Kansas contributed $261 million to the state’s economy, while in Missouri 23,261 international students contributed $706 million.

But dollars, Bhandari said, are not the only loss.

“International students contribute to the globalization of U.S. campuses,” Bhandari said. “They bring an international and diverse perspective to U.S. classrooms.”

She said that only one out of 10 U.S. college students gets to study abroad, so international students on U.S. campuses are critical.

Also, she said, international students help drive science and innovation in the U.S. as well as create international ties between the U.S. and the rest of the world that fosters international cooperation.

While colleges are wrestling with the recent drop in international students on their campuses due in part to the national climate, MU has had its own set of issues that has affected its international student numbers, said Ryan Griffin, director of the Office of International Admissions at MU.

Referring to race-related campus protests of 2015, Griffin said that “damage to our reputation ripples out to the international student population.” He said that since many of the international students who might choose to attend MU come from some racial minority group, it is not so difficult for them to identify with the racial minority that led the 2015 camps protests at MU.
“It boils down to where students feel safe and feel inclusive,” Griffin said. “We realize that.”

It’s helps, Griffin said, that welcome messages to international students have come from University of Missouri System President Mun Choi, a native of South Korea, and MU Chancellor Alexander Cartwright, who is from the Bahamas.

Both “understand crossing borders to pursue your education goals,” Griffin said.

To counter the decline in international student enrollment some colleges, including MU, have tapped in to an online campaign called “You Are Welcome Here,” where schools create video messages on their websites targeting prospective students.

MU has gone a step further this year inviting students, faculty and administrators across campus to host international students over the fall and winter holiday breaks.

MU also launched an online international student ambassador program, where prospective students and their families can actually engage in a live online chat with an MU student from the student’s home country.

And if they hale from Saudi Arabia, they should talk to Alanazi, who is quick to share his positive experiences as an international student on the Columbia campus.

MU curbs composting, recycling efforts

Editorial By: DENITSA TSEKOVA Jan 14, 2018 (1)

Andrew Biggs gets in one of the pickup trucks parked in front of the Bradford Research Center. Passing by a few corn labyrinths, the superintendent reaches the composting facility.

It was built in 2011, meant to compost food waste and create composting material. It was later used for growing vegetables and selling them to Campus Dining Services.

Significantly less of that is still happening today, even though the university’s website still promotes the program.
When the initiative started, there were 2.5 tons of food bought from the farm; this is no longer the case. “We are no longer producing that food for the dining halls,” Biggs said.

Biggs added that Campus Dining Services used to send more material for composting, but currently they collect significantly less material than they used to because of lack of funding.

“We have scaled it down a little bit, just to maintain it. We used to pick up composting five days a week, now we do it three days,” said Biggs.

MU’s Campus Dining Services buys more than 30 million individual pieces of cutlery and containers a year for just five locations. A big part of this is thrown away, along with the waste they contain.

Rollins and Plaza, two of the biggest dining locations, often don’t use reusable dishes because of lack of staff. When using disposable containers, there are also big bins outside of the kitchen where students throw away their plastic/paper containers along with the food they have in them. All of this is put in big black bags and thrown away.

The purchased containers and cutlery at the five locations on campus equal at least 250 tons of waste a year.

**Composting**

Campus Dining Services’ published material still states that it composes 90 tons of food and waste annually, sending it to Bradford Research Center. The published numbers have not been updated in the last few years, though they have significantly decreased.

Eric Cartwright, executive chef of Campus Dining Services, said there is a decrease in the number of materials being sent for composting. He added that he can’t give an exact number, but he would say approximately 20 percent less is being collected due to fewer people being able to collect the material, for budget reasons.

According to the data, dining services has been composting the exact same amount of waste from 2012 to 2016. The department’s website states that 1.5 tons to 2 tons of food waste are collected
from Campus Dining Services weekly, but this data is outdated and is not being measured, Cartwright said.

“For the first couple of years, they were weighing it and tracking it on the farm, so we’ve kind of used that data, because the process has not really changed,” said Cartwright.

However, Cartwright said that the department sends less composting material to Bradford Research Center. Biggs confirmed that there is significantly less material used for composting, estimating a 40 percent decrease, compared with the 20 percent that Cartwright estimates.

“The website says they send us biodegradable silverware,” said Biggs. “No. I stopped all of that because they compost slower than the food, so it doesn’t work well with our system.”

Biggs explains that in the past, they used to accept plastic, paper, and organic leftovers, which was used for creating a compost. This compost was later used for planting vegetables.

However, Cartwright said paper plates and plastic were never sent to Bradford.

The university’s Earthright initiative website also states that Bradford Farm uses oil from dining services’ fryers for biodiesel in the farm’s tractors, which Biggs and Cartwright said is no longer true.

Biggs explained that another reason why they accept less material is that the project is currently “between grants.” In 2011, the university received a $35,000 grant from the Mid-Missouri Solid Waste Division for “construction for a 30x80 foot composting shed to house equipment for composting and the recycled material.” That, combined with almost $12,000 investment from dining services, financed the composting facility.

