

UM faces hard budget choices

System looking at big shortfall.

By **JANESE SILVEY**

The **University of Missouri System** has identified nearly \$73 million in additional expenses administrators consider mandatory next year. But the meaning of mandatory can shift a little when you're dealt another budget blow in an already tough economic climate.

Instead of the \$64.4 million net budget shortfall the system's Board of Curators were told to expect earlier this month, curators will be told at their Columbia meeting later this week that the UM System is now facing a net funding gap of \$72.8 million. That's based on Gov. Jay Nixon's recommendation to slash higher education funding by 7 percent, \$29.8 million, instead of the 5 percent on which administrators based earlier numbers.

Increasing tuition won't plug that hole. Even a 10 percent increase — which administrators have said they want to stay below — would generate \$44 million, enough to cushion the state cut but not enough to pay for cost increases they say are mandatory.

It will be up to curators to decide just how much students will shoulder. At MU, students are paying the fifth-highest in-state tuition in the Big 12 Conference, the fourth-highest of Missouri's public four-year universities and somewhere in the middle of Association of American University peers.

So what are these mandatory costs administrators say they need to fund in fiscal year 2012, and are they really mandatory in a tough economic year?

Nikki Krawitz, vice president of finance and administration, said they are necessary but with Nixon's latest cut, "something is going to have to change."

Here's a breakdown of those expenses:

SALARIES

Former UM System President Gary Forsee spent his last year telling faculty and staff that their salaries would be a priority in the coming school year. That's reflected in preliminary budget reports: Krawitz has included \$30 million for compensation in the mandatory expenses.

That includes \$11.2 million for a 2 percent increase in the salary pool. Although most university employees haven't seen a raise in years, the increase is really only 1 percent over last year: For the past couple of years, curators have allowed a 1 percent increase to be put into raises that were doled out only for tenure and promotion purposes.

University salaries are merit-based, which means the 2 percent increase is only in the total amount. It's up to department leaders to dole out the money based on performance. That means some will see a raise of more than 2 percent, while others might not see anything.

Increasing pay by 2 percent requires the university to set aside another 2 percent on the benefits side for a cost of \$3.4 million. Additionally, there's a 3 percent increase in benefits from flat rate increases, which would cost \$15.4 million.

Reminded that other governmental agencies and the private sector aren't considering raises "mandatory" this year, Krawitz agreed. "But we're not competing with the state for employees," she said. "We're competing with other institutions."

Krawitz also said workers have expressed concern in the past that the university considered buildings, but not people, as mandatory expenditures. "Our people are as important — more important — than buildings," she said

BUILDINGS

The university's preliminary budget sets aside \$10.6 million to reflect an increase in the replacement value of campus facilities. The increase comes after UM's other three campuses were re-evaluated to get a more appropriate estimate of those values, thus increasing the total amount.

Another \$20.6 million is needed to get maintenance and repair budgets back to where they're supposed to be. UM policies say that the maintenance budget should be 1.5 percent of the total value, but for years it has only been 1 percent. But when the budget has been cut during lean years, the university didn't ultimately save money because it had to pay higher amounts for deferred maintenance later, Krawitz explained.

OTHER COSTS

Utility increases and improved information technology facilities tacks another \$6.9 million onto UM's list of mandatory costs, and another \$3.6 million is earmarked to pay for teaching assistants, academic advisers and other staff needed to address growing enrollment.

The university estimates having \$14.4 million in new revenues next year before tuition increases. That money comes from more tuition associated with enrollment increases and increases in supplemental fees. Additionally, Krawitz said the university has identified \$11.3 million in efficiencies such as reducing energy costs, cutting travel and keeping positions unfilled in 2012.

After Nixon's budget recommendations, Krawitz said administrators will have to find more cuts. Although Krawitz said cuts could be identified elsewhere, it could mean "mandatory" expenses won't be covered.

"Should the 2 percent" raise "go away or the investment in buildings? It could be one or both," she said, adding she'd be more willing to "give up the buildings than our investment in people."

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ST. LOUIS POST-DISPATCH

MISSOURIAN

Familiar face leading UM System

University's general counsel continues presidential responsibilities

Associated Press POSTED: 11:16 pm CST January 23, 2011

COLUMBIA, Mo. — Running the state's four-campus university system requires the University of Missouri president to wear any number of hats: corporate manager, campus cheerleader, education advocate and traveling salesman.

