Lifting and plyometrics are perfect for building your bones

When it comes to solidifying your skeleton, weight training and jumping around can have a big impact, according to new research.

Generated from News Bureau press release: Weight-Bearing Exercises Promote Bone Formation in Men

MOST DUDES DON’T think about bone health. After all, only old people have to worry about brittle bones and osteoporosis, right?

Not necessarily. Just as it’s important to stay on top of your cardiovascular fitness and muscular strength starting from a young(ish) age, it’s also imperative to incorporate exercises that build strong bones—and according to a new study, nothing beats lifting weights.

New research from the University of Missouri found that when you do weight-bearing exercises over the long term you promote bone formation and increase bone density in your body. In the study, researchers rounded up men aged 25–60 with low bone mass, and split them into two groups. One group lifted weights and did exercises like squats and lunges, while the other did more plyometric-inspired training, like single- and double-leg jumps.

After the 12–month protocol, the researchers found that both forms of training lowered the men’s levels of sclerostin (a protein that can negatively affect bone growth), and improved the men’s levels of IGF-1 (a hormone that turns on bone growth).

“People may be physically active, and many times people know they need to exercise to prevent obesity, heart disease, or diabetes,” said Pamela Hinton, Ph.D., associate professor of nutrition and exercise physiology at the University of Missouri. “However, you also really need to do specific exercises to protect your bone health.” She suggests not getting stuck on one type of exercise (like cycling or swimming) that doesn’t put much stress on your skeleton. Instead, make sure your workout routine includes lots of diversity, with an emphasis on weight-bearing resistance exercises and jump training.
For a few ideas on how to mix up your training and get plenty of bone-building workouts in, check out these great Men's Fitness-approved plyometrics moves.

**Trustees release management options for Boone Hospital Center**

By Brittany Ruess

The University of Missouri, two other Missouri-based health systems and an affiliate of Duke University are among the organizations being considered to manage Boone Hospital Center.

The hospital's board of trustees released the names for the first time Thursday.

Trustees are considering leases with St. Louis-based BJC HealthCare, which currently leases the hospital, St. Luke’s Health System in Kansas City and Duke LifePoint Healthcare, a for-profit affiliate of Duke University that is based in Brentwood, Tenn., the board said in a news release. The board called the potential arrangement with University of Missouri Health Care a partnership, instead of a lease.

St. Luke's is composed of 10 hospitals and campuses and has a service area of 67 counties in Missouri and Kansas, according to its website. Duke University Health System, an academic health system, and the health care company LifePoint Health, Inc. joined together in 2011 to make Duke LifePoint Healthcare. Through Duke LifePoint Healthcare, LifePoint Health has acquired 14 acute care hospitals and ancillary facilities from 2011 to December 2016, according to Yahoo Finance.

A fifth option the trustees are weighing is to make Boone Hospital Center a standalone operation. The hospital was first privatized when it was leased to CH Allied Services, a subsidiary of BJC HealthCare, in 1988.

Trustees started seeking proposals in March 2016 with a deadline date of June 30. Boone Hospital Center, a 397-bed facility, is the county’s largest asset with $300 million in annual gross revenue and almost 2,000 employees.

“The trustees are taking the time necessary to make a decision that is best for the continued success of” Boone Hospital Center “and for the future of our patients, takes into consideration our valued constituencies, and assures access to quality health care in Columbia and central Missouri,” the release said. “The trustees welcome the opportunity to share their thoughts and receive input from the community we serve.”
Trustees will not make a decision until they have conducted public hearings, including with hospital employees and physicians.

The current lease with BJC was formed in 2006 and amended in 2012. The lease is scheduled to end in 2020 and its terms require either party to notify the other by December 2018 if they wish the lease to continue, be renegotiated or terminated.

Under the current lease with BJC, the health care company receives an annual management fee of 2.5 percent of the hospital’s gross annual revenue. Gross revenue typically amounts to $300 million a year and BJC takes $7.5 million. BJC also receives a quarter of any increase in the hospital's cash balances at the end of the year. The company’s portion was $14.9 million in total from 2011-2014.

The lease also gives Boone County government a cut of the hospital’s revenue. The county received $2.3 million from BJC in 2014 and 2015. Boone County Auditor June Pitchford included $2.37 million from BJC in Boone County's 2017 budget.

Negotiations with these companies have been the subject of closed-door discussions among the trustees and their attorneys for months. Some candidates who ran for the hospital board criticized the trustees’ keeping the options secret, calling it a lack of transparency. The board delayed releasing the names until after the election, which was Tuesday.

Boone Hospital trustees cite five options for management after 2020

COLUMBIA — Boone Hospital Center trustees have identified five options for how the hospital might be managed when its lease agreement with St. Louis-based BJC HealthCare expires at the end of 2020.

The options include forming a partnership with University of Missouri Health Care or operating the county-owned hospital on "a stand-alone basis." The latter would involve a new lease arrangement with a not-for-profit hospital board comprised of local leaders, the trustees said in a Thursday news release.
The other alternatives are:

- Entering another lease agreement with BJC.

- Entering a new lease agreement with Duke LifePoint Healthcare, which is a joint venture among Duke University Health System in Durham, North Carolina, and LifePoint Health in Brentwood, Tennessee.

- Entering a lease agreement with Saint Luke's Health System in Kansas City.

The trustees last year issued a request for proposals from 17 entities it thought would be interested in partnering with the hospital. It has since been reviewing responses and refining proposals with the help of advisers and the Boone County Commission, the news release said.

The board chose not to make a preliminary selection until after Tuesday's election, in which incumbent trustee Bob Wagner was elected to a one-year term, and Randy Morrow, the hospital's former chief financial officer, chief operating officer and interim chief executive, won a five-year term.