Story continues: https://www.columbiamissourian.com/news/higher_education/mu-curbs-composting-recycling-efforts/article_d0e3c08e-efd7-11e7-9094-6bc3dc97e2a0.html
Construction adds complexity for people with a physical disability at MU

Nwadi Oko and Allyson Vasilopulos

John Bowders used to be able to dash from Lafferre Hall to Jesse Hall in under three minutes.

Bowders now has to roll around Jesse and enter through the basement because that's where the ramp is.

There are three ways to enter the building, but he can only use one.

Bowders, who has taught engineering at MU for 21 years, has been in a wheelchair for the last three years, the result of a bad fall. He uses the side entrance of Jesse because every other entrance has steps.

The ramp is the work of the federal government. MU is a public institution, so it's required to comply with the standards of the Americans with Disabilities Act of 1990.

One part of the act addresses altering and renovating older buildings to accommodate people with disabilities, another ensures that construction zones are accessible for them.

That's challenging on the MU campus, where construction is nearly a constant. Lowry Mall construction began in May 2017 and is scheduled to end April 2018. The mall is now littered with cones, caution tape and construction workers. A large brick walkway has become a narrow bridge connecting Ninth and Hitt streets.

Director of Accessibility and ADA Coordinator Amber Cheek was directly consulted on the mall project and is responsible for ensuring that MU does not violate any ADA standards.

Although MU follows ADA regulations and meets standards, students, staff and faculty still sometimes struggle to get into buildings, classrooms, sidewalks and parking. Construction has added a layer of complexity and unpredictability.

Finding the door
When MU junior Ellie Stitzer was a freshman, she allotted 30 minutes to find the entrance to each class. Stitzer uses a motorized wheelchair to help her navigate campus, and because of this, she is only able to use entrances with a ramp. The entrance is almost never in the front.

Cheek says this is because most buildings on campus were built before the ADA standards, so the buildings have been fixed retroactively.

"Most buildings converted the loading dock into the accessible entrance, which is usually in the back," Cheek said. "Since the loading dock is toward the back, it usually branches off the main path and is harder to find."

In 2016, MU funded signs to point to the accessible entrances. The signs have a person in a wheelchair and an arrow pointing to the best entrance for a wheelchair user. These signs are located at every MU building on campus.

MU student James Bohnett remembers what finding classes on campus was like before the signs. He's an MU senior and uses a wheelchair.

"The disability center would give me a map of campus and highlight where the best entrance and exit for me was," Bohnett said. "Then I would plan my routes a couple days before my classes."

Now a senior, Bohnett said he knows the campus well, but the signs make it much easier to find an entrance.

Sometimes, even with the signs, the entrance is still difficult to find, MU senior Isabel Crane said. She broke her foot and needed a cane to help her walk. In Mumford Hall, for example, she struggled to find an entrance without steps.

"For me to enter Mumford Hall, I have to go around the building and through the basement to get to the ramp," Crane said, "It's definitely an inconvenience."Once you find the door, some buildings are still hard to enter, Bohnett said.

"The law building entrances are barely ADA approved and almost impossible to get in through if you use a wheelchair," Bohnett said, referring to the small frame around the doors at the School of Law.

Cheek listens to the student and faculty complaints about accessibility on campus. She says she's working to make sure all new buildings have multiple accessible entrances.

Navigating the inside

Inside campus buildings, students can encounter additional problems. Stitzer said she couldn't see or hear much of a professor's lecture in the Physics Building auditorium, which has stadium seating. Because of the building design, Stitzer could only sit in the back row.
"My professor wrote with chalk very small on the board," Stitzer said. "So it was hard to see what he was writing and hard to hear what he was saying."

Bowders said he was challenged by a building layout when he was scheduled to speak at Neff Hall in the Journalism School complex.

"I had to go through twists and turns to get to Neff Hall," he said. "When I did, the computer was on a raised platform, so I couldn't reach it. Someone had to work my slides for me."

To enter Neff Hall, a wheelchair user must navigate a series of ramps that start in the Donald W. Reynolds Journalism Institute and wind through Neff and Gannett halls.

Because Bowders is an engineering professor, he spends most of his time in the recently renovated engineering building, Lafferre Hall. All of the entrances and classrooms are accessible, he said.

Getting past cracks

The sidewalks at MU are maintained by Campus Facilities, but on such a big campus, some fixes fall through the cracks. A deep enough crack in the sidewalk can flip a chair, Bohnett said.

"There are some spots in front of Memorial Student Union that need to be fixed," he said.

Bowders agreed, recalling a deep crack in front of the Memorial Union on Hitt Street. He called Campus Facilities, and it was filled "pretty quickly." But he said he would appreciate it if MU would inspect every sidewalk on campus.

Cracks and bumps on sidewalks can ruin a chair, Stitzer said. One of the worst sidewalks is in the south part of campus, she said.

"The sidewalks by Greektown are terrible," Stitzer said. "They are falling apart."

Bowders said he avoids Lowry Mall at all costs. When he heard about the construction, he figured the area would not be wheelchair friendly.