Steve Owens, the 55-year old career lawyer named interim university president earlier this month, will be expected to sell the university's merits to budget-pinching lawmakers, big-pocket donors and the tax-paying public. Just don't expect the former Tiger tennis player and 1977 graduate of the flagship campus in Columbia to sing his own praises.

"He is a humble guy," said good friend Bob Thompson, managing partner of the Bryan Cave law firm's Kansas City office. "He's very measured, and approaches things in a pretty studious way."

That humility has been on display from the outset of Owens' unexpected ascension into the spotlight. Lured away from a 26-year career in private practice in 2008 to oversee the university's legal office as general counsel, Owens was named interim president after Gary Forsee resigned two weeks ago to care for his ill wife.

Owens, who earned his law degree at Wake Forest University, immediately said he wasn't interested in making the top job at University Hall permanent. He declined an Associated Press interview request, citing the need to prepare for next week's Board of Curators meeting in Columbia, his first in charge. And when the university issued statements this week in response to Gov. Jay Nixon's proposed budget, the response was attributed to unidentified university officials, not Owens.

In an indirect way, Owens can thank former Missouri men's basketball coach Norm Stewart for his move to Columbia.

When the Missouri basketball program faced an NCAA investigation in 1990 over alleged recruiting violations, Stewart turned to the Kansas City lawyer as his personal representative. The school received two years of probation, and Stewart emerged with only one substantiated charge of not adequately monitoring some aspects of the program while avoiding the more serious accusation of unethical conduct.

A decade later, Owens represented former Nevada-Las Vegas basketball coach Bill Bayno after his firing amid an NCAA investigation and reports that Bayno had cavorted with Las Vegas strippers. By then, Owens had helped launch a sports law division at his firm, which also counted Quin Snyder, Stewart's coaching successor, among its clients.

Owens also worked as an outside counsel for the university before he was hired to return to his alma mater.

Tiger pride runs deep in the Owens family. His father and grandfather attended Mizzou, and one of his three sons is a senior in Columbia. His family has donated money for several scholarships, including one in honor of his father-in-law, a Monett cattle farmer.

"Steve was the logical choice for the board," said curator John Carnahan. "We were so blessed to have him available."

If recent history is an example, Owens can expect to spend most of the year in his caretaker role. The search process that culminated in Forsee's hiring took about 10 months. Gordon Lamb, another experienced university leader, was interim president during that stretch.

Carnahan credited Forsee with assembling a strong leadership team, making the absence of a permanent president less disruptive.

University administrators can expect Owens to spend much of his time listening and preparing before he acts — a technique honed in both the courtroom and the Sunday school classroom of Second Presbyterian Church in Kansas City.

"He's not someone who jumps to the front," Thompson said. "He listens to the debate first."

And with Missouri bona fides to rival the most loyal Tiger supporter, Owens has what both Thompson and Carnahan said is the job's most important requirement: a true commitment to the University of Missouri.

"He's always been a huge supporter and believer in the university," said Thompson, who is also a Missouri graduate. "We can feel confident that the place is going to be well cared for."



Class puts tough talk on table

Course part of diversity effort.

BY JANESE SILVEY

The University of Missouri this semester has rolled out a class aimed to teach students how to explore difficult topics in a responsible way

The first "Difficult Dialogues: Controversial Subjects in Higher Education" class was last night. About 20 students are enrolled, said Eryca Neville, an assistant teaching professor and faculty fellow for the Chancellor's Diversity Initiative.

Although snow kept some students from attending the initial class, Neville said the three-hour session was "fabulous" and provided a chance for students to meet the faculty members who will be teaching.

The course has been in the planning stages for a couple of years, and the kick-off comes at a good time. Roger Worthington, chief diversity officer at MU, said there's a national call for civil discourse, and this month's violence in Arizona and the political commentary that followed the shooting highlight that.

"There are a lot of people using the term 'civil discourse,'" he said. "This is right in line with the groundswell of sentiment in this country about how ugly things have gotten and the need to improve."

Having a course — especially if it becomes popular with students — can help MU be a leader in preparing students to engage in civil discourse in the future, he said.

But the intent isn't to pursue civil discourse for its own sake, Worthington added.

"Civil discourse regarding controversial and contentious subjects will ultimately lead us toward greater respect for human life and dignity, veracity and the pursuit of truth, discovery, knowledge and the resolution of social problems, justice and equity," he said.