A series of public hearings and conversations with hospital employees and physicians will be held before the trustees make a final decision, according to the news release.

The trustees have until December 2018 to inform BJC HealthCare whether they want to move on to another option. Failure to notify BJC either way would result in an automatic five-year extension of the existing lease agreement.

"The Trustees are taking the time necessary to make a decision that is best for the continued success of BHC and for the future of our patients, takes into consideration our valued constituencies, and assures access to quality health care in Columbia and Central Missouri," the release said. "The Trustees welcome the opportunity to share their thoughts and receive input from the community we serve."

Mary Jenkins, public relations manager for MU Health Care, issued a statement confirming that it had responded to the trustees' request for proposals in June.
"MU Health Care is pleased and honored to be included among the options being considered by the BHC Trustees," Jenkins said. "We are looking forward to continuing our discussions with the Trustees about ways we can work together to advance the health of our community and the patients we serve."
THE TRIBUNE'S VIEW

Election has implications for the future

On Tuesday, a smattering of local voters made some consequential but largely noncontroversial decisions at the polls. Fewer than 12 percent of eligible voters chose among candidates for the Columbia Board of Education, the Boone Hospital Board of Trustees, Columbia City Council First Ward and Fifth Ward.

The issue of most immediate interest to many residents of the Fifth Ward is the potential nearby location of high tension electricity distribution lines and towers. The city’s original choice, called Option A, is scheduled to go through densely populated areas of the ward. Candidate Matt Pitzer’s promise to oppose Option A probably helped him win election over his opponent, Art Jago.

Because Option A was concocted, another potential route landed on the table. Option E would avoid the Fifth Ward, running instead along a right of way skirting the city already used by Ameren Missouri. Ameren is studying this prospect. If cooperation with the city can be worked out, Option E might be a more popular choice than Option A.

From what I learned during their campaigns, both candidates would have been ready to consider an alternative to Option A, but Pitzer was the most outspoken. As opined here earlier, voters in the Fifth Ward had two good candidates.

The two successful hospital trustees, incumbent Bob Wagner and long-time hospital executive Randy Morrow, were favored because of their experience and familiarity with the next big decision the board will make regarding future hospital management. Its current lease with BJC Healthcare of St. Louis is expiring this year, and many close to the hospital are willing to consider an unprecedented relationship with MU Hospital, one of the applicants to succeed BJC.

During the recent campaign, all hands kept mum about this prospect, but now that the election is over trustees will proceed with more open discussions and decisions. Chal-
lenges for the two trustees' seats indicated they favor the idea of collaboration with MU, but with Morrow and Wagner on board the trustees will be more quickly up to speed.

For my part, expressed here earlier, I hope the Boone trustees and MU managers will pursue collaboration eagerly. The potential for developing a potent, comprehensive locally based health care delivery system is real and exciting. Mayo Clinic comes to mind as a model. Obviously, our local version can't spring fully found in the Mayo model, but the ingredients are here if both sides will find mutually beneficial areas to share and exploit.

Increasingly, people familiar with the situation are supporting the idea. The prospect seems very promising with advantages for both sides, not to mention the great benefit for the local community. Health care could become an even more important local economic asset than it already is.

Unburdened with the responsibility of signing a new agreement, I can unequivocally urge the parties forward. Pray Boone trustees and their counterparts at MU will look for the most comprehensive collaboration they can muster. The insight of trustees Wagner and Morrow can help.

HJW III hjwatera@gmail.com
Missouri House approves budget, sends $27.8 billion plan to Senate

By Kurt Erickson St. Louis Post-Dispatch, 17 hrs ago

JEFFERSON CITY • The Missouri House gave final approval Thursday to a spending plan for the state’s next fiscal year, but it faces a potentially rocky journey through the Senate.

In a series of votes spread over nearly three hours, the $27.8 billion budget for the fiscal year that begins July 1 includes a boost of $45 million for schools as part of an effort to fully fund the formula that funnels money to local school districts.

Even before the final votes were tallied, the chairman of a key Senate committee signaled the chamber may not support fully funding schools because it could trigger a law requiring funding for early childhood programs, which could add as much as $60 million to the budget next year.

“I’ve been put in a position where I am going to have to say ‘no,’” Budget Committee Chairman Sen. Dan Brown earlier told the Post-Dispatch after the budget plan began to take shape.

The budget, however, could be buoyed by stronger tax revenue growth than projected.

Through March, tax money flowing into the state’s general checkbook has increased 4.3 percent over a year ago. Officials had earlier projected growth at 3 percent.

The proposed spending blueprint contains no tax increases and no salary hikes for state workers, who are the lowest paid in the nation.

Republicans who control the House did earmark nearly $3.4 billion in basic aid for public elementary and restored funding Gov. Eric Greitens wanted to cut for school transportation reimbursements.

Democrats complained that Republicans merely lowered the bar to claim the school formula was fully funded.

“We’re giving them an increase that is smaller than in many years,” said Rep. Michael Butler, D-St. Louis.

The budget proposal calls for reductions to higher education, with the University of Missouri system seeing a 9 percent reduction and other state institutions seeing a 6.6 percent cut in core funding.

Rep. Kip Kendrick, D-Columbia, said the cuts will force tuition increases and add to student debt loads.

Lawmakers also signed off on a plan that alters benefits given to an estimated 100,000 low-income seniors and the elderly by ending a tax credit program for renters. Although the cut will save $56 million, Fitzpatrick said the House has actually boosted spending on senior programs over what Greitens had proposed.

The governor had sought to raise the threshold for who qualifies for Medicaid, but the end of the “circuit breaker” tax credit allowed the House to keep the current requirement in place. And the House budget cuts in half the proposed reductions Greitens had sought for nursing home and home health care reimbursement rates.