And yet, the $5.4 million construction site has ADA-compliant accessible routes around it, Cheek said. She was brought on as a consultant to assure that all students would be accommodated. The construction team and Cheek decided on a wooden ramp so students could continue to use Lowry Mall.

The ramp is problematic for some, though. Crane, who wore a boot and used a cane during the fall, said the size of the ramp made it difficult during crowded periods.

"I get in people's way, since the bridge is so narrow," she said. "I wish it was a little bigger."
Bohnett said he had a problem with the bridge's angle.

"I worry that since the bridge is angled so high, someone who isn't very strong would have trouble getting up it," Bohnett said. "It could also be wider."

Cheek said she is working with the university to ensure that every new building has a "universal design." That would make it accessible for everyone, and there would be no ramps or retrospective fixes. Like the MU Student Center, all entrances would be accessible and have automatic doors.

Designers of the new MU School of Music, scheduled to open August 2019, have already consulted Cheek to review blueprints and construction plans.

MU is continually making improvements to accommodate everyone on campus, Stitzer, Bohnett, Bowders and Cheek agreed.

A project called Make Mizzou, for example, is planning a 3-D map of campus to assist students who are blind. The map will be placed to the left of the David R. Francis statue when facing the quad, said Matt Merlenbach, an adviser to the 3-D printing club.

"The map will be split in quadrants," Merlenbach said. "Those will be outside standing maps that would be placed to next to the kiosk."

Ideally, he said, the map would be ready next fall.

**New physical therapy project at MU uses video game technology**

Generated from News Bureau Press Release: [Video game system technology helping physical therapists, athletic trainers](http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=f70270aa-0d8b-47bc-bcf1-250203df5cbf)

Good, Bad of Cold-weather Workouts

Listen to the story: https://learningenglish.voanews.com/a/healt-lifestyle-cold-weather-workouts/4201680.html

In winter, people might lessen their outdoor exercise. The days get dark earlier, and it can be very cold! These conditions can make it harder for some of us to get outdoors for exercise. However, cold days can be perfect for outdoor workouts!

There are at least three important health benefits to cold-weather workouts.

1. The body works harder in cold weather.
Health experts at the Medical University of South Carolina say the body must make extra energy to keep warm in low temperatures. This means the body is burning more calories and fat.

Your lungs also may work better in cold weather. Researchers at Northern Arizona University in Flagstaff found some interesting results in a study of goats.
Yes, I said “goats.”

But still, their results were pretty interesting.

The scientists looked at how cold-weather activity affected goats. They found that “during the three coldest months, the sedentary but cold-exposed goats experienced a 34% increase in maximal oxygen uptake … and a 29% increase in running speed.” When temperatures increased in the spring both oxygen uptake and running speed of the goats decreased.

2. Regular cold-weather exercising may help the immune system.
The winter season is also cold and flu season. Making outdoor exercise a usual part of your workout may help you avoid both colds and the flu. It may strengthen your body’s defense system.

The Mayo Foundation for Medical Education and Research found that winter workouts can cut your risk of getting the flu by 20 to 30 percent.

3. Exercising outdoors in cold weather may help your mental health.
Some people who suffer from “winter blues” or Seasonal Affective Disorder, may benefit from going outside to exercise in the fresh air and sunshine.

An outdoor workout increases exposure to sunlight. Sunlight helps the body produce vitamin D. And vitamin D produces hormones that brighten your mood.

Dangers of a cold-weather workout
So, there are several health benefits of exercising outdoors in very cold weather. But there are also dangers.

Frostbite is one of the most common.

Edward Ward is a doctor at Rush University Medical Center. He explains how frostbite happens. "When the air temperature drops below zero especially factoring wind chill, things freeze. And that includes the fluids that's within your fingers or your toes, nose, ears, anything that's exposed to that wind chill can be affected by frostbite."

Protecting your fingers, toes, ears and nose is very important. Cold winds affect these parts of the body more quickly than other parts.

Christopher Sampson is a doctor with University of Missouri Health Care. He explains that frostbite can happen rapidly -- in less than 30 minutes.

"With frostbite people can start experiencing symptoms pretty rapidly, on average with mild winds and cold temperatures it can occur in as less than 30 minutes, with extreme cases. When it's very, very cold and winds are very, very strong, sometimes frostbite can develop in as little as 5 minutes."
The beginning of frostbite is called “frostnip.”

Experts at the Mayo Clinic explain that “with this mild form of frostbite, your skin pales or turns red and feels very cold. Continued exposure leads to prickling and numbness in the affected area. As your skin warms, you may feel pain and tingling. Frostnip doesn't permanently damage the skin.”

But, frostbite can. It can even lead to loss of tissue and limbs.

**Hypothermia**
The most serious danger is hypothermia. Hypothermia is when the body temperature has fallen below 35 degrees Celsius or about 95 degrees Fahrenheit. This happens when your body can not produce enough energy to keep the body warm enough.