Difficult Dialogues began as a program at MU in 2005 through funding from the Ford Foundation. Last year, Worthington hosted a series of public events on campus to get students and residents to start thinking about how to tackle controversial topics in a tactful and meaningful way.

Difficult Dialogues also included a development program for faculty members, about 80 of whom completed the program.

Fifteen faculty members will share teaching duties in the new class, prompting discussions about diversity issues including sexual orientation and race relations. Topics will also include genetics and medicine, food and culture and media literacy.

Knowing how to discuss issues, even with people you disagree with, is a skill set students will need to have in a global society, Neville said.

Although the Difficult Dialogues class is an elective that students voluntarily take, it could someday also meet the criteria to fill a proposed diversity requirement.

MU faculty members have been discussing for years the need to require all students to take at least three credits of a diversity course. The MU Faculty Council was expected yesterday to discuss creating a "diversity intensive" designation that could be added to existing classes to meet that requirement; however, the council's meeting was postponed until Feb. 3.

A proposal on the table would create a diversity intensive stamp similar to the writing intensive designation that now overlaps courses in which students get an extra dose of writing experience.

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MU professor is taking knee replacements from bionic to biological

By **MARÁ ROSE WILLIAMS**

Posted on Mon, Jan. 24, 2011 01:07 AM

It pained James Cook to watch his grandfather hobble on arthritic, achy knees.

The elderly man had undergone several surgeries, including one of the first knee replacements in the late 1960s. Ultimately his joints reduced him to crutches and, in his last years, to a wheelchair. Cook said he vowed at age 8 to become a doctor or a scientist and fix it so that “no one would ever have to suffer through what my grandpa did.”

He is getting close. **The professor of veterinary medicine at the University of Missouri said he thought he and team members were on the brink of changing the way the human knee was replaced. The goal, Cook said, “is to put metal and plastic joints out of business.”**

He wants to take the joint replacement process from bionics to biological. The concept? Biological cartilage, specifically grown from stem cells outside the body and then shaped for insertion into the knee.

Cook, 45, has performed the procedure successfully in dogs. The research, the result of 11 years of work, recently was written up in the medical journal *The Lancet*.

“If we continue to prove the safety and efficacy of this biologic joint replacement strategy, then we can get FDA approval for use of this technology for joint replacements in people,” he said.

Cook is collaborating with a tissue regeneration research team led by professor Jeremy Mao at Columbia University, as well as a lab at Clemson University.

“The work reported in *The Lancet* represents the first time that an entire articular surface of a synovial joint was regenerated,” Mao said. “This was accomplished by the homing of the body’s endogenous stem cells — another first.”

The American Academy of Orthopedic Surgeons considers knee replacements one of the most important advances of the last century. In the U.S., 581,000 procedures a year are performed.

Most are done using metal or plastic replacements. Cook said he thought biological replacements would last longer, be more flexible and give the patient a better quality of life. The process involves taking a patient's own cells to create new cartilage and then mold it to a knee.

"The whole field of biological joint replacement is beginning to grow, and many doctors haven't even heard about it," said Kevin Stone, who has been doing a limited form of biological joint repair at his San Francisco clinic for a decade.

To Cook, however, "these are really treatments that patch the potholes in the joint rather than resurface the whole joint with normal cartilage and bone like ours."

"These other treatments also are not patient-specific," he added. "There are limitations for each of these treatments, which are what we are trying to address with ours."

Eating from the Garden program gives youths get a taste of healthy habits

By JILL REITZ

Eating From the Garden, the University of Missouri Extension's youth health and nutrition program, is offering its volunteer training program at the end of the month. The program teaches fourth- and fifth-grade children about fresh fruits and vegetables and the pride that comes from growing them.

Trained partners and volunteers visit 30 area schools and community centers in Jackson County to talk about the importance of nutrition and physical activity. Students participate in a 13-lesson curriculum during the school year.

"A lot of the focus is on influencing the families' eating behavior by helping the children," says Rachael McGinnis Millsap, nutrition garden coordinator. "We get them excited about eating fruits and vegetables, including sending home plants in the summer that can be grown in pots."

In addition to the lessons, students maintain a cool-season garden in the fall and spring and get to taste what they've grown. The goodies they've raised include greens, radishes, turnips, lettuce, strawberries, carrots and sweet potatoes.

"If they've grown it all year and then cook it, everyone will try it," Millsap says. "It is baby steps with the kids, but the best thing is when they want to share what they've grown or made with everybody."

