MU News Bureau

Daily Clips Packet

February 13, 2017
The rise of the LAT: Experts spot big rise in older adults choosing 'living apart together' and keeping their own homes

Researchers say ‘living apart together’ is another form of commitment
- Means partners maintain an intimate relationship without moving in together
- Many choose it to be independent, maintain a home, sustain family boundaries

By CHEYENNE MACDONALD FOR DAILYMAIL.COM

Generated from News Bureau press release: Older Adults Embracing ‘Living Apart Together’

A growing trend in recent years has seen older adults choosing to maintain intimate relationships without ever moving in with their partner.

According to researchers, the phenomenon known as ‘living apart together’ marks a new form of commitment.

As divorce rates have increased alongside life expectancy, experts say this tactic may be a new way of establishing long-lasting relationships, and should be recognized as a ‘legitimate choice.’

In the study, researchers from University of Missouri Health interviewed adults aged 60 and older. All were in committed relationships, but lived separately from their partners. The interviews revealed there were a number of reasons people chose to live on their own, including a desire to stay independent, maintain their own home, sustain existing family boundaries, and remain financially independent.

But, many of the participants noted that they struggled to express the nature of their relationships to others, as they felt it was ‘awkward’ to use terms like ‘boyfriend’ and ‘girlfriend’ at their ages.

‘What has long been understood about late-in-life relationships is largely based on long-term marriage,’ said Jacquelyn Benson, assistant professor in the College of Human Environmental Sciences.

‘There are now more divorced and widowed adults who are interested in forging new intimate relationships outside the confines of marriage.

‘Recent research demonstrates that there are other ways of establishing long-lasting, high-quality relationships without committing to marriage or living together.'
‘However, US society has yet to recognize LAT as a legitimate choice.

‘If more people – young and old, married or not – saw LAT as an option, it might save them from a lot of future heartache.’

The researchers are looking to continue studying the phenomenon in older, monogamous couples across the country. They will examine both those who live together unmarried, or are cohabitating, and those who choose to live apart (a LAT relationship).

In this emerging form of commitment, the researchers say it will be important to determine how such couples deal with plans for their health and needs later in life.

‘While we are learning more about LAT relationships, further research is needed to determine how LAT relationships are related to issues such as health care and caregiving,’ Benson said.

‘Discussions about end-of-life planning and caregiving can be sensitive to talk about; however, LAT couples should make it a priority to have these conversations about as a couple and with their families.

‘Many of us wait until a crisis to address those issues, but in situations like LAT where there are no socially prescribed norms dictating behaviour these conversations may be more important than ever.’

University of Missouri bolsters Title IX sex discrimination rules amid nationwide uncertainty

By Ashley Jost St. Louis Post-Dispatch, 14 hrs ago

COLUMBIA, Mo. • After a 2014 investigation found the University of Missouri should have done more to look into a rape allegation from a former swimmer, the president at the time vowed to become a leader on the handling of issues involving sexual misconduct and sex discrimination.

The university system’s governing body, the Board of Curators, periodically hears reports from campus leaders about progress toward meeting that goal.
On Thursday, the board approved dozens of changes to the university’s governing rules that address everything from clearly defining “consent” and “sexual misconduct,” to expanding language that prohibits anyone from retaliating against a student or employee who files a federal Title IX complaint.

The language bolsters current policies to further clarify what options exist for victims and what procedures all four University of Missouri campuses should follow when a complaint is filed.

Among the many changes is a rule that establishes a standard procedure for someone to file a discrimination or harassment complaint against the university.

The rule changes were “Herculean tasks,” according to interim university system president Michael Middleton. He and multiple curators commended the program organizers for their work, specifically the effort to get input from students and employees on all campuses.

The additional push to boost the way the university handles Title IX issues comes at a time when higher education leaders are uncertain whether a directive specific to the sex discrimination law during the administration of President Barack Obama will be overturned or scaled back.

“We shouldn’t get the feeling that this is a completed task,” Middleton said to the board Thursday. He said that although “this is an area of law and policy that’s ever-changing,” the board should be prepared to potentially have to address it again soon.

**UMSL tuition break**

In other business, curators expanded a special tuition rate at the University of Missouri-St. Louis so it applies to all Illinois students.

UMSL had since 2012 given residents of 22 Illinois counties the same tuition tab as Missouri residents, identifying those students as “metropolitan residents.” When that expansion happened, UMSL gained 140 Illinois residents, amounting to half a million dollars in tuition revenue.
Administrators hope to net up to 100 additional students in the first year by expanding the tuition break across Illinois. The push to grow enrollment comes at a time when budget woes in Illinois are putting strain on universities.

Illinois residents will pay in-state tuition during the program’s first year, but that’s subject to increase by fall 2019.

Growing the program will take time, particularly to market it across the state, but it will be worth it, UMSL chief financial officer Richard Baniak said.

University leaders consider waivers for tuition increases
By Ashley Jost St. Louis Post-Dispatch, Feb 10, 2017

COLUMBIA, Mo. • After years of tightening budgets to meet relatively flat state funding and tuition, Missouri’s higher education leaders are considering their options while facing additional withholds and a potentially smaller budget for the coming fiscal year.

Proverbial belts are as tight as they can get without damaging the quality of the education the University of Missouri system can provide students, interim system President Michael Middleton argued Friday.

In the short term, something has to give.

The most obvious option would be a tuition increase.

The university system’s Board of Curators discussed the possibility of seeking a waiver from the state to raise tuition at a rate that’s greater than allowed by a statewide cap.

It’s a Band-Aid fix to a problem that could continue, depending on state funding.
The effort would require the state’s higher education commissioner to approve a waiver from each interested school.

That idea isn’t off of the table for any of Missouri’s 13 four-year universities, according to Paul Wagner, executive director of the Council on Public Higher Education. His organization is made up of leaders from all state schools.

The waiver would be necessary thanks to a 2007 law that prohibits all state schools from raising tuition more than the Consumer Price Index each year. The index value has hovered around 1.8 percent since 2008. That amount gives universities little wiggle room, leaders argue, especially because they bartered deals with the former governor to not increase tuition even that much in exchange for a little extra funding.

Former Gov. Jay Nixon punished a few schools financially, including the University of Missouri system, in 2011 after it increased tuition more than the Consumer Price Index in an attempt to address budget woes.

During the meeting, University of Missouri-St. Louis Chancellor Tom George called the waiver “our best shot,” while higher education leaders push for a change in the state’s tuition cap. That issue seems less likely to go away quickly as there is no legislation filed to address the cap.

Gov. Eric Greitens hasn’t indicated whether he’d consider reprimanding the schools for a tuition increase. After announcing recommendations for the coming budget year that include serious cuts to higher education, he pushed the example of Purdue University, which kept tuition flat for years by cutting spending.

Purdue also does something Missouri schools can’t because of the tuition cap: It charges different tuition for different majors. For example, the cost of educating an engineering major is more than an English major, so engineering students would pay more.

Many state schools find a way to differentiate the cost of instruction through fees for specific programs and laboratories.
Even if the short-term fix at the University of Missouri is to increase tuition through a waiver, a number of leaders said Friday that the increase wouldn’t be large and would continue to keep costs lower than competitor colleges in nearby states.

**UM curators approve increase to room and board rates**

By Megan Favignano

**University of Missouri students will see an increase in room and board costs starting this summer.**

The UM System Board of Curators on Thursday unanimously approved student housing and dining rates, which raises costs at each of the system’s four campuses. The university governing board held its regular meeting on MU’s campus Thursday and will meet again Friday.

Curators increased MU’s room and board, for the predominant plan, by $320 -- bringing it to $10,070 for the academic year. The predominant plan covers a renovated traditional double room and a dining plan that includes 225 meals each semester. Missouri S&T will see the largest increase, as room and board for the predominant plan on that campus goes up by $435 this summer.

Elsa Brodarick, an MU junior who lived on campus her freshman year, said even a small increase in housing costs can have a significant impact on a student.

“If you’re paying for your own tuition,” that cost increase “doesn’t just come from nowhere,” she said.

Ryan Rapp, UM interim vice president for finance and chief financial officer, told curators this year’s decline in freshman enrollment has reduced MU Residential Life’s revenue. The university was able to cover the shortfall through "permanent and one-time savings," according to meeting documents.

MU saw a more than 20 percent decline in its incoming class this year. Overall, enrollment dropped 6 percent this school year compared to last. Given the low freshman enrollment, Brodarick said the university’s increase in housing costs while building new and renovating existing on-campus housing doesn’t look good to current and prospective students.
Aside from MU’s struggle with low enrollment, the university and the entire UM System also have been grappling with budget cuts after Gov. Eric Greitens last month restricted $31.4 million from the university system’s fiscal year 2017 budget. The 2017 fiscal year ends June 30.