The House also added $1.3 million in additional money for senior centers.

“I just don’t want people to get the impression we are cutting services to seniors,” Fitzpatrick said.

Rep. Deb Lavender, D-Kirkwood, bemoaned the end of the tax credit.

“Senior citizens will lose an average of $500 a year. We have offered other ways to close this hole,” Lavender said.
Brown suggested the renter tax credit would face scrutiny in the Senate.

“There are some members that very strongly oppose that bill,” he said.

The budget also includes language barring funding for a number of programs, including drunk driving checkpoints, Medicaid expansion, toll roads and in-state tuition for undocumented immigrants.

The reduction in funding for the drunk driving checkpoints was panned by Mothers Against Drunk Driving, which said the program works to reduce fatalities.

“Why would legislators want to eliminate a drunk driving countermeasure that clearly is working?” said Meghan Carter, executive director of MADD Missouri.

The budget also doubles to $2.9 million the amount of money available to implement the state’s new voter photo identification law and allocates an additional $6 million to a summer jobs program in St. Louis.

The measure increases money to the state’s underfunded public defender system by $2 million, but that amount is still less than what the agency has asked for.

**Missouri House OKs budget with hike in K-12 school funding**


JEFFERSON CITY, Mo. (AP) - The Missouri House has passed a state budget plan that provides more money for K-12 public schools while cutting higher education funding and a tax break for senior and disabled renters.

House members sent the $27.8 billion budget for next fiscal year to the Senate for review Thursday.
The plan provides close to $3.4 billion in basic aid for public schools, the full amount called for under state law.

The House softened proposed cuts by Republican Gov. Eric Greitens to higher education. Most public college and universities still will see a 6.6 percent cut, and the University of Missouri faces a 9 percent cut.

Also cut were tax breaks for senior and disabled renters. The Revenue Department says last fiscal year about 98,400 renters received about $56 million in refunds.

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"In tough budget years, sacrifices have to be made," House Budget Committee Chairman Scott Fitzpatrick told colleagues after floor debate on higher education cuts. "We cut a lot of things that we didn't want to cut, but at the end of the day we have to pay our bills."

A financial report released Tuesday shows Missouri's revenues have been growing this year, but not by as much as needed to fully fund the current budget. Declining corporate tax revenues are part of the reason. Republican Gov. Eric Greitens and Fitzpatrick also have cited growing spending demands, particularly by the Medicaid health care program for low-income residents.

Under the House plan, close to $3.4 billion is set aside in basic aid for K-12 schools, about a $48 million increase from the current fiscal year and enough to meet funding goals called for under state law. The current version of the budget also includes money to undo proposed school transportation cuts recommended by Greitens.

The proposed funding increase for public schools comes after lawmakers last year passed legislation to lower funding targets in state law, a policy Democratic lawmakers slammed.

"Let's be real," House Minority Leader Gail McCann Beatty told reporters after the budget passed. "If you lower the bar and then claim victory, that's not quite fair."

It's unclear whether gains in elementary and secondary education will make it out of the Senate.

Appropriations Committee Chairman Dan Brown has said he opposes giving schools the full amount called for under state law in part because that would trigger mandatory funding for early childhood education. He also said more money should go to school transportation.

The House budget also slashes funding to other programs, most notably to the tax break for seniors and disabled renters and funding for higher education.

Fitzpatrick pitched axing the tax break in lieu of a widely criticized proposal by Greitens to cut in-home and nursing care for people with disabilities. Last fiscal year, around 98,000 renters received about $56 million in refunds through the tax break, according to Department of Revenue estimates cited by legislative researchers.

Fitzpatrick's plan drew bipartisan opposition in the House. McCann Beatty said proposed increases in K-12 education were made "on the backs of our senior citizens." Joplin Republican Rep. Bill White said he recently got a call from someone in his area worried about paying bills for a mobile home if the tax break is eliminated.
"Where are they going to go to be able to have the dignity to stay in their own home?" White said. "I appreciate that we need to make cuts, and I can see that we need to make cuts in some of these programs. But I strongly disagree with where we chose to go."

House members also softened blows by Greitens to public colleges and universities, but most institutions still will see funding cuts of 6.6 percent. The University of Missouri System faces a 9 percent cut.

Short contracts make MU's nontenure-track faculty more vulnerable to layoffs

ANDREW KESSEL, 12 hrs ago

COLUMBIA — The University of Missouri System's fiscal crisis could be especially difficult for nontenure-track faculty members.

In a system-wide email sent on Monday, UM System President Mun Choi announced that the system needed to cut its budget by about 8 to 12 percent for fiscal year 2018 and that layoffs of staff and NTT faculty may be necessary to get there.

Choi’s email, which put NTT faculty with staff rather than tenured and tenure-track faculty, was frustrating, said Nicole Monnier, co-chair of the MU Nontenure Track Faculty Committee.

“The system president’s message almost implies that NTTs are add-on faculty,” she said.

What's more, staff members who have completed an initial probationary period are eligible for benefits in the event of layoffs while NTT faculty are not.

The problem with Choi's email, Monnier said, is that NTT faculty make up an indispensable piece of MU. NTT faculty made up 43.6 percent of MU faculty in 2016, and that number has steadily risen, up from 30 percent in 2007.
A big difference between the types of faculty is contracts. Nontenure-track faculty are hired on one- to three-year contracts without the possibility of tenure, which carries long-term job security.

Many NTT faculty at MU are on one-year contracts that have to be renewed annually, Monnier said. If they aren’t renewed, administration is only required to offer three months' notice.

For John Lory, an associate extension professor in the plant sciences department of the College of Agriculture, Food and Natural Resources, it’s a matter of fairness.

Lory has worked for MU extensions for 21 years; he has a doctorate and similar training and is held to the same academic standards as a tenured colleague down the hall.