VOLUNTEER TRAINING

Eating From the Garden's 30-hour volunteer training is once a week for six weeks. Learn the basics of nutrition, food safety, food preparation, fruit and vegetable production, natural fertilizing and pest controls, as well as practical gardening skills.

When: 8:30 a.m.-2 p.m. Mondays, Jan. 31-March 7

Where: Jan. 31 and Feb. 7 at the Kansas City MU Extension Center at Pioneer Community College (2700 E. 18 St.); Feb. 14 and 21 at the Blue Springs MU Extension Center (1106 W. Main St.); and Feb. 28 and March 7 at the Kansas City Community Gardens (6917 Kensington Ave.)

Cost: Free; lunch is provided.



MU prof has been denied due process

Reputations of Engel, MU are at stake.

BY STEPHEN MONTGOMERY-SMITH, VICTORIA JOHNSON, KEITH HARDEMAN, RAINER GLASER, SUDARSHAN LOYALKA AND EDDIE ADELSTEIN

We, all colleagues and friends of Professor Greg Engel of the University of Missouri, provide this response to the Jan. 9 editorial authored by Hank Waters titled "Tenure: The strange case of Greg Engel." We feel compelled to respond because we are concerned that Waters has expressed opinions about Engel's personality and professional conduct without knowing the full situation. We do agree that the actions taken by Engel's department chair are unusual, even unprecedented.

As previously reported in the Tribune, Engel secured a \$2 million grant from the U.S. Office of Naval Research with the assistance of Sen. Kit Bond's office. Engel developed an extremely innovative design for an electromagnetic launcher. The original idea goes back to French inventor Louis Octave Fauchon-Villeplee, who obtained a patent in 1919. Since that time, the Navy has spent substantial resources trying to make this launcher work, and the fact that in 2011 there is still no working device attests to the extraordinary technical difficulties. The university should be taking great pride in the fact that a member of its faculty has been recognized — and rewarded — for his innovation.

Instead, after the grant was awarded, some administrators accused Engel of mishandling the project and replaced him as principal investigator for the grant. This unprecedented action started the cascade of turmoil in the Department of Electrical and Computer Engineering (ECE). The very foundation of a university is premised on the sanctity of one's intellectual creativity. It is inconceivable to us, knowing how much work, creative energy and risk goes into procuring a multimillion-dollar grant, that the faculty member would then mishandle a research project. Engel's response to his removal as principal investigator was *not* insubordination, but rather a reasonable and responsible attempt to protect his intellectual property and his research, consistent with widely recognized principles of academic freedom. Shortly after Engel publicly complained of his removal from the grant, his department chair filed a charge of faculty irresponsibility ("FI") against him on May 10. We do not think the timing coincidental. The processing of this charge was delayed by the administration despite repeated requests by Engel that it proceed in accordance with the timelines set forth in the university's official regulations and that no unwarranted delays occur (the relevant faculty committee selection process is starting only now). Then, on Dec. 17, faculty from the ECE Department, led by a professor who holds an administrative position in the department and reports to the chair in that capacity, filed a second FI charge. Eighteen out of 24 ECE faculty members signed this document. It seems plausible to us that the circumstances surrounding the allegations in these two charges of faculty irresponsibility might have been magnified by some administrators' goal of removing Engel and thus removing attention to the capture of his research ideas and funds.

Waters wrote, "With such an outpouring from peers, the Engel case seems about as well documented as any is likely to be. In private industry, he would be gone by now. In higher education, his employment status remains in limbo."

That statement seems to have been based mainly on this second charge. The fact, however, is that the case is not well documented at all, and no educational institution (and we would like to think private industry, too) of any merit would act on the basis of allegations alone to terminate the appointment of a long-serving (and distinguished) member of its faculty. First, this second FI charge contains errors of fact, one noted by the Tribune article, which apparently none of the 18 signatories verified for accuracy. The credibility of all the charges, therefore, is suspect on this basis alone. We remain firmly of the view that the university has the responsibility to handle the charges through full and fair adherence to the applicable processes, both in letter and spirit, before reaching any conclusions.