In Greitens’ proposed budget for fiscal year 2018, he recommended cutting $40.4 million from the UM System’s basic appropriation.

Rapp gave curators an overview of the university’s current budget, noting it is “early in the planning process” for the fiscal year 2018 budget, which goes into effect July 1.

“We have a history of successfully managing through reductions in state support,” Rapp told the curators. “We’ve had a history of managing to lower costs.”

The governor’s fiscal year 2018 budget proposal would give the university one of the lowest state appropriations it has had in 18 years. Five of the past 18 university budgets received lower state appropriations.

On Friday, curators are set to discuss the “changing fiscal environment for Missouri higher education,” according to the board’s agenda.

**TUITION TALKS POSTPONED**

Typically, curators set tuition rates for the next academic year at the board’s February meeting. However, the rates are neither up for a vote this week nor listed as a discussion item during the board’s public sessions. Because university leadership received the governor’s budget proposal only last week, UM System spokesman John Fougere said, the university decided to postpone discussing tuition.

“We’re in discussions right now about a strategy going forward,” Fougere said.

Curators will discuss how the university system plans to prepare for a decrease in state appropriations at the board’s next meeting in April at Missouri S&T. Fougere said curators likely will vote on tuition rates then.

UM curators did discuss tuition at UMSL and unanimously approved a change in the tuition policy, implementing a new program specific to students coming from Illinois. Starting next school year, UMSL’s Illinois students will pay the same tuition rate as Missouri students.

“UMSL would only need to add 25 new students to break even on this,” Rapp said.

Curators reconvene at 9 a.m. Friday in Stotler Lounge at MU’s Memorial Union and will hear UM System interim President Mike Middleton’s last report as president. Mun Y. Choi will take over March 1.
UM System FY2018 student housing and dining rates

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Amounts given are for predominant room and board plan at each campus for an academic year.

University of Missouri room, board rates to increase


COLUMBIA, Mo. (AP) – University of Missouri System curators have approved an increase in rates for student housing and dining at the system’s four campuses.

The Columbia Daily Tribune reports the system governing board met on University of Missouri campus Thursday and plans to meet again Friday.

The university will see its predominant room and board plan increase to more than $10,000 for the academic year. The plan includes a renovated double room and a dining plan with 225 meals per semester.

Junior Elsa Brodarick says the increase will significantly impact current students and won’t look good to prospective students considering the university has already seen a more than 20 percent decline in its incoming class this year.
The UM System is also facing budget cuts from the governor, who restricted $31.4 million last month from the system’s 2017 budget.

Curators discuss state budget cuts in dire terms
By Roger McKinney

University of Missouri System curators used terms including "emergency" and "crisis" Friday to describe the system's financial situation after proposed state budget cuts were announced.

Gov. Eric Greitens last month restricted $31.4 million from the university system's fiscal year 2017 budget. The governor's proposed budget for fiscal year 2018, which begins July 1, recommends cutting $40.4 million from the UM System's appropriation.

"Something's got to happen," interim UM System President Mike Middleton said at the Board of Curators meeting Friday. "It's an emergency."

"For right now, we're in a fiscal crisis."

Interim MU Chancellor Hank Foley said officials need to avoid portraying the situation as better than it is in order to face reality and respond accordingly.

Curator David Steelman of Rolla said UM can't rely on the state for funding because the state budget depends on uncertain revenue sources.

"When we rely on that, we're not taking control of our own destiny," Steelman said. "We're going to have to make tough decisions and we need to control our own revenue."

He said that includes asking the General Assembly to change or repeal the law that caps tuition increases, limiting the increase to growth in the federal Consumer Price Index. That also was a recommendation of the University of Missouri Review Commission.

Curator John Phillips of Kansas City said repealing the law might have the effect of relieving the General Assembly of its responsibility to fund higher education.

"I think we let them off the hook too easily by repealing" the law, he said.
Curator Philip Snowden of Kansas City said any tuition increases would be incremental.

"We're not going to run out here and raise tuition 25 percent on these families," Snowden said.

But Middleton said the curators would not be able to cover the budget shortfall by increasing tuition.

To help cut costs, the board discussed consolidating some operations, including online courses, among the four campuses, which was recommended in the University of Missouri System Review Commission report.

Middleton said the four independent campuses each have its own culture and changing those cultures would take time. He said it also would face resistance from faculty.

"If we don't get our faculty on board with the changes, I question what benefit we derive," he said.

In a news conference after the meeting, Maurice Graham, chairman of the Board of Curators, and Middleton said students and faculty members do not need to expect the worst. Graham said UM system leaders will do everything possible to avoid layoffs and large tuition increases.

"I think we can probably survive this upcoming year but it's going to be very important we really get down and dirty and do some serious planning," Middleton said.

Asked about his message to students about possible tuition increases, Middleton said: "Don't worry."

"It's modest tuition increases that we're considering," Middleton said. "Nobody's talking about draconian tuition increases, but the students need to understand, as we do, that this is close to crisis. We have been cutting ourselves to the bone for the past 20 years and it hurts."

Zac Casper, a sophomore studying nursing, said he wasn't assured.

"I feel like it should concern anyone," he said, adding that student debt is a concern most students face. He said his parents help pay his tuition, but "most students are struggling to get through school."

In his final meeting as interim system president, Middleton said he took the job reluctantly during one of the most challenging times in its history, after the resignation of system President Tim Wolfe in November 2015, which followed months of anti-discrimination protests and a brief boycott by the Tigers football team.

"My only hope is that I have opened some eyes, maybe even ruffled some feathers, to help illustrate that we are all different," he said. "Not one of us is the same, but we all call Missouri home. Whether for a short time as students, or for part of our careers, or even just a stopping
point in our personal journey, we all want to see our beloved university prosper into the future. And I believe we are well on our way."

Mun Y. Choi moves into the permanent position March 1.

THE TRIBUNE'S VIEW

A new era for UM funding?

aced with a funding "crisis," University of Missouri curators ponder their fiscal future.

In an era of steadily declining state funding, Gov. Eric Greitens promises further cuts in the coming fiscal year. Chairwoman Jeanne Sinquefield of the UM System Review Commission told curators that when her oldest son graduated, the state provided 62 percent of MU revenue; now the level has dropped to 33 percent. The commission recommends curators seek repeal of a state law capping university tuition increases. Because their budgets reflect steady declines in higher education funding, legislators might not be in good position to deny this option.

All of which means the pinch is likely to remain and ever larger reliance will fall on tuition revenue. Curators consider creative schemes such as tuition levels based on variable costs at UM System campuses and increased surcharges for higher-cost programs.

All of which flies in the face of tradition. Higher education in America grew as a primary obligation of the state, but as costs balloon state budgets fail to keep up, leading to today's persistent debate over revenue support.

Bigger has been regarded as better. Premier institutions receive more public funding than average, but even those with the largest state budgets are feeling the squeeze. University officials say budget cuts are forcing them to cut spending "to the bone," and denizens of colleges and their towns resist the very idea of spending limits, but clearly the spending side of UM and other higher education budgets must receive attention.

UM presidents in the past have tried to do this with reasonable schemes such as Brice Ratchford's "Role and Scope" and more timorous versions promoted by successors Jim Olson and Tim Wolfe. Had he remained here long enough, President Elson Floyd probably would have pushed the idea. MU Chancellors Barbara Uehling and Charles Kiesler gave it whirl, and I daresay every university officer in recent history struggling to make a budget has pondered the same idea: REALLOCATION. The dreaded "R" word disdained by higher
education managers well aware of the pitfalls gobbling up predeces-
sors as their attempts to focus on fewer higher-priority programs have
been met with furious pushback from constituents of the disfavored.

A cursory look at UM budgets will show substantial oppor-
tunity for saving money while retaining or even enhanc-
ing the quality of key programs, particularly at MU, where
the most expensive reside. I hate the very idea of getting rid of
any program, no matter how peripheral, but the idea of fund-
ing focus gains credence as available revenue dries up.

In higher education parlance, it’s called “exigency,”
a condition of fiscal starvation that gives an excuse for
budget managers to impose unpopular cuts.

But despite the current budget “emergency,” exigency might not
yet be upon us. If university officials dare suggest painful reductions in
certain programs, they can expect all hell to break loose from constitu-
ents convinced their favorites deserve support. And based on another
higher education tradition — that a university should offer a large vari-
ety including arcane courses of study a citizen won’t find otherwise —
I can argue strenuously for postponing reallocation as long as possible.