Hypothermia can kill you. There are several signs to watch for before it is too late.
- difficulty in movement
- difficulty in thinking
- slowed reactions
- unclear speech
- cold feet and hands
- shivering
- sleepiness

**Falling on ice**
However, Dr. Sampson says it is ice that creates the biggest risk for workouts outside when it is very cold. People don’t see the ice, step on it and fall.

**Dress properly**
But if you are dressed right, you can exercise safely in low temperatures.

Experts on several health websites say it is important to dress in layers.

The layer closest to the body should be made of a material that takes moisture away from the body. The next layer should be a material that traps heat, such as wool. And finally, the outer layer should be water resistant.

Of course, don't forget gloves, hat, good socks and shoes. When it is really cold, a scarf or face mask will protect your skin and lungs.

**Check the weather forecast**
Temperature is not the only things that will affect your outdoor workout. It is also important to consider wind and water.

Wind can go through your clothing and steal the layer of warm air that surrounds your body. If you get wet, you may not be able to keep your body temperature high enough.
So, if you are a generally healthy person, do not think you must move your workouts indoors in winter. As long as you dress properly, drink enough water and exercise safely, you can get a lot out of a cold-weather workout.

**Paul Pepper: Stephanie Shonekan and Brian Booton, "MU Celebrates Dr. Martin Luther King, Jr."

By TRAVIS McMILLEN & PAUL PEPPER

Today Paul Pepper visits with STEPHANIE SHONEKAN and BRIAN BOOTON, MLK Planning Committee Members, about two events celebrating the life and message of Dr. Martin Luther King, Jr. The first event, a free showing of the film "Harvest of Empire," is TODAY at Ragtag Cinema; the second event, a talk by activist and author Junot Díaz, is next Monday at Jesse Auditorium. Watch for details!

**School of Metaphysics revives King's message to end cycles of violence**

MARGARET AUSTIN
The lyrics of the song "We Shall Overcome" by Pete Seeger quietly set the tone of the fluorescent conference room in the Columbia Public Library. Although the song was released in 1947, it later became part of the soundtrack of the Civil Rights Movement and is still popular among activists today.

The song set the tone for a discussion Monday night in honor of Martin Luther King Jr. Day led by the School of Metaphysics. Just more than a dozen people attended the meeting.

Doug Bannister, school director and teacher, used excerpts from King's famous speeches to build connections between King's messages and the teachings of metaphysics.

The past is important, but it was not the center of King’s focus.

"He didn't dwell on the past. He was very aware of the past injustice, but he didn't stay there at all," Bannister said. "He knew that forward progress came from something different." This echoes one of the night's themes, which was how to use the lessons from the past looking toward the future.

The School of Metaphysics teaches adults to apply spiritual principles and exercises to their lives, according a school pamphlet. Bannister suggested looking for resolutions to violence and oppression that are inclusive of all people instead of continuing the cycle.

Martin Luther King Jr. preached the only way we can end the cycle of violence and oppression is through love. In his Nobel Peace Prize acceptance speech, King said man must reject "revenge, aggression and retaliation" for change to occur.

"The foundation of that change is love," Africa Baker said in response.

**Baker, a student at the University of Missouri and the School of Metaphysics, said she looks to self-improvement and asks herself, "What am I creating with my life?"**

King used the principles of love and non-violence to create systemic change, but the School of Metaphysics highlights the importance of applying those principles in peoples' personal lives as well.
A common topic for both King and the School of Metaphysics is being a catalyst for change. King realized he couldn't beat the powerful forces he was opposing with violence, Bannister said.

"If we meet a force with an equal force, we're not making progress," Bannister said. "When we are a little bit removed from the emotion, maybe we can find a solution."

Frankie Muse Freeman, iconic St. Louis civil rights activist, dies at 101

From staff reports Jan 13, 2018 (8)

Longtime civil rights leader, lawyer and activist Frankie Muse Freeman died Friday (Jan. 12, 2018). She was 101.

Her death was confirmed Friday night by her daughter, Shelbe Patricia Bullock.

“She went peacefully with her family beside her,” Bullock said. “We ask for privacy until Sunday so we can plan services. She was a marvelous, warm woman, and we want to send her off in a good way.”

Mrs. Freeman, raised in a segregated town in Virginia, once said she wanted to become a lawyer to change the world she lived in.

She did.

The woman whom some would later call “Frankie Freedom” became a civil rights attorney who fought to end segregated housing and promoted equal rights in St. Louis and nationwide during the civil rights movement.
“My commitment was to work for elimination of discrimination,” Mrs. Freeman told the Post-Dispatch in 1988. “I could not accept the segregation that existed while I was growing up,” she said. “I really do believe in the Declaration of Independence. I really believe that all men, all women are created equally.”

When Mrs. Freeman spoke at De La Salle Middle School in the Ville neighborhood in 2006, De La Salle president and founder Bob Sweeny told students, “You guys are standing in the presence of a giant.”

Mrs. Freeman was the lead attorney in the landmark court case Davis v. St. Louis Housing Authority, filed in federal court in 1952, that led to the end of racial segregation in public housing in St. Louis.