"Such an outpouring from peers," who signed the FI charge under these circumstances, should be viewed with a healthy degree of skepticism, and it can be no basis for any action. Only the facts should count, and a careful, thoughtful and balanced assessment is essential in a hearing of record before a committee of faculty peers who have had no prior involvement in the case. Second, we wish to emphasize that Engel was awarded a prestigious professorship by the College of Engineering in 2004, and he has held it since then. As recently as Aug. 11, 2008, the dean of the College of Engineering said to Engel, "It is my pleasure to inform you that you will continue to receive a professorship for the 2008-2009 academic year in recognition of your professional accomplishments.... This professorship, besides certainly being an honor, has an associated ... annual salary augmentation. Professorship appointments are for a period of three years." Further, in the past, the annual evaluations of Professor Engel have been consistently positive in all areas, including the one for calendar year 2009. As recently as March 2010, Engel was nominated by his department chair for a distinguished teaching award. Clearly this is not the record of a man who has a belligerent, irritating personality and who persistently goes about mistreating students and alienating faculty colleagues and therefore should be dismissed.

Finally, we want to comment on the use of resources. First, as a result of the removal of Engel as principal investigator, we are no longer sure whether the \$2 million will, in fact, be awarded to the university and, if awarded, whether the grant will elicit the best results the university is capable of providing. We are concerned, however, that without Engel's leadership of the project, the results provided might fail to nurture and build upon our strengths as a great university. Second, the burden is on those who have filed these charges to prove them; it is a heavy burden. The process will consume precious university resources at a time when such resources are already limited. Though we disagree with the editorial, we do agree that the case is indeed strange, and, in fact, is getting stranger by the day. The strange case of Professor Engel should be resolved quickly, transparently, fairly and efficiently. The academic reputations of Professor Engel and this great institution depend on it.

Stephen Montgomery-Smith and Victoria Johnson are vice presidents of the MU chapter of the American Association of University Professors. Keith Hardeman is president of the Missouri AAUP, Rainer Glaser and Sudarshan Loyalka are MU professors, and Eddie Adelstein is president of the MU chapter of AAUP.

AP Associated Press

Seattle Post-Intelligencer

The Boston Globe

The★Star
THE KANSAS CITY STAR

Young inventors prompt colleges to revamp rules

By ALAN SCHER ZAGIER
ASSOCIATED PRESS

COLUMBIA, Mo. -- Tony Brown didn't set out to overhaul his college's policies on intellectual property. He just wanted an easier way of tracking local apartment rentals on his iPhone.

The University of Missouri student came up with an idea in class one day that spawned an iPhone application that has had more than 250,000 downloads since its release in March 2009. The app created by Brown and three other undergraduates won them a trip to Apple headquarters along with job offers from Google and other technology companies.

But the invention also raised a perplexing question when university lawyers abruptly demanded a 25 percent ownership stake and two-thirds of any profits. Who owns the patents and copyrights when a student creates something of value on campus, without a professor's help?

"We were incredibly surprised, and intimidated at the same time," Brown said. "You're facing an institution hundreds of years older than you, and with thousands more people. It was almost like there were no other options than to give in."

The issue has been cropping up on campuses across the nation, spurred by the boom in computer software in which teenagers tinkering in dorm rooms are coming up with products that rival the work of professional engineers.

Universities have had longstanding rules for inventions by faculty, generally asserting partial ownership rights to technology created with university resources that have commercial potential. For students, though, policies often were vague because cases didn't come up very often.

With new apps worth big money, the legal questions are now being debated across academia. Many universities "generally seek to retain ownership, or at least have a formalized mechanism for assessing ownership of a student's work in much the same way they would regarding a faculty member's work," said Joshua Powers, an Indiana State University professor who studies campus technology transfer. Students who create something may face the burden of showing their work in no way benefitted from being at the university.

But Missouri relented in Brown's case. It also wrote rules explicitly giving student inventors the legal right to their unique ideas developed under specific circumstances. If the invention came from a school contest, extracurricular club or individual initiative, the university keeps its hands off. If the student invention came about under a professor's supervision, using school resources or grant money, then the university can assert an ownership right - just as it does for faculty researchers.

No estimate exists on the number or value of student inventions or apps on the market. The Association of University Technology Managers and other industry groups don't track the number of schools that have defined legal protections for student inventors. But technology managers at Missouri and elsewhere suggest the argument for protecting student rights is growing.

"We need to be able to adopt policies that reflect our culture," said Chris Fender, director of technology management and industry relations at the Columbia campus.

The financial stakes in campus-born inventions are substantial enough that faculty members and universities periodically wind up in lawsuits over them. But Missouri and some other universities are hoping that giving students more rights, along with other incentives to invent, will make the institution more attractive to young entrepreneurs.