So there we have the awful dilemma facing the curators as
they contemplate an increasingly bare cupboard. Many of my
friends, and theirs, will beg for continued funding, joining a large
and impassioned protest against state funding parsimony.

The Commission on Higher Education does a credible job
resisting new programming at campuses across the state,
but when it comes to possible reductions in existing offer-
ings, the monkey lands first on the backs of local officials. They
are tempted to make across-the-board reductions, sharing
the pain without making priority judgements. Is that the best
way? Maybe not. Is that the only way? Maybe yes, for now.
Kicking the reallocation can down the road is an Olympic sport.

**If I don't go to work a little scared, I don't have any interest in it.**

Mary Tyler Moore
UM Board of Curators chairman says budget cuts put system in 'challenging' situation

THOMAS OIDE, 12 hrs ago

COLUMBIA — Proposed state budget cuts to higher education put the University of Missouri System in a "challenging" situation, said Maurice Graham, the chairman of the UM System Board of Curators.

Graham said the curators used the words "crisis" and "emergency" to describe the budget situation during Friday's meeting. However, on Sunday evening, he said that may have been an exaggeration.

"I'm not sure if crisis or emergency is the right word," Graham said. "We are going to work with the legislature to see if anything can be done, but we also have to make sure if there are ways to control costs if we can do so."

At Thursday's meeting, the curators voted unanimously to increase room and board fees for all four campuses. Graham stressed that it is too early to say whether students should expect tuition increases. However, the UM system hasn't ruled out the possibility, according to previous Missourian reporting.

He said that if tuition increases occur, they will be "reasonable" and "not excessive."

"There's a fear that the university could go overboard if they increase tuition," Graham said. "That's something we are not interested in doing. All we want to do is to be able to make sure we
have sufficient financial support to provide the education that we are obligated and committed to providing."

Under Gov. Eric Greitens’ proposed budget, higher education could be cut by $159 million, according to previous Missourian reporting. The UM System’s state funding could be cut by about $40 million in Greitens’ budget compared to the amount appropriated last year.

Graham said it’s too early to reveal what he and the other members of the board are considering to help alleviate the financial pressure of the potential budget cuts.

"Those are discussions we have had and will continue to have over the coming weeks," Graham said. "We’re still working on evaluating where exactly we are and what steps we need to take."

However, Graham said that the universities will need to be proactive in addressing the cuts.

MU started generating ideas for that process at its Feb. 2 Faculty Council meeting.

At that meeting, Rhonda Gibler, vice chancellor for finance, told the council that MU will assemble three committees to find ways to generate more revenue. The committees will discuss allocation of resources, capital finance, and tuition and fees, according to previous Missourian reporting.

"We have to find a different model," Gibler said. "We are at a point of urgency, folks, that if we can’t rally around and do that now, I don’t know what other circumstances will inspire us to do so."

The committee formation dates are to be determined, and no members have been nominated.

Friday's meeting was Interim UM System President Mike Middleton's last board meeting as president. On March. 1, Mun Choi will assume the role of UM System president.

Both Graham and Curator John Phillips expressed that Choi will be able to effectively address the budget situation.
"I think he's going to have to show that a strong higher education system can start economic
growth," Phillips said on Saturday. "He's going to have to take stock of what programs we have
and what's critical."

"I know that Dr. Mun Choi and other top administrators are looking into the situation right now,"
Graham said. "By the time he arrives on campus, he will have a good handle on some of the
steps he wants to implement. He’s on top of it."

Middleton and Interim MU Chancellor Hank Foley were unable to be reached for comment on
the situation over the weekend.

UM System Review Commission presents report to curators

By Roger McKinney

The University of Missouri System Review Commission report on Friday was presented to the UM Board of Curators by Chairwoman Jeanne Sinquefield and Vice Chairman Gary Forsee.

Sinquefield said developing the report was a nearly overwhelming task. The Missouri General Assembly created the review commission in May to address unrest at the university that had culminated in November 2015 with the resignation of system President Tim Wolfe.

Sinquefield said when her oldest son graduated from MU, the state provided 62 percent of its revenues. That level has dropped to 33 percent.
She said one of the recommendations is establishing what's called "differential tuition," charging higher tuition for programs that are in most demand, including engineering and nursing.

"Something I felt strongly about was accountability measures and benchmarks," said Forsee, a former UM System president. "It's so fundamental in any organization."

The report, which was released in December, recommends differential tuition be implemented at each campus in the areas of teaching, research, service and economic development.

Forsee also said differential tuition is something to consider and questioned whether the university was investing in programs that would provide jobs to graduates.

The report also recommends a review of the UM System's collected rules and regulations, as well as revising caps to tuition increases, which would require a change in state law.

"The state has to understand what's the outcome of continued decline in support," Forsee said. "That's going to come home to roost."

Both Forsee and Sinquefield said the General Assembly will expect a response to the report from the curators, including specific goals, by the end of the session.

Caregivers need help dealing with depression

This story was a result of a MU Health Care press release: Caregivers Should be Screened Early, Often to Prevent Depression, Anxiety

There are more than 34 million people in the US who care for terminally ill loved ones, but few resources are available to help them navigate the challenges they encounter.

A new study published in the Journal of Palliative Medicine finds that nearly one-quarter of caregivers are moderately or severely depressed and nearly one-third have moderate or severe anxiety. Researchers recommend that health providers remember to treat the whole family, providing ongoing screening to caregivers to identify early signs of depression and anxiety.

“While some sadness and worry are expected components of caring for a dying family member or loved one, clinical depression and anxiety shouldn’t be,” says Debra Parker-
Oliver, professor of family and community medicine at the University of Missouri School of Medicine.

“We have a population that is under immense stress and is not being acknowledged. Basic assessment tools should be used to help increase the likelihood of early detection and treatment of depression and anxiety in family caregivers.”

Researchers conducted depression and anxiety assessments with 395 family caregivers and found that 23 percent of caregivers were moderately or severely depressed, and 33 percent of caregivers had moderate or severe anxiety. Further, caregivers demonstrated several risk factors associated with depression and anxiety.

“We found that younger caregivers were more likely to be depressed or anxious,” Parker-Oliver says. “We also found that caregivers who are married and caring for a family member with a diagnosis other than cancer, such as Alzheimer’s disease, had higher levels of depression.”

Many of these simple assessments are not used because of the misconceived notion among health providers that the family caregivers are not their patients, Parker-Oliver says.

“Health providers usually are more focused on the terminally ill patient instead of the entire family. However, in many scenarios, it is a family disease. It’s fair to say they have two patients: the caregiver and the person who is terminally ill.”

Assessment tools for depression and anxiety are widely affordable and have the potential for improved clinical outcomes for family caregivers in need of additional support.

The National Institute of Nursing Research and the National Cancer Institute funded the work.

By testing a missile, North Korea was probably also testing Trump, experts say

By Matt Stiles

In the last five years, North Korea has test fired more than 50 ballistic missiles in an effort to perfect a technology that its opponents fear might someday deliver a nuclear weapon.

So the launch of a missile on Sunday that soared 300 miles across North Korea, from west to east, before crashing harmlessly into the Sea of Japan, might have been another of those tests.

Or it could have been a test of President Trump.
The reclusive country's leader, Kim Jong Un, hasn't yet broadcast his country's motives for launching the missile — the first such test since before last year’s American presidential election. North Korea watchers suggested several possible reasons for the timing, both practical and geopolitical.

The regime has made missile technology — especially a long-range missile capable of reaching other continents — a national priority, and the test could have been a logical extension of that effort. The launch might also have been an attempt to discern how the Trump administration, which is still formulating its North Korean strategy after visits to Japan and South Korea last week by Defense Secretary James Mattis, might react.

It’s possible, too, that the launch was set to coincide with the birthday of Kim Jong Il, the current leader’s late father.

“A test like this serves all three purposes at once,” said Sheena Chestnut Greitens, a political science professor at the University of Missouri and a senior fellow at the Brookings Institution’s Center for East Asia Policy Studies.

Regardless of motive, the action drew strong rebukes from South Korea and Japan as another violation of United Nations Security Council resolutions. Those rules are aimed, in part, at curbing the rogue state’s nuclear weapons development.

U.S. military officials said the missile never posed a threat to North America, and the test hasn’t yet prompted a strong response from President Trump, who coincidentally was hosting the Japanese prime minister, Shinzo Abe, for the weekend at his resort in Florida.

But Abe called the test "absolutely intolerable." Japan’s capital, Tokyo, is about 800 miles from Pyongyang.

"North Korea must fully comply with the relevant U.N. Security Council resolutions," he said at a news conference in Palm Springs, Fla., with Trump standing beside him.