Mrs. Freeman was an assistant attorney general of Missouri and staff attorney for the St. Louis Land Clearance and Housing Authorities from 1956 to 1970.

In 1964, Mrs. Freeman became the first woman on the U.S. Civil Rights Commission, which investigates discrimination complaints, collects data on discrimination and advises the president and lawmakers on issues of discrimination and equal protection. Her first trip was to Mississippi to investigate the bombing of four black churches.

She would eventually serve for 16 years on the commission.

Mrs. Freeman also was a longtime board member of the United Way and active in the leadership of the Girl Scouts. She co-wrote her memoir, “A Song of Faith and Hope: The Life of Frankie Muse Freeman,” which was published in 2003 by The Missouri Historical Society Press.

Mrs. Freeman continued to be active in the legal and civil rights arenas into her 90s.

Her local honors included being named St. Louis’ Citizen of the Year in 2011 and, in November, having a statue of herself dedicated in the northeast corner of Kiener Plaza while hundreds applauded.
In 1999, Mrs. Freeman and former Washington University Chancellor William Danforth were appointed to head a committee to oversee a landmark settlement that ended a St. Louis area desegregation case involving the St. Louis School Board, the NAACP, parents, the state and federal governments and the school districts in St. Louis County that were participating in an interdistrict busing plan.

In 2006, Mrs. Freeman and Danforth led a state advisory committee that analyzed — and criticized — the operation of the St. Louis school district, and eventually led to a state takeover.

In November 2009, she and Danforth were again asked to serve on a re-constituted advisory committee.

In 2007, her footsteps were added to the International Civil Rights Walk of Fame at the Martin Luther King Jr. National Historic Site.

That same month, Mrs. Freeman was one of four new members named to the Academy of Missouri Squires, a nonprofit that honors the accomplishments of Missourians. The Academy is limited to 100 living members, who must have achieved “true greatness” and who select the newest members.

Mrs. Freeman joined the likes of Harry Truman, sitting and former Missouri governors and Stan Musial; she was named at the same time as former Cardinal and longtime radio broadcaster Mike Shannon.

St. Louis civil rights attorney Frankie Freeman celebrates her 100th birthday

Frankie Muse Freeman, who turns 100 years old on November 24, was celebrated with a dinner and dance Saturday, Oct. 22, hosted by the St. Louis NAACP at the St. Louis Marriott Grand Hotel. Freeman was the first woman appointed to the U.S. Commission on Civil Rights, and the lead attorney for the landmark case "Davis et al. v. the St. Louis Housing Authority," which resulted in the end of legal racial discrimination in the city's public housing.

Mrs. Freeman was born in Danville, Va., one of eight children. Her father was a railway clerk, her mother a housewife and teacher. She graduated from what is now Hampton University with a
bachelor’s degree in mathematics, then moved to New York, where she hoped to enter law school.

The school balked at her undergraduate credits, however.

**In the meantime, she met her future husband, Shelby T. Freeman Jr., of Tupelo, Miss., who was in New York to take graduate courses at Columbia Teachers College. He had graduated from Lincoln University in Jefferson City but couldn’t continue his education at the all-white University of Missouri.**

The couple moved to Washington during World War II, and Mrs. Freeman went on to attend Howard University School of Law, where she graduated second in her class. The couple and their two children moved to St. Louis, and Mrs. Freeman opened her own practice in 1949.

One of her cases that year, Brewton v. Board of Education, involved students at the all-black Booker T. Washington Technical School who were barred from taking an aero-mechanics course at the all-white Hadley Technical School. The Brewtons won, but Hadley responded by discontinuing the class.

Mrs. Freeman was married for 52 years to her husband, who died in 1991. He taught computer programming at Illinois Community College in East St. Louis for 17 years, worked for the Mobility Command Department of the Army in St. Louis and once owned a photography studio. They had two children, but Shelby “Butch” Freeman III died at age 11 from pneumonia.


**MISSOURIAN**

**TONY MESSENGER:** Will 'case of the lone voter' get its day in court? Missouri law professors hope so.
A little more than two years ago, Jen Henderson was briefly the most famous voter in America.

The 23-year-old MU student was the only voter in a proposed commercial improvement district in the Business Loop area of Columbia. When she told the organizers of the district that she intended to vote no on their proposed sales tax, the business owners delayed the election.

The story gained national attention, from Los Angeles to New York, as an example of gerrymandering gone bad. The business owners who drew the boundaries for the commercial district peppered with car dealerships, restaurants and hotels didn’t want it to contain any voters. That way they could vote on their own to impose a sales tax on shoppers to help finance their developments.

Henderson was the fly in their ointment.

Eventually, the organizers of the commercial improvement district identified more voters. They scheduled a hasty election, offering only 10 days’ notice. The vote passed and the sales tax was imposed.

“This is the craziest case you’ve ever heard of,” said MU School of Law professor Richard Reuben, who represents Henderson.

On Dec. 29, Reuben and St. Louis attorney James Layton — the former solicitor general for the state — filed a writ of mandamus with the Missouri Supreme Court asking the court to force Judge Jodie Asel of the Boone County Circuit Court to issue a judgment in their lawsuit against the election.