Carnegie Mellon University in Pittsburgh sponsors a project that offers off-campus incubator space, faculty guidance and institutional support to student entrepreneurs who have created dozens of new businesses in recent years. The program recently earned the Pittsburgh school a \$100,000 award from the Ewing Marion Kauffman Foundation in Kansas City.

Yale University is also trying to promote student entrepreneurship. "We had a great many students trying to create their own inventions, but we really hadn't paid them much attention," said Jim Boyle, director of the Yale Entrepreneurial Institute. "It's not just the faculty, and the things they create in the labs."

Since its start in early 2007, the Yale University student club has helped launch more than 40 businesses, raised \$25 million for start-up costs and led to the creation of 90 full-time jobs in New Haven, New York and Boston, Boyle said. Among the Yale faculty. "We're learning as much from the students as they're learning from us," Boyle said.

But Carnegie-Mellon program coordinator Babs Carryer said an earlier mindset still lives on in academia, in which students are considered anonymous grunts at the service of faculty researchers. "That old paradigm still exists," she said. "I know there are a lot of labs where the students are still indentured servants."

For Brown, who is now a 22-year-old graduate student in journalism at Missouri, his app, NearBuy, was more of a professional foot in the door than a financial success. It was free app for prospective homebuyers and apartment hunters, and he had little time for marketing or product development after starting graduate school in the fall. He parlayed the creation into a product development job at Newsy.com, a local online video news service.

But the assurance that he will have the legal rights to any future classroom brainstorm is encouraging, he said. "It would have been terribly frustrating if the door had closed after we went through," he said.

COLUMBIA MISSOURIAN

Mort's reinvents The Shack's tradition at MU Student Center

By Bridget Kapp

January 23, 2011 | 12:23 a.m. CST

COLUMBIA — For lunch last Friday at Mort's, MU senior Tim Noce grabbed a "Shack Burger" — a 3.2-ounce beef patty with lettuce, tomato and onion hanging from the edge of the bun, all dripping with its famous sauce.

He took a bite.

"The taste is a little bit of outdoor barbecue mixed with vinegar," Noce said. "It's original for sure."

Mort's opened Monday in the MU Student Center as a reinvention of The Shack, the celebrated campus eatery memorialized by MU alum Mort Walker in his cartoon strip, "Beetle Bailey."

The Shack closed in 1984, after more than 50 years as a popular hangout for MU students.

When a decision was made to revive the old hangout in the student center, the university wanted to bring back many of its old traditions, including the "Shack Burger" with its legendary sauce, the pool tables and the carved wooden booths.

One of the drivers behind the Shack's rebirth was Michelle Froese, public relations manager for Student Auxiliary Services at MU, who saw value in its nostalgia among alumni.

"I wanted to find a way to make alumni feel that they could connect with their own student experience in the brand new student center," she said.

Her efforts have already started to pay off. Froese said she ran into an alumnus on Tuesday morning who was waiting for Mort's to open just so he could eat a "Shack Burger" as he passed through town.

The Shack was always a place for students to drop by in their free time, even when it served food from a truck parked opposite Jesse Hall in the 1920s. By the 1930s, The Shack had become a full restaurant where students could eat, play pool and carve their initials into the tables.

At Mort's, students will be able to carry on those traditions in a modern context.

The restaurant contains a seating area with original furnishings from the Shack, including a table, three booths and wall panels that now make up the ceiling.

Joe Franke, owner of The Shack when it closed, stashed away some of the initialed wood when he sold the property on Conley Avenue to MU. He said he thought the old place was something people would want to preserve — and he was right.

"It's never going to die," Franke said with a laugh.

Froese said customers will be allowed to carve their initials into the new wooden panels, but the original booths will remain intact.

"I think that'd be a great idea, especially when you bring your kids back and show them," Ian Smith, a graduate student, commented. "It's a way to leave your own little legacy."

Signs on the wood will ensure students do not confuse the originals with the new ones.

Though the carving tradition will continue, the old Shack's menu has been updated. According to Froese, liver sausage and bologna sandwiches have been thrown out in exchange for chicken strips, onion rings and turkey burgers. The main item preserved, however, is the "Shack Burger," drenched in its secret sauce.

Alan Petersen, a manager with MU's Campus Dining Services, now holds the secret to the sauce. He said he started making test batches when Franke gave him the recipe about three years ago.

He experimented with the sugar content, and after the Franks tasted it and gave their approval, he reduced the amount.

Aside from the food, students say they appreciate a place in the center of campus to relax. Mort's has four pool tables, a jukebox and shuffleboard.