After Abe spoke, Trump said “the United States of America stands behind Japan, its great ally, 100%.” He didn’t take questions or speak specifically about the test, however. He has said, though, that North Korea is a top priority for his administration.

Officials in South Korea, whose capital is within range of such a missile, condemned what they called the “irrational nature” of the action.

“‘It is also a grave threat to the peace and security of the Korean peninsula and the international community as a whole,’” according to a statement issued by the South Korean Foreign Affairs Ministry.

Military leaders in South Korea said they believe the North is seeking to draw attention to its advancing nuclear capabilities and to counter what was seen as a strong commitment to the U.S.-South Korean alliance, as demonstrated by Mattis’ recent visit.
On that trip, Mattis reaffirmed the policy of extended deterrence — America’s commitment to defend South Korea from both nuclear and conventional attacks. He said any nuclear attack by North Korea would be met with an American response that was "effective and overwhelming."

John Delury, an associate professor at Seoul’s Yonsei University, said it’s possible the North chose to perform the test as a reminder of its presence, after the Mattis trip and news about Abe’s American visit and apparently positive discussions between Trump and Chinese President Xi Jinping.

“This is the only way North Korea can get on the radar,” he said. “It’s their way of reminding everyone that they are still here.”

Some experts had been expecting a missile launch. Duyeon Kim, a Seoul-based researcher at Georgetown University’s Institute of the Study of Diplomacy, said it’s plausible Kim wanted to test Trump. She said Pyongyang could also just be pursuing its national objective of improving its missiles.

“But what is certain is that the North gains knowledge and comes closer to perfecting its missile technology after each test,” she said.

The test-firing comes weeks after Kim gave a televised address announcing that his country was close to being able to deploy an intercontinental ballistic missile — a type that in theory could reach the American mainland. The country has numerous missiles, some of them mobile and with modified Russian technology.

A day later, Trump took to Twitter, announcing, “It won’t happen!”

Trump’s confidence was met with skepticism from North Korea security analysts, who noted that the issue has long confounded the international community — and that Trump hasn’t detailed a strategy for dealing with the North.

Despite the United Nations restrictions, Kim’s regime has escalated its missile and nuclear programs. He has ordered at least 50 missile tests since he took office five years ago, including as many as 24 last year alone. He has also presided over three nuclear tests — two of which were in 2016.

Just how to deal with North Korea’s military threats has befuddled at least three presidents.

President Clinton sought a deal with Pyongyang that ultimately fell apart. President George W. Bush famously lumped the country into his "axis of evil" after the 9/11 terrorist attacks and set tough conditions on any dialogue. And President Obama used a policy that’s been defined as “strategic patience,” during which the North’s missile and nuclear systems continued to advance.

Bush and Obama also relied on a host of sanctions imposed by the United States and the international community. But the country’s nuclear program, and the Kim dynasty, have proved resilient.
Most North Korean security watchers now believe the country has enough nuclear material to have created as many as 12 bombs, with some estimates as high as 60.

That leaves Trump with few good options, perhaps even fewer than previous presidents. Among them: persuading North Korea that its nuclear program threatens the Pyongyang regime’s survival. There’s also the possibility of a negotiated agreement involving regional countries — and perhaps increased economic and political pressure from China and Russia.

One American response has been the Terminal High Altitude Area Defense system, a defense array designed to shoot down missiles. Mattis and South Korean leaders agreed during a recent summit in Seoul to deploy the system here this year.

That system is controversial in South Korea, and it’s possible that a change in political leadership in Seoul could seek to reverse that deployment. A new presidential election could occur this summer to replace the country’s president, Park Geun-hye, who faces removal from office amid a corruption scandal.

Observers such as Delury still believe diplomacy is possible. He said the North hasn’t tested a long-range missile — the kind that might cause a serious international crisis or even military confrontation by the new administration.

“This just kind of rattles the cage a little,” he said. “I don’t think it forecloses the possibility of some kind of diplomacy.”

Psychologists Think They Found the Purpose of Depression

By Drake Baer

Depression is pervasive: In 2015, about 16 million — or 6.7 percent of — American adults had a major depressive episode in the past year. Major depression takes the most years off of American lives and accounts for the most years lived with disability of any mental or behavioral disorder. It is also expensive: From 1999 to 2012, the percentage of Americans on antidepressants rose from an estimated 6.8 to 12 percent. The global depression drug market is slated to be worth over $16 billion by 2020.
The National Institute of Mental Health defines a major depressive episode as “a period of two weeks or longer during which there is either depressed mood or loss of interest or pleasure, and at least four other symptoms that reflect a change in functioning, such as problems with sleep, eating, energy, concentration, and self-image.” This falls in line with what Matthew Hutson, in a new feature for Nautilus, describes as the disease model of depression: that depression is “a breakdown, a flaw in the system, something to be remedied and moved past.” In his compelling and challenging piece, Hutson profiles several researchers who advance an argument that depression can serve a possibly positive purpose in the lens of evolution. But rather than deifying evolution and trying to scry out what it meant for us, let’s focus on what’s more immediately useful for lived human lives today: that, in some circumstances, depression may be, in the arc of a life, yielding of insights and personal meaning. All of this is in no way meant to minimize the suffering that depression can cause — but to suggest the uses that it may serve.

At the center of Hutson’s piece is Paul Andrews, an evolutionary psychologist at McMaster University in Canada. Andrews argues that depression may be “an adaptation for analyzing complex problems.” He sees it in the condition’s bouquet of symptoms, which include “anhedonia,” or an inability to feel much pleasure; people who are depressed ruminate frequently, often in spirals; and they get more REM sleep, a phase associated with memory consolidation. This reflects an evolutionary design, the argument goes, one that’s to, as Hutson summarizes, “pull us away from the normal pursuits of life and focus us on understanding or solving the one underlying problem that triggered the depressive episode.” Like, say, a “failed” relationship. The episode, then, is a sort of altered state, one different from the hum of daily life, one that’s supposed to get you to pay attention to whatever wounding led to the upset. For example, 80 percent of subjects in a 61-person study of depression found that they perceived some benefit from rumination, mostly assessing problems and preventing future mistakes.

For now, Andrews’s “analytical rumination hypothesis” is just that, a hypothesis, a term that combines the Greek hypo (under) with -thesis (placing). It’s a concept, an observation, one that acts as a structure for further inquiry. Still, already, there is something very powerful, and even actionable, in reconceptualizing (some) depressive episodes as having a function, as presenting a quest toward understanding for the sufferer to undertake. Other research helps to refract the light being shined here: Laura King, a psychologist at the University of Missouri, has spent a couple decades studying people’s experiences of meaning in life, and she told me in an interview at this year’s Society for Personality and Social Psychology meeting that the meaning people derive from difficult experiences depends not on the amount that they’re suffered, but the extent of reflection — or meaning-making — they’ve done on what prompted a given nadir. Following this logic, if the job of a depressive episode is to figure out what’s gone awry, what emotional knots need to be untangled, what attachment patterns need to be identified and addressed, then antidepressants are an incomplete treatment, just like you wouldn’t prescribe Percocet to heal a broken ankle without also supplying a cast.
There are even larger, structural issues around the culture and industry of mental health at work here: If the healing of depression requires not just an alleviation of symptoms but a reworking of patterns within a person’s psychology, that’s a deeply subjective rather than objective process, meaning that the scientific method may have difficulty accessing it, and since it’s not objective, it’s perceived as less real or true, since it resides in your interiority, not out there in the readily testable world. Also, therapy — whether cognitive behavioral or psychoanalytic — requires lots of money and lots of time and is not, to say the least, well-supported by insurance companies in the U.S.

Still, this framing of depression as a space for reflection is empowering, and lends a degree of agency to the person being pressed down. Like anxiety, depression might be trying to tell you something. The language of therapeutic traditions is useful: a Jungian analyst would describe depression as katabasis, an Ancient Greek word for descent. Like Orpheus heading to Hades or Luke Skywalker in the swamps of Dagobah, it’s a journey into the underworld, where the adventurer is to “go through the door … immerse himself in the wound, and exit from his old life through it,” like Robert Bly writes in Iron John. Since it is subjective, the problems and solutions will be personal — of the person and their particular psychological history — and thus demand the individualized understanding of the sufferer of depression, perhaps with the assistance of a skilled therapist. That’s another theme: While disengagement from emotionality characterizes depression and other disorders, engagement with one’s inner world looks to be the way out. Put more poetically: You exit through the wound.