Lory considers himself lucky. As an extension professor who does projects for CAFNR, Lory is able to bring in revenue through grants. He has a two-year rolling contract, he said, and MU would give him one years notice if he wasn’t being renewed — a possibility he doesn’t think will happen.

Meanwhile, he said, tenure and tenure-track faculty are virtually untouchable.

The issue in a financial crisis like the one MU is facing, he said, is that NTT faculty don’t have the contract provisions to protect them. And if they aren’t renewed, those faculty are left with only months to find a new job in time for the next academic semester.

Choi’s email called for each UM campus to submit a budget plan by May 19, with final plans released on June 2.

That puts faculty who are laid off or not renewed in a difficult spot.

“If I was told today that on July 1 that I didn’t have a job, and I needed to have a job at another institution by Sept. 1,” Lory said, “the odds of me pulling that off are about zero.”
Making things even more complicated, Monnier said, is that the date to provide NTT faculty with three months' notice of nonrenewal has passed. This could mean that those contracts are honored at least through fall 2017 semester. That's something her committee, along with the MU Faculty Council, is working to clarify.

Tenure-track and tenured faculty are evaluated in three ways: for teaching, research and service, which includes participating in departmental and other committees and advising students. Nontenure-track faculty are evaluated in one or two of those three categories depending on their job description.

In addition to extension professors like Lory, NTT faculty designations include teaching, research, clinical and professional practice.

Teaching and research faculty are found in departments all across MU. Extension deals with off-campus projects; professional practice faculty primarily make up the Journalism School; and clinical faculty are concentrated in the School of Medicine.

In addition to her NTT committee role, Monnier is a teaching professor in the Department of German and Russian Studies. Teaching professors may be the most vulnerable type of NTT faculty, she argued, because they aren’t likely to bring in any research revenue. Professional practice faculty could be in the same boat.

If high numbers of teaching professors, who make up about 28 percent of NTT faculty, are let go, she said, tenured and tenure-track faculty might be called upon to teach more courses. That means less time to conduct valuable, revenue-earning research for MU.

“If you take us out, sometimes it’s going to be extremely difficult, if not impossible, to replace us,” Monnier said.

Those are all hats someone else would have to wear, if she were laid off.

Monnier doesn’t think that’s likely to happen — unless her program is cut entirely.
Choi’s email indicated that budget cuts would not be implemented incrementally across the board but more deeply into specific areas in order to focus on what the system does well. That’s a mindset both Monnier and Lory understand.

But when it comes to making tough choices in the midst of a fiscal crisis, one-year contracts with little provisions of notice or transition benefits unfairly make NTT faculty more vulnerable than they should be, Lory said.

“Does it reflect the role that those people play and the type of careers that they're having on this campus?” he said. “The answer to that is no.”

**After delay, Senate confirms UM System Board of Curators appointments**

ISABELLA ALVES, 15 hrs ago

JEFFERSON CITY — *Almost two months after the names were announced by Gov. Eric Greitens, the Missouri Senate confirmed three appointments to the University of Missouri System Board of Curators on Thursday.*

Darryl Chatman, Jamie Farmer and Jeffery Layman will fill three vacant seats on the board in time for an April 27-28 meeting at Missouri State and Technical College in Rolla.

Chatman, an MU graduate and a linebacker for Missouri football in the 1990s, said he is excited and glad to "get back to the university that gave so much to me."

As an attorney and the former deputy director of the Missouri Department of Agriculture, Chatman hopes to promote the agriculture school and make sure MU is "living the land grant mission."
Farmer is the president of Capital Sand Proppants. She has an MBA from Washington University in St. Louis and an undergraduate degree in marketing, finance and real estate from MU.

Layman is a senior vice president at Morgan Stanley in Springfield and earned his bachelor's degree in business administration and management from Missouri State University. He also studied business at MU.

Farmer, Layman and UM System spokesman John Fougere weren't able to be reached for comment.

The Senate also approved other appointments.

James Bean was appointed as the state fire marshal, while Carol Silvey and Craig Frazier were appointed to the Missouri State Board of Governors. The Senate also approved three members to the state's Clean Water Commission.

The appointments come after three weeks of delay and a private meeting Wednesday between the governor and the Senate Republican caucus over the governor's decision to grant paid leave to executive branch employees.

**Senate confirms UM curator appointments**

*FROM STAFF AND WIRE REPORTS*

After initially holding up Gov. Eric Greitens' appointees, the Missouri Senate has confirmed three new members of the University of Missouri Board of Curators.
Among those confirmed Thursday by a voice vote were Democrat Darryl Chatman, and Republicans Jeff Layman and Jamie Farmer to the UM Board of Curators, filling vacant and expired terms. The Senate Gubernatorial Appointments Committee, chaired by Senate Pro Tem Ron Richard, held a confirmation hearing March 8.

An expected vote was not held March 16, just before lawmakers took their mid-session break, and at the end of March, Richard, R-Joplin, said the Republican caucus was holding the appointments until they could meet with Greitens about "a couple of issues," though he did not specify what those were.

Speaking to reporters at a press availability on Thursday, Richard didn't say specifically what changed based on the discussions with Greitens, but he said it smoothed the way for the vote on the curators.

"The governor met with the caucus," Richard said. "There was some relief that happened and the Senate decided to press ahead on these department heads and curators and allow them to get to their job. We'll still have some ongoing dialogue with some things with the governor's office and our office."

"There wasn't any quid pro quo," Richard said in answer to another questions about the meeting with the governor. "We just agreed to listen to him and he agreed to listen to us."

The Associated Press reported that the appointments came after a private meeting Wednesday between the governor and the Senate Republican caucus over Greitens' decision to grant paid leave to executive branch employees.