The problem isn’t that Asel ruled against Henderson.

It’s that she won’t rule at all.

A year ago, Henderson sued to overturn the election that created the new sales tax, alleging multiple violations of election law. The community improvement district sought to dismiss the
lawsuit, arguing that Asel didn’t have jurisdiction over community improvement districts. Asel agreed and dismissed the case “without prejudice.”

That’s a legal term of art that in most cases works in the favor of the plaintiff, Reuben says. Such a procedure allows the refiling of the case using an alternative legal theory or argument. But in this case, Reuben says, there is no alternative.

Seeking to invalidate the election is the only path forward. He appealed Asel’s decision, but was denied because the judge didn’t issue a final judgment.

It created a legal limbo that protects the business district and offers no legal remedy for appeal.

“What she has really done is bury the case,” Reuben says. “I asked her to enter judgment against us so we could appeal. She refused.”

The case could have significant legal consequences throughout Missouri, Reuben says.

If it stands that the circuit court doesn’t have jurisdiction over community improvement districts, then hundreds of such districts across the state have no legal accountability over the elections that allow them to bring in hundreds of millions of dollars from taxpayers.

But it also raises an issue as to whether some judges in the state are using the “dismissed without prejudice” procedure as a way to avoid being overturned by higher courts. That’s why law professors and former deans from all four of Missouri’s law schools have signed on to an amicus brief to support the case brought by Reuben and Layton.

“In this case … as well as others of which we are aware, some trial judges have begun to use the dismissal without prejudice to insulate their decisions from appeal,” the law professors wrote. “Rather than shielding the plaintiff from inefficiency, the trial judge here used the device as a sword to deprive the plaintiff of her statutory right to appeal the trial court’s adverse ruling against her. This undermines the rule of law and public confidence in the courts … .”

Such an outcome “certainly doesn’t feel like democracy,” said former Missouri Supreme Court Judge Mike Wolff. Wolff, the dean emeritus of St. Louis University School of Law, submitted
the brief along with Jeffrey Berman, an emeritus dean at the University of Missouri, Kansas City School of Law; R. Lawrence Dessem, the dean emeritus of the MU School of Law; and Pauline Kim, a professor at Washington University School of Law.

“One way or another, you’re entitled to a judgment,” Wolff said.

For two years, the sales tax created despite Henderson’s no vote has been collecting money for the developers of the community improvement district around her home. All she wants, her attorney says, is her day in court.

“This is about making the courts operate the way they’re supposed to operate,” Reuben says.
“We need our American institutions to work. This is not how the judicial system is supposed to work.”

Mizzou professor not running for Senate

By: Will Schmitt

A conservative economics professor at the University of Missouri-Columbia has decided against a bid for U.S. Senate.

Aaron Hedlund, a Mizzou professor who spoke to the Greene County Pachyderms last fall, referenced big donations to opponents as roadblocks to his own potential campaign.

"One thing I have discovered after talking to scores of voters from across the state is that people ache for bold, no-nonsense leadership that solves problems and doesn't make excuses," Hedlund told the News-Leader in a written statement. "For that reason, Missourians deserve sharp relief from Claire McCaskill's sorry record in the Senate. However, given the short runway between now and the August GOP primary, I don't see a path to being able to successfully compete against the unprecedented floodgates of money that are flowing into the race from big donors and out-of-state interests."
Hedlund confirmed his decision not to run after a News-Leader reporter reached out to ask about his candidacy.

"I trust that, when decision time comes in August, everyday Republican primary voters will exercise their own independent judgment by selecting who they and they alone view to be the strongest nominee against McCaskill in November," Hedlund continued. "In the meantime, there are more ways than one to impact the policy agenda besides elective office, and as I have always done, I intend to push proven, conservative solutions in whichever ways that I can."

Missouri Attorney General Josh Hawley is seen by many as the Republican front-runner with the best chance of defeating McCaskill, a Democrat seeking re-election to a third term.

Hedlund, in a separate written piece, discussed his encounters with Greitens since the two met near Kansas City in August 2015. The professor has performed economic analysis in conjunction with the governor's tax study committee.

In the piece, which has been submitted to the News-Leader as an opinion article, Hedlund praises the governor's "subtle humanity based on an unusual self-awareness about his own limitations" and says Greitens "can serve as an exemplar of character and resilience during times of trial."

"I leave it to pundits to analyze Eric Greitens’ political tactics, but based on some of the reactions I have seen to the revelations of this past week, it’s clear to me that too few people have witnessed the same person who I’ve had the opportunity to see away from the spotlight," Hedlund wrote, in part. "Though Greitens long ago atoned privately for violating his marital vows, the public will ultimately be the ones to render their verdict on his political future. The least I can do is to disabuse people of the false media portrayal of our Governor as a secretive narcissist who basks in the adoration of his own shadow. Voters should be able to make their assessment based on the full measure of the man."