“Most episodes of depression end on their own — something known as spontaneous remission,” Vanderbilt psychologist Steven Hollon tells Nautilus, noting that the depression-as-adaptation narrative may explain why. Indeed, “cognitive behavioral and problem-solving therapies may work precisely because they tap into and accelerate — in a matter of weeks — the very processes that have evolved to occur over the space of months,” he added. Katabasis leads to catharsis; not coincidentally, there’s a shared theme in the personal narratives of people who reach midlife with a sense of well-being and generativity toward others: redemption.
Social welfare programs, public policy provide short, long term solutions to poverty

By Brittany Ruess

Before her 18th birthday, Debra Knight was molested so many times she stopped counting.

While her mother worked overnight as a nurses’ aid, Knight was left at home her mother’s boyfriend.

Knight said he started molesting her when she was 15 and continued for the next two years. He paid her to keep quiet.

“I graduated high school and he paid for a ring, pictures, a dress, shoes, everything,” said Knight, now 57.

Knight had been molested once before, when she was 9 by a different man, but she does not remember who hurt her. The room was dark and she was too scared to open her eyes.

Leaving home at 18, Knight married her first husband who would later abuse her physically, mentally and emotionally.

The abuse throughout her life led to mental illness — bipolar disorder, schizophrenia, post-traumatic stress disorder and major depression — that Knight said she tried to combat by abusing crack cocaine.

“I was trying to suppress all the ideas and memories of what had happened to me,” she said. “They call it self-medication. But, I didn’t realize I was doing that until I got the” prescribed “medication.”

Psychologists and neuroscientists say the stress of living in poverty and trauma experienced as a child can result in poor physical and mental health in adulthood. Better early childhood programs are not only the answer – more support for parents in poverty can also help.

Stress of poverty

The environment children grow up in can have life-long effects, said L. Carol Scott, a psychologist and early childhood consultant in St. Louis. Children in poverty sometimes live in
chaos, witnessing parental abuse, hearing gunshots at night, experiencing hunger or not knowing where they’ll sleep at night.

The University of Missouri’s 2016 Hunger Atlas showed that 18.4 percent of Boone County youth are food uncertain, meaning they don’t know when they will get their next meal or how much food they will eat. In Columbia Public Schools, 7,540 students — or 45 percent of all students — receive free or reduced-price lunches. CPS Superintendent Peter Stiepleman said Monday while testifying before the Columbia City Council that 90 percent of CPS’ black students are in the free and reduced-price lunch program.

Currently, 222 CPS students are homeless, said Director of Student Services Carla London.

Trauma and negative experiences can lead to something psychologists call toxic stress.

Before kindergarten, children’s brains are rapidly developing, said Christian Gilbert, executive director of First Chance for Children in Columbia. When babies reach out to their mothers and coo, they are expecting a reaction, she said.

“But when a family is going through some of the stressors families go through, they don’t understand that a reaction is so vital,” Gilbert said.

When their needs aren’t met, infants overproduce the stress hormone that can lead to long-term health problems, such as heart disease and diabetes, she said.

By taking a two-generational approach, Scott said, poverty can be alleviated for parents and their children.

“It’s a two-layer job, I think,” Scott said.

Scott and Gilbert said programs that serve children and their parents are the most effective, such as First Chance for Children, Lutheran Family and Children’s Services and Parents as Teachers.

A new study from University of Chicago and University of Southern California Schaeffer Center shows that high-quality early childhood programs for disadvantaged children result in a 13 percent return on investment through medical cost savings, income, education and reduced crime.

Columbia Parents as Teachers receives a portion of funding from the state based on the number of visits made and screenings completed. Program funding took a hit in 2010-2011 when the state cut reimbursements by 59 percent, forcing the program to limit the number of children it serves. While other districts completely cut the program, CPS spokeswoman Michelle Baumstark said the district felt it was important to maintain Parents As Teachers.

“I know there are families that would love to still have access to the support and services provided via” Parents as Teachers, “but we’ve had to set criteria based on what we can provide locally,” Baumstark said.
The Boone County Children’s Services Board is reviewing four proposals for an early childhood initiative. The nine-member board wants to spend $4 million over two years on a mental health program for children from birth to kindergarten entry with revenue from the Children’s Services Fund.

The fund is expected to receive $6.75 million this year from a voter-approved sales tax. In 2016, the money funded 34 programs including a mental health initiative for mothers fighting depression and other conditions. City and county officials hope that the services provided through the tax will not only put children on a better life trajectory, but also reduce public costs in places such as the county jail, where about 20 percent of inmates have mental health issues.

Public policy

Knight’s son was a walking and talking 1-year-old when she went to prison for the third and final time.

In handcuffs, Knight was taken to a penitentiary in Vandalia after her urine tested positive for drugs three times.

“I prayed to God, ‘If you take the taste of crack out of my mouth, I’ll never smoke crack again,’” she said. “And that was it.”

She first became addicted to the drug in 1989 and eventually landed in the McCambridge Women’s and Children’s Treatment Center. Now, she has been sober for 18 years.

When she got out of prison in January 2000, Knight worked at different fast-food restaurants but had trouble holding down a job. She said her mental illness caused erratic behavior, such as talking or laughing too loudly, when she was on the wrong medications.

Knight said she tried to pick up aluminum cans every day off the streets for extra cash. She would hit the jackpot during University of Missouri home football games, sometimes collecting up to 300 pounds of cans per game – each pound worth 75 cents.

When asked what solutions exist for alleviating poverty, University of Missouri economics Professor Peter Mueser said there’s a difference between what he believes will help and what’s feasible in today’s political climate.

“There’s no magic bullet that I can see that’s going to help poor people … I don’t see anything politically viable,” he said.

Once when she lost her job, Knight collected unemployment benefits, which have been decreasing in Missouri and might again soon. Lawmakers are considering a bill that ties the maximum number of weeks someone can collect unemployment with the statewide unemployment rate. Lawmakers approved the legislation last session, and overrode then-Gov. Jay Nixon’s veto. The override was struck down by the Missouri Supreme Court because of a procedural error.
Under the legislation, the current maximum of 20 weeks collecting unemployment would only be permitted if the statewide average unemployment rate is 9 percent or higher, which it has not been since January 2011.

The legislation drops the maximum number of weeks for unemployment collection to 13 if the unemployment rate is 6 percent or lower. In December, the unemployment rate was 4.4 percent.

“Can everyone find a perfect job in 13 weeks? Probably not,” said the bill's sponsor, Rep. Scott Fitzpatrick, R-Shell Knob. “Can someone find a job that pays more than what unemployment’s paying them in 13 weeks? The answer is probably yes.”

Welfare reform in the 1990s required people to work to maintain their benefits, but also provided counselors for the unemployed to help them find jobs, Mueser said. Evidence shows reform put more people into jobs, but the hope conservatives had that poor people would become middle class did not bear out, he said.

“I come on the side of we need to redistribute more and help people at bottom, but those arguments are only won by a judgment call,” he said. “The counter arguments — the conservative position — is not fully absurd. People do respond to incentives. There’s some evidence that because of our low tax rates, people work more, work longer, work more effectively than the Europeans.”

European countries are investing more in job training programs than in the U.S., Mueser said. Depending on what European country the U.S. is compared to, U.S. spending on job training is between 1/10 and ½ of what some European countries spend, he said.

Job training has helped Rocheport resident Israel Kyles, who completed a program at Job Point, a Columbia-based employment center. He also was trained in food service after former President Jimmy Carter extended the Comprehensive Employment and Training Act, which was signed by former President Richard Nixon.

Originally from Connecticut, the 62-year-old is working in temporary jobs as he searches for permanent employment. He still has a counselor at Job Point and goes there frequently to use the computer to search for jobs.

“I don’t know where the next dollar’s coming from, but I’m still going to be pressing on each day,” Kyles said.

He’s three years away from being eligible for Social Security — an income source that Mueser said flipped the elderly from being one of the largest groups in poverty to one of the smallest. Kyles also uses the Supplemental Nutrition Assistance Program, or food stamps, which started capturing more people at the bottom after former President George W. Bush relaxed requirements, Mueser said.
Kyles’ church, Yahweh’s Assembly in Rocheport, has provided him with housing as he gets back on his feet. Once a month, he receives food from Central Pantry, which is stocked by the Food Bank for Central & Northeast Missouri.

Food stamps decrease physical and mental stress in low-income households by providing safe, nutritious food in a consistent manner and allow more families to sit together at the dinner table, said Colleen Heflin, a University of Missouri poverty and social policy professor. More than $24.8 million was spent last year on Boone County residents in the Supplemental Nutrition Assistance Program, according to reports from the state Department of Social Services.

“I think when we do things right, we often don’t notice them because it’s just working the way it’s supposed to,” Heflin said. “It’s not falling apart.”

Making ends meet

Looking around Knight’s apartment, poverty is hard to see.

She survives by using government programs and community services.