Senate Confirms Several Greitens Appointees

The Missouri Senate has confirmed several of Gov. Eric Greitens' appointees to boards and commissions.

Among those confirmed Thursday by a voice vote were Darryl Chatman, Jeff Layman and Jamie Farmer to the Board of Curators for the four-campus University of Missouri system. James Bean was appointed as the State Fire Marshall, and Carol Silvey and Craig Frazier were appointed to the Missouri State Board of Governors.

The Senate also approved three members to the state's Clean Water Commission.

The appointments come after three weeks of delay and a private meeting Wednesday between the governor and the Senate Republican caucus over the governor's decision to grant paid leave to executive branch employees.
The Moms Everyday Show is a half-hour news show broadcast on 55 television stations nationwide

Importance of knowing your child's teacher

Generated from News Bureau press release: Students More Likely to Succeed if Teachers have Positive Perceptions of Parents

Watch the story: http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=2a6e801f-7c22-4ca7-a047-b279c74a7589

Does it matter if your child’s teacher likes you? According to a new study, the answer is ‘yes.’

In fact, researchers from the University of Missouri-Columbia found that students are more likely to succeed if teachers have a positive perception of their parents.

We know it’s important for parents to be involved in their children’s education… especially early education.

In the study, children whose parents were pointed out by teachers as more positively involved had higher levels of prosocial behaviors and more academic success.

Sadly, when teachers had negative perceptions of parents, negative behaviors were brought out in students.

The findings show the importance of teacher-parent connections, and also the need for training teachers on how to create effective relationships with all parents.

Just more reason to get to know your kid’s teacher.
Missouri can and should do more for our kids, less for the fanatics


By Pamela Merritt, 19 hrs ago

Kids who are worried about dinner tend to be less focused on math. That’s not a big deal on a single afternoon or for an hour after school. But long-term food insecurity has long-term consequences for educational achievement, which in turn has long-term consequences for our children’s future and our economy — and Missouri has the second-highest rate of food-insecure residents in the country. Not to worry though. Missouri is on it. State officials are addressing this sorry statistic and protecting the futures of our youngest residents by deceiving and lying to Missouri women.

Make sense? I don’t think it does.

At issue is federal funding the state receives from the Temporary Assistance for Needy Families (TANF). This funding is supposed to help struggling Missourians pay for things like food and shelter. But states have some flexibility on how to spend it. Last year, Missouri chose to spend $2 million of it supporting clinics that call themselves “crisis pregnancy centers.” Also in 2016, the University of Missouri released the Missouri Hunger Atlas showing that 8 percent of households, about half a million Missourians, went hungry at some point during the last year. Another 500,000 were food-insecure, according to the report, meaning they were without reliable access to a sufficient quantity of food.

This year, the powers that be in Missouri want to take $4.3 million out of the mouths of hungry children to fund these anti-abortion propaganda shops.
Make no mistake. That is exactly what these “fake” clinics are. Some offer absolutely no health services whatsoever. Others offer an ultrasound — whether a woman wants one or not — in desperate hope that getting one will convince a woman not to have an abortion. What these clinics call medical advice tends toward the ridiculous. Countless reports from around the country indicate that staff at crisis pregnancy centers are taught to lie to women about abortion being tied to health risks like an increased chance of breast cancer, which is not true. That’s the tame stuff. These charlatans set up shop across the street from and take the names of legitimate reproductive health clinics to lure unsuspecting women in, urge them to pray for their unborn “sweeties” or “peanuts” and look at pictures of happy, smiling infants.

These state-funded fanatics have forced rape victims to stare at highly edited pictures of fetuses, and subjected young women seeking information about abortion to religious indoctrinations that would make cult leaders proud.

Missouri is just one of at least 11 states that use state funding to directly support crisis pregnancy centers. Of those states, seven (Indiana, Michigan, Missouri, North Dakota, Ohio, Pennsylvania and Texas) specifically poach TANF funds — money intended to aid families in need.

There is no reason for deceptive and unregulated crisis pregnancy centers to be receiving taxpayer money, and they especially shouldn’t be taking away crucial funds from programs created to help those struggling with poverty and hunger. It’s not pro-life to take food out of the mouths of hungry babies to fund an anti-abortion agenda. It is not pro-family for states to fund fake clinics that lie to women about abortion at the expense of helping those same women put food on the table and a roof over their heads.
MU Health experts express frustration over no prescription drug monitoring program


By Caileigh Peterson

COLUMBIA — The use of opioids generally begins with the prescription of a painkiller, but health experts say it can lead easily lead to addiction.

Opioids are the leading cause of injury death in the United States.

A prescription drug monitoring program requires doctors and pharmacists to record every medication prescribed to a patient. The purpose is to track when and what prescription is filled by a patient. PDMPs contribute to overall patient safety, but experts hope it lessens the possibility of drug abuse.

"It shouldn't be used to deny people care for their pain. It should be mainly used for a quality issue to help patients to receive better care," pain management specialist Dr. Karl Haake said.

Currently, Missouri is the only state in the United States without a statewide PDMP, something that frustrates health care providers.

"You see fillers coming from Florida and Kentucky to fill their prescriptions. We have prescribers moving to Missouri because they can prescribe un-monitored. It's that bulls-eye on Missouri that is dragging in abusers and mis-users," Julia Chisholm, a manager of outpatient pharmacies at MU Health Care, said.

"It's very frustrating for physicians and frankly it's an embarrassment. When I go to national meetings and I serve on national committees and people find out I work in Missouri, it's embarrassing to have to say that because the lack of PDMP's doesn't promote good care," Haake said.
Opponents of PDMPs said they are concerned it is a violation of patient privacy. Other opponents worry about funding the program.