"We only need beer now, right?" Noce said. "But seriously."

Health News

Improving health during winter

Published: Jan. 22, 2011

COLUMBIA, Mo., Jan. 22 (UPI) -- It can be more difficult during winter to keep New Year's resolutions so U.S. health experts advise trying to establish healthy traditions instead.

"When thinking about New Year's changes, a good first step is creating a vision for the future by picturing yourself happy and healthy," **Karen Sherbondy of the University of Missouri-Columbia Extension Family Nutrition Education Programs** says in a statement.

Sherbondy's colleague **Steve Ball, state fitness specialist and associate professor in the College of Human Environmental Sciences**, advises establishing traditions that encourage physical activity.

"Think of things that are enjoyable -- spending time with kids, crafts and watching movies -- and incorporate physical activity to enhance them," Ball says. "Plan activity breaks, set a timer and have 5-10 minute relays inside or outside, take a walk around the block during commercials or try games that get everyone moving."

Ball also suggests:

-- Trying new things, such as dance classes, swimming or water aerobics.

-- Checking out exercise videos from the library.

-- Investing in home fitness equipment, such as jump ropes, treadmills and stationary bikes. Having equipment at home makes it easier to stay physically active. Search for bargains on gently used equipment and try different things to find what works best.

Seven winter play ideas to keep kids active

Susan Atteberry Smith
for the News-Leader

MU mention page 4

Sinking into the sofa on a cold winter's day can make anyone forget a New Year's resolution. It's easier to watch movies together as a family than consider physically active alternatives. Yet working up a sweat can do more than just leave you and your kids in better physical condition. Active fun can also turn into a common interest -- in fact, for some Springfield families, it turns into a passion they pursue together.

Whether you sign up for family fun at a fitness center, try a new sport at an indoor facility or simply go sledding when snow falls, there are plenty of creative ways to get going this winter -- by yourselves or with other families.

Think you'll have a hard time getting motivated? "You just have to be very deliberate about it and plan it into your life, just as you do anything else," suggests Kim Banner, a Springfield Conservation Nature Center naturalist. "Get it on your calendar and stick with it."

To help you get started, here are seven ideas:

1. Look for organized activities at a community center.

Family Adventure Night is a popular attraction at Springfield's two YMCA branches.

At the downtown Ward branch adventure nights, senior program director Kyla Bentley says groups of families may tread water or retrieve diving rings in the indoor pool to "earn" the use of a raft. Or they may go on a scavenger hunt, as they did one year.

The program promotes family activity.

"It just got families up and moving and shaking, and that's what it's all about," Bentley says.

Springfield-Greene County Park Board facilities, such as the Doling Family Center, are also great places to stay on the move together. Families can sign up for taekwon do or zumba classes, or just spend a few hours playing air hockey, basketball, foosball or ping-pong.

"We do have a lot of families that do that, whether it's Mom and Dad or the kids," says recreation coordinator Kevin Marquart.

One special event at Doling, on Feb. 18, is a Daddy Daughter Dance, for fathers and daughters age 3 and older. The \$30 cost even covers a dance lesson two weeks before the event.

Families who use area fitness or community centers should expect to pay for membership, or one-day use fees. Without a membership at Doling, for example, a family pays \$12 to use the facility for a day.

2. Try an indoor sport.

Parents can rediscover their inner athlete as their children explore indoor sports this winter.

After moving to Springfield, Zeke Fairbank and Judy Smith took up ice skating and ice hockey, thanks to their three children: Taylor, 19, Nate, 17, and Nancy, 14.

In his late 40s at the time, Fairbank says he didn't even know how to ice skate when he got onto the rink at Mediacom Ice Park.

But he and his wife had chosen to move to Springfield in part because of their kids' love of hockey, so the pressure was on to try the sport -- especially after Fairbank tried to coach then 13-year-old Taylor's team.

"Before they knew it, I was going off to hockey camps in Minnesota and I had joined the adult league," he says. "Not only did I start playing, I ended up putting together my own team."

A couple of years later, Smith found skates with pink laces under the Christmas tree, along with hockey gear, and a family passion was born. "There was no getting out of it, because the kids were so excited," she says.

And as far as the exercise of skating goes, it's "a fantastic workout," Fairbank says.

Another Springfield family has been climbing the wall -- literally -- since their oldest child discovered the indoor sport of rock-climbing at the YMCA's Ward branch.