Knight has a closet full of clothes she has bought from The Wardrobe, a longtime Columbia thrift shop. Her pantry is stocked with canned goods and other groceries from the Food Bank, which is based in Columbia. Her furniture is in good condition and she likes to mention how she bought it at a discounted price, noting the lamp she purchased for $2.50.

Knight keeps a budget, but she does not have much to work with. Her monthly disability check is $1,088 and comes on the third of every month. She went on disability in 2011 after being diagnosed with osteoporosis in her left knee.

Central Missouri Community Action helps pay her electricity and gas bills and she’s on Medicaid. Knight pays for groceries and other necessities. When asked what’s left over after she pays her bills, Knight laughed.

“Not very much,” she said. “I might have $50 left.”

About twice a week, Knight donates plasma at Plasma Biological Services on East Walnut Street in Columbia for extra cash.

She makes sure to drink water before the IV goes into her arm. The more she’s hydrated, the more plasma she can donate and the more money she can take home. Knight received $50 for the first five times she donated and since takes in about $30 for each donation.

On Sunday mornings, Knight can be found in the pews at Second Missionary Baptist Church. She takes notes during sermons, sings along with the choir and dances in worship. Throughout all the struggles in her life, Knight said, her faith and her church have pulled her through.
When Knight prays, she said she asks God to help people experiencing the troubles of her past — sickness, homelessness, drug addiction and incarceration.

“The people that they say are downtrodden, I pray for those people,” she said.

'Equally yoked': Pulling together is essential for long-term marital satisfaction

By Karen Worley

Chris Proulx researches older, more established married couples.

As a 20s-something graduate student at the University of North Carolina, Greensboro, she never dreamed that would become her career path. But she took the one and only gerontology course the university offered, and she was hooked.

These days, some 10 years into her academic career at the University of Missouri, the associate professor of human development and family science in the College of Human Environmental Sciences teaches and researches marriage as couples get older. She has published 12 articles on the links between marriage and spouses' well-being.

Today’s undergraduates, fretting about the divorce rate, ask her what it feels like to be happily married. Proulx, 39, is not surprised by the question, given that she peppers her lectures with illustrations from her 13-year marriage to Jamie Smith, 41, and that of her parents, Richard, 77, and Rita Proulx, 73, of Litchfield, N.H., who renewed their vows when their daughter married in 2003.

Her answer typically involves the concept of feeling at home.

“No matter where you are with that person, you’re home,” she tells her students. “Think of the strength of that: a person to depend on, to talk to, to come home to.”

Because her marriage doesn’t qualify as longer-term yet, she seldom connects the research with her marriage to Smith. They are a dual income couple with two children, Olivia, 7, and Evan, 3.

The research, plus long-term married couples she knows, bears out an emphasis on being a team.
In one study about African-American couples who had been married a long time, one of the themes that emerged in qualitative findings was the couples' belief that they were “equally yoked.”

“I love that sentiment,” Proulx said. And she sees it in her parents’ marriage as well.

“They went through some very hard years — many hard years — and yet they're a team. They still have things that drive them nuts about the other, but I don't think they'd have it any other way.”

Her parents use humor get over rough spots. Their macabre comments — banana peel under your walker to put you out of your misery — might cause young people to cringe.

Another example happened the week of Jan. 9, when Proulx’s father was hospitalized. As a nurse walked with her dad in the hallway, other nurses joked with him, telling him how cute he was.

Returning the banter, her mother made sure the nurses knew he was taken, saying “she didn't want to lose her share of the life insurance policy,” Proulx said. As if to underscore her position, her mother made a sign that said, “Taken,” and drew a smiley face with dollar signs for eyes.

“It's this sense of playfulness and complete and utter lack of jealousy that I think would be harder to find in some younger couples. My mother has never been jealous of the attention my dad gets — she trusts him, and frankly I think she agrees that he's awfully cute.” They've been married 43 years.

Life is too short

Proulx thinks older couples have learned to let sleeping dogs lie.

“As we age, we want to be more efficient with use of emotional resources. We invest in relationships that are meaningful, important and beneficial”— positive relationships, she said.

“We’re not going to ruminate on it, invest our emotional energy in it. We are more particular. We are more selective about where we expend our emotional energy,” be it with grown children and their families, our friends and our partners. “Time and energy become more finite, and we become more selective in how we spend it.”

Proulx hears young married couples argue or complain over issues such as how one loads the dishwasher. But, as couples age together, “we do drop some issues. It’s not worth getting into arguments for the 400th time.”

What the research shows

“The research shows pretty clearly now that starting off highly satisfied and happy in the relationship is one key — despite what we’ve often heard, decline isn't inevitable — and it’s easier to stay highly satisfied than it is to become more satisfied over time.”
Conversely, a weak relationship at the beginning might last, but the marriage will probably not improve.

Literature demonstrates the importance of a warm, connected spouse. For example, Proulx said, “If the wife states she’s feeling overworked by housework, how the husband responds is critical.”

Ideally, a spouse would respond, “I’m sorry. What could I do to help you with that?”

‘Deal with it’

It’s an entirely different scenario if the spouse says, “I’m too busy. I don’t know how to help. You’ll just have to deal with it.”

The difference is the responsiveness of the spouse.

“Lack of engagement is damaging for the relationship,” Proulx said. What’s important is to “just being engaged in a positive, supportive way. This is common sense.”

Granted, during high-stress times, such as being overwhelmed at work, resources strained, baby not sleeping well, an aging parent doesn’t remember who you are, it can be difficult to engage warmly and positively with your spouse.

Couples can be mean to each other, expressing hostile behavior. Examples of overt hostility are mocking, eye rolling, yelling, insulting or sighing. Covert hostility includes withdrawing or stonewalling, ignoring your partner when he or she is trying to engage you or get your attention.

One might snap at the other, “Suck it up and deal with it yourself.”

If that behavior happens when dating, pay attention, she said.

“If you have doubts, stop,” Proulx said. “There is no evidence that marriage quality improves from where it started.”

During marriage, declines in satisfaction might rebound but will never exceed the initial level.

'I have nothing left’

When married partners are spent, from work or family obligations, there’s no harm in telling a partner: “I just want to be left alone.” In a responsive, calm neutral way, say, “I’m tired. My reserves are spent. I need to recharge.”

If a spouse is angry, expressing the anger to resolve an issue is good for a marriage. “Airing — not bottling up — emotions in a relationship is a good thing,” she said.
Another option when times are tough is to dig deep within to find the reserve to be kind to your spouse.

“Warm, positive interaction is protective to the spouse’s health.”

**Choose wisely**

Making a wise choice before marriage is extremely important.

“There’s no one formula” for doing that, Proulx said. “Lots of pathways, no formula.”

It might well be that some “people are well suited to marriage. They’re caring, attentive people low in depression and anxiety.”

What about Valentine’s Day, a mere two days away?

“If it’s important to your partner, it’s important to acknowledge it,” Proulx said. “But the foundation of a relationship is laid out in the everyday, not in the once-a-year holiday.”

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**SPECIAL REPORT: The high cost of health care**


COLUMBIA — The thought of having a procedure done, or even going to a doctor can be stressful, especially if you don't know how much it's going to cost you.

For many people, the cost of health care can get confusing.

"At MU Health Care our goal really is to make sure that patients understand health care costs as much as they possibly can," University of Missouri Senior Strategic Communications Consultant, Jennifer Coffman said.

Hospitals are trying to being proactive in helping their patents, but it's not easy.

"We want to take care of patient's physical health but we also want to take care of the whole patient and walking the patient through the billing process or through the health
care cost process is one more way that we can ensure that we're caring for the entire individual," Coffman said.

University Hospital uses its website as a way for patients to better understand the prices in order to make more informed decisions.

"We post health care costs for lots of different common procedures and tests, like CT scans and MRI's and even lab work and office visits," Coffman said. "So they can see what it costs if they were paying out of pocket with the cash price discount. So they can at least be prepared in that way."

Coffman said the University of Missouri Health Care financial advisors are there to help if you're afraid or don't know what to expect.

"Call our financial counselors and have a one on one conversation with them, ask all of your questions that they'll be able to ease all of your fears and get as much information before anything happens as possible so that you feel prepared," she said.

There are also companies out there like Healthcare Bluebook.

"We created Healthcare Bluebook to protect patients by exposing the truth about healthcare prices and then empowering those consumers to make good choices about their health care," co-founder and senior vice president Healthcare Bluebook, Bill Kampine said.

He said it's a valuable resource that you can use to shop around for health care at a fair price before your appointment.

"It's really intended for people to come in and understand, people who need a health care service, whether they have insurance or don't have insurance to help them understand 'before I receive care, to really understand what it should cost and then it allows them to shop around and find a fair price," Kampine said.