State-paid attorney who asked about Greitens scandal raises questions

By Jack Suntrup St. Louis Post-Dispatch 2 hrs ago (8)

JEFFERSON CITY • Before news of a scandal involving Gov. Eric Greitens broke on Wednesday, at least one of his taxpayer-paid attorneys was on an intelligence-gathering mission.
In audio obtained by the Post-Dispatch, an attorney who works in the governor’s office, Lucinda Luetkemeyer, is recorded speaking with St. Louis attorney Albert Watkins about the political storm that was brewing.

Watkins represents the man who has alleged that Greitens in 2015 took a compromising photo of the man’s then-wife and threatened to release it if she ever spoke of their affair.

It is unclear from the recording whether Luetkemeyer knew of those allegations.

“Can I just ask you this question, Al?” Luetkemeyer asks in the audio. “Is your client talking to anyone in the media right now?”

His client was talking to the media.

Watkins, who provided a copy of the audio recording to the Post-Dispatch, said the conversation occurred about 2 p.m. Wednesday. At 10 p.m., St. Louis television station KMOV-TV (Channel 4) first reported that Greitens, a Republican, had an extramarital affair as he was preparing his successful run for governor. Greitens has denied taking a photo or threatening the woman.

The recording offered a behind-the-scenes view of the Greitens’ governmental team and how it was trying to gather information about the emerging story. It also raised questions, Watkins said, about whether taxpayer resources should have been used to help control possible fallout.

“I found it chillingly disturbing that she would make that call as a state-paid employee,” Watkins said.

Watkins said he did not tell Luetkemeyer that he was recording their conversation. Such a recording is generally legal in Missouri if one party is aware that a recording is being made.

Glendale Mayor Richard Magee, who has worked as an attorney for several St. Louis County municipalities, said state employees shouldn’t expend taxpayer resources on a public official’s private legal matters.
“That person should be working on state-related business,” he said. “This is a great example of a personal situation ... It has nothing to do with his position other than it may diminish people’s confidence in him.”

University of Missouri-Columbia political science professor Peverill Squire said he could not speak to the legality of the situation, but he agreed the situation raises concerns.

“Unless some action he has taken in regard to this matter while serving as governor is involved — and that would seem to raise even more political problems — it would seem ethically inappropriate to draw on public resources to defend himself,” he said in an email.


Most MO Schools Close for Frigid Weather - Some Tough it Out

School districts across Missouri are closed today because of excessively cold weather.

After much of the state received one-to-three inches of snow on the Martin Luther King Jr. holiday, temperatures began to dive and continued to drop overnight Tuesday morning.

Wind chill values reached minus-10, and in some cases, minus-25. The only part of the state spared from the extreme weather has been the far southeastern portion and the Bootheel area.

The two big cities of St. Louis and Kansas City closed their school districts in response to the frigid temperatures, as did most of their suburban counterparts.

Kindergarten through twelfth grade classes were cancelled in Springfield and its surrounding area, as well as in Joplin, Columbia and Jefferson City. St. Joseph public schools north of Kansas City announced on its website that classes are cancelled “because of dangerously cold wind chills”.

Farther north in Bethany, where a wind chill warning was in effect, the South Harrison District chose to delay classes for two hours until 10 a.m. Many other districts that chose not to call off school also delayed opening until 10 a.m.

Temperatures are predicted to rise by only five or six-degrees across Missouri on Wednesday morning before a warm-up takes hold over the rest of the week. Districts have largely chosen to delay announcements on whether they’ll hold classes Wednesday.

The University of Missouri in Columbia held classes as scheduled Tuesday on the first day of the current semester.

Most Missouri schools close during frigid weather, some in hardest hit areas tough it out

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THE CHRONICLE OF HIGHER EDUCATION

In a Region With Few College Degrees, People Pin Their Hopes on Trump

NO MU MENTION

By SARAH BROWN

The data are clear: Life is getting harder and harder for Americans without college degrees. People with a high-school education or less tend to face worse economic prospects and have poorer health.

There has been a striking rise in mortality among middle-aged white Americans who don’t have four-year degrees. The uptick, say the two Princeton University economists who identified the phenomenon, is due primarily to what they call "deaths of despair," or deaths caused by alcohol, drugs, and suicide.

Middle-aged, non-college-going white Americans also make up the core voting block that propelled Donald J. Trump to the White House. Mr. Trump won 67 percent of white voters without a college degree.

How are all of these factors connected? Or are they? One Pennsylvania State University sociologist found this bottom line: Mr. Trump, her research shows, performed particularly well in counties with the highest mortality rates from alcohol, drugs, and suicide.

You can find a lot of Trump voters in the Bootheel, in the rural southeastern corner of Missouri. In one county, Dunklin, where one in 10 adults has a four-year degree, 76 percent of voters chose
Mr. Trump in 2016. His share of the vote was 12 percentage points higher than Mitt Romney’s in the 2012 election and nearly 25 points higher than George W. Bush’s in 2000.

It’s also worth noting that in Dunklin County, life expectancy is 72.6 years, six-and-a-half fewer than the national average.