The Department of Health and Human Services said the United States spends $20 billion a year in emergency department and inpatient care for opioid poisonings. In 2014, 240 million Americans were written prescriptions for opioids. HHS said this number is more than every American adult having their own bottle of pills.

Haake and Clinical Psychologist Dr. Rich Lillard said it is important for medical doctors and behavioral health experts to work together to treat those suffering from chronic pain and opioid abusers.

Alternative pain management treatment includes physical therapy, volunteer work, meditation, and exercise.

Tuesday, Missouri state Sen. Rob Schaaf said he would end his opposition to a proposal establishing a statewide prescription drug monitoring program.

MU Health professionals discuss opioid abuse treatments

By Khaki Martin

COLUMBIA - With Missouri being the last state in the country without a drug monitoring program, health care professionals struggle with the opioid epidemic that's facing the state.

Jacob Waller, an EMS supervisor with MU Health Care, said ambulance services generally see about three to five opioid misuse instances per week.

"It could be anything from overdose at a fast food restaurant, to accidental administration of too many medications at a nursing home; a child gets into a medication cabinet and takes too many of their parent's medications, it really runs the gamut," Waller said.
Julia Chisholm, manager of outpatient pharmacies at MU Health Care, said retail pharmacies have had to increase scrutiny of the prescriptions they hand out.

"At Mizzou pharmacy, we have patients that come to us from sometimes other states, just because they know Missouri doesn't have a prescription drug monitoring program and they want to be able to fill those unmonitored," Chisholm said. "So patients from Florida, patients from Kentucky, patients from all over attempting to come here to fill prescriptions."

The opioid epidemic not only stems from patient misuse of prescription pills, but also from a lack of training and education among practicing medical professionals.

"There's been studies that have shown that, especially for physicians, the amount of training that they've received in medical school or residency regarding treating pain, is very minimal at best," said Karl Haake, a pain management consultant for the Missouri Primary Care Association.

Haake said, to treat opioid addiction, chronic pain professionals need to treat underlying addictions to help patients understand the real cause of their pain.

"Sometimes with patients it's, 'Oh, I went to treatment and now I'm cured.' You're never really truly cured from the addiction. You may be in remission, but it's still an ongoing thing," he said.

Haake said it's important to understand that there are alternatives to using opiates to treat chronic pain.

"Sometimes it's lifestyle adjustments. Exercise, relaxation, getting a hobby, volunteering. Doing all sorts of things to help move the patient away from some of those addiction issues," he said.

Rich Lillard, a clinical psychologist for the Community Health Center of Central Missouri, agreed.

"Idle hands are the devil's playground. There's truth in that.," he said.

Lillard said it's important for people struggling with pain to stay busy.

"A lot of times we need to get them out of their environmental system, because that system usually contributes to their current situation," he said. "Either relationships are based around it, maybe substance abuse, just some of the social determinants that have to be addressed and identified."

The City of Columbia passed an ordinance for retail pharmacies to participate in a controlled substance monitoring program on March 6. The database goes live April 25.
It’s probably just as well that our university’s new president isn’t an historian.

If he were, Mun Choi might take a discouraging lesson from the past of the institution he now heads.

That lesson would be that it is a great deal easier to talk about making serious changes and major cutbacks, especially at the flagship campus, than it is to actually make those changes.

The Missourian reported on the “Systemwide Budget Guidance” memo that emerged Monday from the president’s office. The guidance included a warning of “an overall budget cut between 8 percent and 12 percent throughout the University of Missouri system.”

The “guiding principles” for making those cuts seemed, at least to me, commendable. They were:

- “Challenge the status quo and long-held traditions that are impediments to change.”
- “Make strategic decisions based on performance measures of excellence.”
- “Protect programs of excellence…”
- “Be transparent, collaborative and accountable….”

I suspect President Tim Wolfe had much the same principles in mind, if not online, in 2012 when he called for each of the system’s four campuses to become “best in class” and noted that
redefining campus responsibilities would require unspecified tradeoffs. Three years later, when he resigned, the campuses had not changed appreciably.

Twenty years before that, Chancellor Barbara Uehling got out ahead of then-President James Olson when she and Provost Ron Bunn responded to that year’s 10 percent budget cut by the legislature.

Here’s the opening paragraph of The New York Times account published with a Columbia dateline on May 30, 1982:

“Budget-conscious administrators at the University of Missouri’s main campus here have proposed dropping some programs and sharply curtailing others. But the plan has brought a flood of protest letters, emergency hearings in the State Legislature and criticism from three of the university’s nine board members.”

President Choi would surely sympathize with Dr. Uehling’s rationale as quoted in the Times. “If we let the gradual erosion of salaries continue,” she said, “we will lose our best people and won’t be able to attract other good people.”

Her plan called for abolishing two of the campus’s 14 schools and colleges and cutting back seven others to free money for salary increases and research equipment.

Just one of those colleges was, in fact, downgraded, if not closed, a few years later. In 1988, the College of Public and Community Service became the School of Social Work within the College of Human Environmental Sciences. That unit had formerly been called the College of Home Economics.

These days, the Columbia campus alone counts 19 schools and colleges offering more than 300 degree programs. If President Choi’s timetable is met, by May 10 we’ll see how many of those have demonstrated their excellence and which, if any, are found to be expendable. The final system-wide plan is due by June 2.
The outline of this latest review makes me wonder what C. Brice Ratchford would say to the man who now has the job he held a half-century earlier. In 1971, President Ratchford launched what he called “our Institutional Reappraisal.” He was motivated, he said, by “unprecedented demands,” including enrollment growth, advances in knowledge and technology, and “financial pressures.”

He proposed assigning specific responsibilities to each of the four campuses. And he used a term that became the rhetorical hammer critics from all sides used to knock down what we oldtimers still call “role and scope.”