When a patient can schedule a health service or procedure ahead of time, it's important to get multiple estimates from different providers.

"If a consumer doesn't do that, they can easily pay thousands more," he said.

Most hospitals do offer payment plans and reduce the cost of services if you pay out of pocket.

To see the average cost you may have to pay for certain services click here. To learn more about Healthcare Bluebook's free public health care tool click here.
MU students address social justice

By Shanna Grove

Watch the story: [http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=21beb5f6-8a43-4eff-9fd3-7fd8f566b44a](http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=21beb5f6-8a43-4eff-9fd3-7fd8f566b44a)

COLUMBIA — **A one-day conference on the University of Missouri campus sparked conversation about social justice including awareness, advocacy and activism on Saturday.**

The 5th annual Social Justice Symposium included remarks from keynote speaker Marcia Chatelain, lunch and 16 breakout sessions for people to choose from.

The sessions aimed to address topics such as ethnicity, culture, multiculturalism, women’s advocacy, LGBTQ advocacy, gender, ability and sustainability.

Planning committee member Debrilelle De La Haye said there was a wide range of presenters including undergraduate and graduate student leaders on campus, faculty, staff and community members.

She said something new this year was small group discussions throughout the day, and her goal was for people to take away new information and talk about the issues.

“We're going to be bringing awareness to a lot of issues that maybe folks haven’t thought about before and really having the ability to not only think about that but then speak about it with other people and share that information along, I think will be really beneficial for our campus culture and I hope that will be the takeaway,” De La Haye said.

Sage Williams, a MU student, participated in the event with other members of Mizzou Black Men's Initiative.

"Just being able to be a little bit more aware of the different issues that not only myself face, but everyone in our community faces, and how to actively and responsibly attack and really just look at how to deal with these issues and move forward," Williams said.
Katryna Sardis is the graduate assistant at the RSVP center and was on the event’s planning committee.

“Due to everything that’s happened on campus and around our country a lot of students are wondering ‘what can I do, where do I go, this is what’s going on I want to know what my next step should be,’” Sardis said. "So, especially with that activism small group we really want students to kind of generate ideas about what they can do.”

Katie Williams, an MU student and one of the presenters, will speak about how society views trauma.

“It’s relevant to Mizzou’s campus because people who live here have experienced trauma-people who go to school here, teach here,” Williams said. “And we need this campus to feel safe for them and it doesn’t always feel safe.”

Keynote Speaker Marcia Chatelain is an MU alum, the author of "South Side Girls: Growing Up in the Great Migration," and is an associate professor of History and African American Studies at Georgetown University in Washington, D.C.

"In light of recent protests at the campus of the University of Missouri, I think it was important to talk to students about how to connect experiences with activism on college campuses to a larger global struggle around certain issues and values," Chatelain said.

The symposium was a collaboration between the Department of Social Justice, the Department of Residential Life and the Center for Leadership & Service. The event was free to MU students, but registration was capped at 120 people.
MU Bioengineering Department celebrates 100 years

By Lauren Petterson

Generated from a News Bureau media advisory

COLUMBIA — The University of Missouri Bioengineering Department celebrated its centennial Friday. This was the second of three events celebrating the 100 year anniversary.

At the celebration, event-goers observed different research projects the department has worked on.

Agriculture Systems Management Professor Leon Schumacher said a lot of progress has been made in the past 100 years within the department.

He said the department's graduating class in December was the largest it has ever been, with 17 graduates. It expects to have about 30 graduates in May.

Schumacher said the program sets students up to work for companies like John Deere.

“Students are often times hired before they’re even graduating. We almost have a 100 percent placement rate,” Schumacher said. "It’s a strong statement that the students are getting a good education and they’re carrying forward and helping that next generation feed the world.”

With a worldwide population increase, there is an increase in need for researching and producing food. Schumacher said this is why the Bioengineering Department is expanding.

“The biggest asset of our program, I believe, is the students themselves. The students are the ones that I feel inspire the instructors, inspire the professors. And they’re the ones that are going to step into this industry and bring other new engineering, applied engineering, kinds of common things into practice,” Schumacher said.
Bioengineering Department Chair Jinglu Tan said the program is attracting more students because it is so diverse.

“They see the potential. They see the integration of the biology, life sciences with engineering, the impact it can make on the quality of life, on agriculture, on health,” Tan said.

Tan said he is proud of the fact that the program is attracting more female students than other science, technology, engineering and mathematics fields.

“In the College of Engineering it’s a very low percentage of female students. Biological engineering has many,” Tan said.

According to Tan, about 40 percent of bioengineering students at MU are women.

Tan said the field of bioengineering has changed dramatically in the past 100 years.

“Agriculture is a rapidly changing industry,” Tan said. “Agriculture is going to be an information driven industry, too, like many other industries.”

The next event celebrating the Bioengineering Department's centennial will be Saturday, April 29 at the MU South Farm.

**NO MU MENTION**

**Trump Says New Order on Immigration Possible**

By Elizabeth Redden

February 13, 2017

President Trump on Friday said he might sign a “brand-new order” on immigration as enforcement of his Jan. 27 executive order barring entry into the U.S. for nationals from seven Muslim-majority countries remains halted by the courts.
The New York Times reported that the president promised to continue the court battle over the original order but “indicated that he would not wait for the process to play out to take action.” Appearing on Sunday morning news shows, Stephen Miller, a White House senior policy adviser, said the Trump administration is considering various legal options, including the possibility of a new order, according to The Washington Post.

A federal appeals court ruled Thursday to keep in place a temporary restraining order preventing the Trump administration from enforcing the entry ban. Many college and university leaders condemned the ban, which prevented the travel of students and scholars from the seven countries to their campuses and barred those who were already in the U.S. from traveling internationally for professional or personal purposes.

NO MENTION

Bracing for Black Bloc

Recent violent protests by off-campus anarchist groups, most notably at Berkeley, are sparking renewed conversations among college law enforcement officials about campus preparedness. By Emily Tate

February 13, 2017

A crowd of about 1,500 people -- many of whom were college students -- gathered on the University of California’s Berkeley campus this month to peacefully protest the appearance of conservative writer and provocateur Milo Yiannopoulos.
They had come to march, to carry signs and to raise their voices in dissent of the Breitbart figure’s controversial points of view, as is within their First Amendment rights. They did not come to start fires or break windows.

But their message was overshadowed by another, smaller mass of about 150 protesters who did come to start fires, break windows and hurl rocks at police officers -- and who accomplished all of those things. They wore black and concealed their faces with masks. They brought -- and used -- bats, metal rods, fireworks and Molotov cocktails to get their message across, in the process undermining “the First Amendment rights of the speaker as well as those who came to lawfully assemble and protest his presence,” a spokesperson for Berkeley said in a statement.

The group, which many have characterized as one made up of anarchists, was practicing black bloc tactics.

Black bloc is a strategy intended to unify protesters through their black clothing, masks and paramilitary tactics. The protesters become indistinguishable from one another, creating confusion for law enforcement officials and chaos among innocent bystanders. Black bloc is more of a shifting movement and shared strategy than a formal organization. It can be traced back to the 1970s in Germany, The Washington Post reported. The tactics have been used at protests across the globe, but in the last few months -- particularly since Nov. 8, when Donald Trump won the U.S. presidential election -- black bloc protesters have made more appearances than usual.

They interrupted peaceful anti-Trump protests in Portland, Ore., the week of the election. They descended on Washington for President Trump’s inauguration last month, smashing the windows of a Starbucks and damaging a bank and a limousine, among other property. Later that same night, across the country, they caused mayhem on the University of Washington campus.

The Berkeley incident has demonstrated to many campus officials the danger posed by black bloc protests to colleges. Nonviolent student protests can get mischaracterized. So, too, can the actions of a university, as when critics (including President Trump) suggest that institutions aren't committed to free speech that black bloc protests prevent. Damage can be significant -- at Berkeley, the black bloc protesters destroyed about $100,000 worth of campus property.
Officials at Berkeley are still investigating the events that unfolded there Feb. 1. Meanwhile, security officers at other campuses have begun to discuss preparedness and best practices around these issues.

David Mitchell, chief of police at the University of Maryland College Park, called the recent resurgence of black bloc an “infiltration.”

“These are folks, in my view, who are not interested in freedom of speech. They’re interested in taking advantage of an opportunity to commit crimes and wreak havoc,” said Mitchell, who has been in law enforcement for over 40 years and has witnessed black bloc tactics on several occasions. “They are here to destroy property and … cause disorder. It’s very unfortunate, and it’s very unlawful.”