Ask people in Dunklin how things have been going in recent years, and most of them will point to two related problems: Job losses in the manufacturing and agricultural sectors in the Bootheel have piled up over the past couple of decades, and more people are relying on government assistance.

‘They Don’t Want Anything Different’

Emerson Electric, in the county seat of Kennett, used to be the largest employer. For decades, young men could finish high school and follow their fathers and grandfathers into good-paying, steady jobs at the local plant. Once they got married, they’d be able to provide for their families.

But the Emerson plant closed in 2006, and many of those jobs were sent to Mexico. So when Mr. Trump said that Mexicans are "taking our manufacturing jobs … they’re killing us," his message resonated. His campaign slogan, "Make America Great Again," embodies exactly what residents of Dunklin County believe needs to happen. They need jobs to come back.

If more people had education beyond high school, employers looking for a pool of skilled workers might be more likely to come to the Bootheel. Many high-school graduates here do go on to college, but they don’t tend to come back. A lot of those who stay are skeptical about the value of higher education. Those high-skill jobs don’t currently exist, their thinking goes, so why is college worth my time and money?

Some families have relied on public aid for multiple generations. "They’ve never known anything different, and they don’t want anything different," says David Ross, of Senath, which is a few miles south of Kennett.

After graduating from high school, Mr. Ross spent a couple of years in the military and worked for the local phone company. Then he built a business from the ground up, focused on trucking and excavators. At 72 he continues to work full time.

"I’m not against welfare and helping people who really need it," Mr. Ross says. But he sees many people in their 30s and 40s who seem to have no interest in working. In many cases, he says, they’d be taking a pay cut to get a job because that would mean they’d lose their food stamps and housing support.

Mr. Ross says he has open positions that he can’t fill. If there were less government assistance, he says, maybe more people would be forced to take the jobs that are available, even if the work isn’t glamorous.
It’s not that simple for everyone, of course; people rely on social-services programs for many reasons, including a sudden job loss and serious disabilities. And at the moment, because there are few major employers in the region, the money is helping vulnerable people survive.

Still, the prevalence of government aid is making Mr. Ross, and other local farmers and truckers who often work 12-hour days, angry. They are pleased to hear Mr. Trump say he believes the monthly checks make it too easy not to work.

Missouri state lawmakers sometimes talk about what they call "social-services reform." Holly Rehder, a Republican whose district is in the northern part of the Bootheel, has no patience for such terms. She calls it welfare. So do most people around here.

Ms. Rehder grew up on it. She quit school at 15 to care for her mother, who had been injured in a car accident, and a younger sister. A year later she was pregnant with her first child. She was 40 before she earned her college degree, fitting in classes on nights and weekends while working as a hotel maid, a fast-food worker, a payments processor at a cable company.

Welfare policy "comes from the right place," Ms. Rehder says, "but it hurts people more than it helps them. It’s important that we start changing policies so that we don’t trap people in our compassion." Like many of her constituents, she backed Mr. Trump for president.

There are restrictions on how long people can receive government assistance, but she argues that they should be more stringent — and that recipients should be required to find work, volunteer, or pursue a degree.

The promise of more jobs and less welfare wasn’t the only reason Larry McKuin was excited to cast his vote for Mr. Trump. For one, the president’s lack of a filter makes him relatable, says Mr. McKuin, who lives in Kennett. "That’s how we are around here: plainspoken and to the point," he says.

He runs a welding shop, and he’s been paying a 35-percent tax rate, which dropped under the new tax law. He’s upset that the president hasn’t yet fulfilled many of his other promises, but he doesn’t think it’s Mr. Trump’s fault. Mr. McKuin believes it’s Congress that’s holding him up.

**Access to Health Care**

Not everyone in the Bootheel falls on one side of the Trump divide. Abdullah Arshad watched the national health-care debates last year with concern. He’s medical director at Pemiscot Memorial Hospital, in the county just east of Dunklin.

When the Congressional Budget Office estimated that millions of Americans would lose insurance under the Republican proposals, he knew some of them. They were in his waiting room. Many of them were probably Trump supporters. But if they lost their subsidies, they would lose their plans. Few people here have a health-savings account.

If Republicans’ plans were to become law, emergency-room visits by uninsured patients would skyrocket, Dr. Arshad says.
Steve Pu, a physician in Kennett, is critical of Missouri officials’ decision not to expand Medicaid access under the Affordable Care Act. That would have extended necessary insurance coverage to many people in the Bootheel and elsewhere in the state.

But Dr. Pu, a longtime Republican, is skeptical that state or federal lawmakers will make meaningful progress on health care anytime soon. In the wake of Obamacare’s passage, discussions around health-care access have become polarizing and divisive. "The rhetoric," he says, "is just terribly discouraging."

Folks who live in Kennett and the other small towns in the Bootheel are proud of their region. Many of them are hard-working and passionate about what they do. It’s the kind of place where, if someone needs help, the community will rally to fill that need.

Still, as economic opportunities disappear and disadvantages pile up for people without college degrees, it’s easy to feel hopeless. A lot of people here have pinned their hopes on Mr. Trump.