President Choi’s scholarly background is in mechanical and aerospace engineering. I imagine an engineering mindset enables him to think of these earlier episodes as flawed but educational prototypes rather than as historical failures.

We can only hope that 2017’s version of institutional reappraisal manages at least to get off the ground. We can no longer say the demands are unprecedented, but we must say that the university’s future is at stake.

**THE KANSAS CITY STAR.**

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University of Missouri laying off 25 employees to save about $1.7 million

BY MARÁ ROSE WILLIAMS

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In an effort to cut $40 million in state funding and proposed funding cuts, the University of Missouri is eliminating about 25 jobs.
All the jobs lost will come from the university’s division of operations and impact people at the administrative level, but “this does not mean there will not be additional cuts like this in the future,” said MU spokesman Christian Basi.

MU will lay off 20 administrative employees effective July 1. Five other employees are retiring and those jobs will not be filled.

The cuts come about a month after UM System President Mun Choi announced that the system’s four campuses — in Columbia, Kansas City, St. Louis and Rolla — face $31 million in budget cuts for the current fiscal year. Much of which, about $20 million, is on the Columbia campus.

Basi said Gov. Eric Greitens held back $20 million from the university’s current budget and has said it’s not likely that $20 million would be restored in the new budget.

Choi said in March that the system would seek tuition hikes to help offset the cuts and that campuses would have to find other areas to trim including possible program cuts and job losses.

“With previous budget shortfalls in past years we have taken significant measures to identify efficiencies,” Basi said. Those trims impacted programs but not jobs.

“But now we are at a point where the budget shortfalls are cutting into our core budget.”

The first trims announced total about $1.7 million and come from the division of operations, which is responsible for the campus’s physical plant.

Jobs are being lost in such areas as the university power plant and sustainability operations responsible for reducing energy consumption.

The latter is suffering job losses because even the savings from reducing energy use, “is not enough to handle the budget shortfalls,” for that department, Basi said. Some other areas losing jobs are parking and transportation; environmental health and safety, which deals with lab and chemical use safety; and campus police.

The university is still assessing just how much it will need to reduce its budget.

“There are still some unknowns” including how much the university will get from the state and how much it will collect in revenue from tuition for 2017-2018 academic year, Basi said.

Basi said the cuts will not compromise the overall safety of the campuses. “Safety is always our primary concern.”
Twenty Layoffs Amid Budget Cuts, Declining Enrollment at MU

The University of Missouri’s Division of Operations notified 20 administration employees in its department that they will be laid off, effective July 1. The department is responsible for a wide range of services including campus safety and custodial work.

These latest cuts are due to decreased enrollment and a decline in state funding, said MU spokesperson Christian Basi.

“We're at a point now where the budget shortfalls that we've experienced are cutting into the core of our operations,” Basi said.

MU’s total enrollment declined by 2,182 students from 2015 to 2016, according to enrollment numbers released by the University. The most significant difference can be seen in the freshmen enrollment numbers. Since 2014, freshmen numbers have been on the decline with 7,864 enrolling in fall of 2014 to 5,995 enrolling fall of 2016.

“As many individuals know, we received a cut withholding earlier this year for the current fiscal budget. There is a proposed cut to the budget for the next fiscal year, so these actions were taken,” Basi said.

The most recent layoff is expected to save the University $1.7 million, Basi said.

“These are the most difficult decisions we will ever make. They are never easy, but we must adjust our staffing levels at this point in time to ensure the long term economic sustainability of Mizzou,” Basi said.

Each University division and department is responsible for balancing its own budget. The Division of Operations has trimmed its staff by 88 employees in the past two years. In addition to the 20 employees laid off, five more are expected to retire.
“The employees who were laid off will be provided some transition benefits. They will receive additional pay, in addition to help with job with finding another job or finding another position on campus,” Basi said. “We are grateful for the service that these very talented employees have provided. It is extremely painful for us to be in this situation and have to make these decisions.”

Campus safety will not be impacted by the employee reduction, Basi said.

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**Mizzou chapter of Mechanical Contractors Association wins first place**

By St. Louis-Post Dispatch Staff

The Mechanical Contractors Association of America’s student chapter from the University of Missouri-Columbia won first place in a student competition at the MCAA’s national convention.

The Mizzou chapter also was named student chapter of the year out of 52 chapters. The first-place finish earned the chapter a $10,000 prize; the chapter of the year award added $3,000.

Founded in 2014, the 15-member chapter is sponsored by the Mechanical Contractors Association of Eastern Missouri. The students received coaching and training from St. Louis area mechanical engineering firms.

The students’ winning project involved presenting plans, bids, drawings, schedules and costs on a $3 million wastewater treatment plant upgrade to a panel of contractors from across the country.
MU event emphasizes role of classroom culture in supporting LGBTQ inclusion

LIBBY MOELLER, 9 hrs ago

COLUMBIA — Making public schools more supportive of LGBTQ students hinges on changing the culture in schools, said the main speaker at an MU Pride Month event Thursday night.

"We can be each other's support network," said Brian Chervitz, an MU senior majoring in secondary social studies education and political science.

Chervitz facilitated the event, titled "Safe Space Signs Aren't Enough: How Public Education Has Failed the LGBTQ Community and What We Can Do About It." The workshop was sponsored by the MU College of Education and The Bridge, a safe space initiative located in Townsend Hall.

Over a dozen people attended, most of whom were students. They listened to a presentation and discussed the environment in public schools and how it affects LGBTQ students. Former administrators and students who attended shared stories and advice as part of the discussion.

One student, who is studying education, said she worries that when she becomes a teacher, she will struggle with the responsibility of being an adequate and informed adviser to an LGBTQ student who needs help.