The University of Maryland has almost 40,000 students, and over the years, Mitchell said, he’s seen those students protest just about every issue out there.

“I can differentiate between black bloc and my student body,” Mitchell said. “My student body is interested in freedom of speech and the freedom to assemble.”

“I know many of our protesters here on campus -- these are good people who want to air their concerns and want their voices to be heard,” he added. “When you have that and it’s a peaceful protest, then suddenly there’s an infiltration with fires starting, it reinforces the bias against college kids and college students protesting. Certainly we don’t want that here. I don’t think my students want that here.”

It’s true that, amid the chaos that erupted on Berkeley’s campus, many people associated the violence with Berkeley students. However, the university believes the anarchists “invaded” the campus and were not affiliated with its students.

“At Berkeley, it’s clear there was a very serious difference between the majority of protesters and the minority who were engaged in black bloc tactics,” said Angus Johnston, a historian of
American student activism and online blogger for the website Student Activism. “The vast majority of students protesting were not engaged in those tactics.”

Despite crowd control and safety measures in place to handle those who were peacefully protesting Yiannopoulos’s appearance, Berkeley officials did not anticipate black bloc. The protests there, which also left five people with minor injuries, have reignited a conversation at other colleges about what to do if a similar incident occurred on their campuses.

Other colleges and universities should look at what happened at Berkeley and learn from it -- including what worked and what could have been improved, said Sue Riseling, executive director of the International Association of Campus Law Enforcement Administrators.

When something like this happens, campus law enforcement officials have to consider dozens of variables, she said, including where the protest is happening, how quickly it could escalate, whether the violent and nonviolent protesters are intermixed or separated, how many security and police officers are available to help, and crowd size, she said.

“What we have found is being prepared ahead of time is really key,” Riseling said. “It may not be a speaker that trips it. It may be another action of the president that trips it. It may be a community member. You don’t know what’s going to trip it.”

The violent protests seen at Berkeley and on Inauguration Day interfere with all Americans’ right to participate in democracy, Riseling said.

“Their voices are silenced by this black bloc activity,” she said. “It’s very important that people who are invited to speak get to speak … no matter how repugnant some people may feel their views are. They are protected under the Constitution, and that’s really important. It’s also important for people who disagree with the speaker to have their voices heard.”

Both Riseling and Mitchell commended Berkeley’s handling of the situation because it did not result in severe injuries or death.
“It always could be worse,” Mitchell said. “The property damage was disappointing and absolutely unlawful, but that certainly could’ve been worse as well. I applaud the way they handled the incident.”

Kim Richmond, director of the National Center for Campus Public Safety, said she has been trying to remind universities about the resources available to plan and prepare for these events.

“Each community should be having conversations ahead of time with administration, students, potential activists,” Richmond said. “I think the campuses who are doing a good job of preparation are looking at every time there’s a situation, or even if there’s not, simulating a situation and asking, ‘What is our local response going to look like? What is our campus’s stance on this?’”

Colleges have to be prepared to adapt, Richmond said. For example, at Berkeley, the police officers felt that trying to get in the middle of the crowd would’ve sparked more violence and resulted in more severe injuries. They chose not to try to arrest the black bloc protesters, because they felt it would have compromised the safety of their students.

These are scenarios that no college wants to find itself in, but Mitchell said it’s important to have a plan in place because, given the current political climate, it’s likely to keep happening.

“The mood of the country is such today, with such division, that I don’t think this is going away any time soon,” Mitchell said.
After years under siege by activists who harassed him with violent threats and protests outside his home, the university scientist J. David Jentsch might be a chief beneficiary of the government’s decision to shut down a federal website listing animals used in research.

Yet Mr. Jentsch — who left the turmoil at UCLA a year ago for a calmer life at a New York state university — is among those questioning the move, seeing it as reducing public accountability while unfairly suggesting researchers have something to hide.

"The change can be perceived as malicious," said Mr. Jentsch, a professor of psychology at Binghamton University. "It should have been avoided."

The action this month by the U.S. Department of Agriculture removed from open public access a database containing thousands of reports by USDA inspectors of facilities where animals are kept by various owners, including breeders, zoos, and research labs. Individual reports can still be obtained from the USDA through Freedom of Information Act requests, a process that can take weeks.

The change in procedures came amid a series of acts by the Trump administration to limit access to government information while new agency leaders get in place. But in recent days, USDA officials have made clear their department’s policy shift was unrelated to actions at other agencies, stemming instead from long-running concerns specific to the ways in which the department’s data are presented.

The USDA has not fully explained those reasons, though it has cited ongoing litigation as a factor. The cases the department is facing include a lawsuit by a Texas couple who feel the agency improperly sanctioned them for alleged poor care of their show horses merely by describing its inspection findings on its website.
The website listings, which typically describe problems found during animal inspections as "violations," amount to meting out punishment without making an effort to validate inspectors’ allegations through appropriate legal processes, the couple, Mike and Lee McGartland, contend in their lawsuit.

The USDA has no "legitimate legal basis" for making public animal inspection reports containing preliminary findings, the McGartlands argue. The web listings help animal-rights advocates publicly portray some animal owners "as organized criminals," they said.

**Violence Against Scientists**

The complaint has parallels with the battles for public opinion long waged against some university researchers, including Mr. Jentsch. In his previous job at the University of California at Los Angeles, he spent years living under armed guard, one among about a half-dozen UCLA scientists who faced a campaign of violence by animal-rights extremists.

Mr. Jentsch's work included experiments injecting monkeys with cocaine, aimed at improving the scientific understanding of why drug abusers have such a hard time with their addictions. Acts of retribution by activists included the burning of his car and a mailed package of razor blades containing a note claiming they were tainted with AIDS.

Some of the more vocal groups opposed to the use of animals in research include People for the Ethical Treatment of Animals and Stop Animal Exploitation Now, or SAEN. Both have long relied on the USDA reports for their complaints against specific universities and researchers, and both have expressed alarm over the department’s action.

"We're very concerned that this information may never come back," said Michael Budkie, executive director and co-founder of SAEN. Mr. Budkie's group has used USDA information to arouse public protests against research at various institutions, including work with cats at the University of Florida, lambs at West Virginia University, and monkeys at the University of Texas Medical Branch.

Mr. Budkie dismissed the concern about the agency prematurely labeling its inspection findings as violations. "If anything, the USDA is overly cautious" about what its inspectors include in their reports, he said.

A federal official who helped maintain the USDA database for several years, Michal Leah Kanovsky, agreed. The USDA years ago stopped including names of individual employees or investigators such as Mr. Jentsch, opting instead just to identify their companies or institutions.

And complaints about the broad use of terms such as "violation" or "out of compliance" are unwarranted, Ms. Kanovsky said. Universities and other companies handling animals typically receive the USDA reports within a day of the inspections, and then have three weeks to contest them before they appear on the database, she said.
Ms. Kanovsky worked as a FOIA specialist at USDA from 2010 to 2014. Now on the staff of the U.S. Food and Drug Administration, she writes a blog that portrays her former department as far too satisfied with leveling accusations through the database rather than pursuing actual legal cases against violators.

While that's the basic argument made by the McGartlands in their lawsuit against the USDA, Ms. Kanovsky contends that the lack of prosecutions — her data shows more than 90 percent of USDA cases listed in the inspection reports lead to no further action — largely allows violators free rein. It's especially difficult to hold universities accountable for any mistreatment of animals, she said, because federal law affords them almost a blanket exemption from any penalties by letting them declare virtually any treatment of animals to be a necessary element of a particular research protocol.

"Universities get a lot of leeway on that," Ms. Kanovsky said. Because of that loophole, she said, the threat of public exposure through the now-shuttered USDA website stood as the most powerful check against the abuse of animals in university research labs.

The USDA action concerning academic work appears especially unwarranted, she said, because university research activities are listed in a database separate from the one covering horses that's at issue in the McGartlands case. And most university research with animals isn't included in any government database because the law precludes inspections involving small animals such as mice and rats — by far the most common lab animals.

A leading voice for universities involved in animal studies, the National Association for Biomedical Research, shares both the McGartlands' concerns about unfair public accusations and Mr. Jentsch's concerns about the shutdown of the website making scientists look like they had something to hide.

But the association's president, Matthew R. Bailey, said he could offer no specific recommendation on how the USDA should eventually revise its policies for posting to the site.

However it decides, Mr. Jentsch said, the USDA or some other government entity should start balancing any negative reports about animal research with positive explanations of the benefits such work provides the overall society.

"They should tell the more complete story," he said of the government. "Hopefully this unusual bizarre decision generates a discussion that goes deeper — what really is the public interest in knowing about what we're doing."