"It's about having the students know that you're approachable enough to be the listener," Theresa Metz, coordinator of The Bridge, said. "You may be the first person the student comes to. Your reaction matters the world."
Nearly 100,000 taxpayers may have had their personal information compromised by a security breach of an Internal Revenue Service tool that makes it easier to fill out the Free Application for Federal Student Aid, the Fafsa, according to the IRS commissioner, John Koskinen, who testified on Thursday before the Senate Finance Committee.

The tool, which mysteriously and abruptly went offline in March, is scheduled to be available again in October, officials have said. Mr. Koskinen testified that 35,000 letters had already been sent out notifying people whose data may have been compromised.

The IRS knew last September that there was a risk that the tool could be used for nefarious purposes, he said. And before the tool was taken down, roughly 8,000 fraudulent refunds totaling $30 million had been issued. Some of the tax documents that were flagged as phony, he added, were actually legitimate.

“To shut it down without a clear indication of criminals actually using it seemed to us that it was going to unnecessarily disadvantage millions of people who used it,” he said, according to The Wall Street Journal. Several student-advocacy groups have criticized the IRS and the Education Department’s Federal Student Aid office for taking the tool offline.

The IRS has provided confidential briefings on the suspension of the data-retrieval tool to members of the Finance Committee as well as members of the House and Senate education committees. In a written statement following the announcement that the tool would be offline until the fall, Sen. Lamar Alexander, a Republican of Tennessee, urged the IRS and the Federal Student Aid office to “continue to prioritize getting the helpful data-retrieval tool back online quickly with adequate protection for users’ data.”

Sen. Patty Murray of Washington, the top Democrat on the education committee, said in a written statement she was glad that steps were being taken to ensure users’ privacy. But she said she remained concerned that there were “no immediate solutions” for those affected.
Chervitz presented four categories he believes are essential to public schools' effort to improve achievement of LGBTQ students: highly qualified staff, facilities and resources, parent and community engagement, and governance.

He gave examples for each category, such as:

- "Put an LGBTQ-related posted up in your classroom. Be visible in your support"
- "Institute a transition plan for students who wish to attend school as their true gender rather than the gender assigned to them at birth"
- "Be conscious of the difference between home environments and school environments"
- "Enact gender and name-change policies"

Participants were given handouts with the suggestions.

Chervitz also discussed "Safe Space" signs posted in classrooms. After attending a two-hour workshop on how to be a resource for LGBTQ students, teachers can get a sign to post in their classroom. The sign alerts students that the teacher is an ally to LGBTQ students and that students must be respectful and tolerant toward everyone in the classroom.

"Two hours of information is better than no hours of information," Chervitz said. "But if you stick the sign up, and then two years later you haven't worked on learning about new information, then I start to question: Is your room an actual safe space? Or do you know what that means anymore?"

Chervitz said he was driven to start the conversation last May after reading research by one of his professors. The research detailed how pre-school and elementary students learn about gender. He wondered how teachers learn about the same topic.

"When I finally noticed that the intersection of gender, sexuality and education exists, but it's never talked about, that silence became very deafening to me," Chervitz said. "I felt very empowered by the space to feel like I could create something and share it with others."
After the event, Chervitz said learning how to be an LGBTQ ally is essential to improving MU's environment.

"Allyship is an action," Chervitz said. "It's not a title that you can earn."

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Travel Ban's 'Chilling Effect' Could Cost Universities Hundreds Of Millions

NO MU MENTION

By Kirk Carapezza

President Trump's updated executive order, the one restricting travel from six Muslim-majority countries, is blocked for now.

But administrators at Northeastern University in Boston aren't taking any chances.

"We're in a state of limbo," says Mike Armini, who oversees government relations. "We don't quite know what's going to happen next, so we've advised them to stay here," he says, talking about the 250 Northeastern students from those six countries.

While those students stay put, Armini and his colleagues worry that potential students, who are receiving their college acceptance letters, will decide not to come to the U.S. Right now, international students represent about 20 percent of Northeastern's campus.

"Even if you're not from one of those six countries, there's a sort of chilling effect that we're very concerned about." So he and other administrators are reaching out, telling possible students they're welcome.

"We feel that something is lost if you have certain countries not represented on your campus," he says.

But there's also the bottom line. A recent survey shows students from those six countries alone bring in more than $500 million to the U.S. economy each year.
If Northeastern, and other schools, admit students who are later blocked from the country, universities could lose a lot.

"Our institutions are very concerned," says Melanie Gottlieb, deputy director with the American Association of Collegiate Registrars and Admissions Officers, which surveyed nearly 300 colleges to understand the early, presumed, effects of President Trump's immigration policies.

Four in 10 of the colleges that responded say they have seen a drop in applications from around the globe. Nearly 80 percent expressed concerns about application yield.

"There are concerns that the rules might change," Gottlieb says, adding that students are still applying to American colleges and universities — 60 percent of responding schools say they haven't seen a drop in international applications this year.

But she adds that she has seen students hedging their bets, "also applying to places like Canada, the U.K., Australia and New Zealand." And in the survey, schools expressed a fear of losing students to other English-speaking countries.

But it seems, schools in those countries haven't missed a beat.

In Canada, the government is providing millions of dollars to attract the best and brightest scientists and innovators from around the world.

"The international market is very lively. It's very competitive," says Bruce Dowton, president of Macquarie University in Sydney, Australia, which enrolls more than 12,000 foreign students from 130 countries — about a quarter of its total enrollment.

Dowton says there has been a 30 percent uptick in international applications since Trump's election.

"We certainly look to provide an attractive offering for students to come to Macquarie, and I know other university presidents around Australia see it the same way," Dowton says.

While Macquarie is boosting its recruitment efforts abroad, it is still too early to know whether what happens in the U.S. will drive up enrollment Down Under.