Elli Schimpf says she and her husband, Terrel, first tried climbing after their daughter, Cassandra, 11, started doing it five years ago.

"We were looking for some way just to keep her busy, so we put her in a rock-climbing class at the Y and found that she really liked it and enjoyed it," Elli says. "Then it dawned on us, my husband and I, that we were going to have to learn how to climb a little bit and be able to control the ropes or pay someone a lot of money to do it for us.

"And the first option sounded better."

Although Elli is on hiatus because of a hip injury, rock-climbing is all in the family now, with son Creed, 6, asking to go climbing outside for his birthday a couple of years ago. Daughter Zoc, also 6, climbs, too, and the family rarely misses a week at the Ward YMCA wall.

"What's great about this is it's strength-training, with stretching at the same time," Elli says.

Bowling, roller skating and even swimming at indoor pools are other sports families can try during the winter.

"I think people forget that in the wintertime, it's really fun to go swimming," Bentley says, adding that just playing in the water together is a way to get exercise, too.

3. Bundle up to enjoy a little nature.

Barring the bitter cold, activities at the Springfield Conservation Nature Center can get families moving into the new year.

On Jan. 7, families can walk the trails during an Owl Prowl there from 6 to 9 p.m. (bring flashlights), then go inside to learn more about the creatures from Dickerson Park Zoo docents.

"Families can just go out and hike in the evening and listen for owls and nocturnal animals," Banner says. "It's really fun."

Families can also work in some hiking during Eagle Days, Jan. 22-23, she adds.

Catch-and-release-only trout fishing at Bennett Springs State Park near Lebanon or at Roaring River State Park near Cassville is another cold-weather nature activity Banner suggests for families.

"It's really a fun thing to do, and it's really nice to be near the water," she says.

4. Hit the slopes --with sleds.

Few types of outdoor winter exercise are more fun for the family than sliding down snow-covered hills. Even the YMCA's Bentley, whose son, Abner, isn't yet 2 years old, plans to pull him along in a toddler sled on a good snow day this winter.

"My fingers are crossed, hoping that it snows soon," she says. "I have such great memories of sledding with my parents when I was a kid, and sledding with my brother."

Don't underestimate the exertion inherent in a sledding expedition, though, especially when you're walking back up the hills.

"You don't realize it, but you're working pretty hard when you're up there sledding," Bentley says.

5. Have simple backyard fun.

When Banner's son, Adam, was young, they spent a lot of time together building snowmen and having snowball fights.

"You just have to be careful, of course," Banner says. "They don't know when they're getting too cold, so you have to be sure they're dressed appropriately."

Snow block makers -- molds for making blocks to build forts and igloos -- cost about \$6 each and can be found through online vendors like Amazon.com or at some big-box stores.

And come summer, you can use the same mold to make sand castles at the beach.

6. Exercise with your animal companions.

Like people, pets -- particularly dogs -- need their own workout. Yet dog-walking helps families stay fit, too.

A 2005 University of Missouri-Columbia study found that participants who walked dogs 20 minutes a day, five days a week, for 50 weeks lost an average of 14 pounds.

"Walking a dog is a very interactive thing to do with your family," says University of Missouri-Columbia professor Rebecca Johnson, director of the Research Center for Human-Animal Interaction.

Among other programs at the center, its Walk a Hound Lose a Pound program pairs walkers with shelter dogs. Johnson and co-author Phil Zeltzman's book of the same title will be published next year.

"Dogs universally like to walk, and they are unconditionally loving and accepting," Johnson says. "So when you walk with them you feel good and get your endorphins going, and it's a beneficial thing."

7. Get moving indoors at home.

Remember that sofa? Get up from it now and then. Turning off the TV is "always a good start," Bentley says, adding that even cleaning together can make for a workout.

Yet she also enjoys video exercise programs on game consoles like the Wii -- and even played Wii tennis with her father over the holidays. "And you know, I think it's better than doing nothing at all," she says.

According to the Wii Healthy website (wiihealthy.com), 25 minutes of Wii tennis burns 110 calories. No matter how they choose to move, families that play physically together call it a bonding experience.

Story continues...



Environment is focus of summit at MU

By **KRIS HILGEDICK**

Protecting Missouri's natural resources should be viewed as a strategy for economic growth, not an impediment to job creation, speakers at an environmental summit said yesterday.

About 175 people gathered at the **University of Missouri's Anheuser-Busch Natural Resources Building** to learn about the history of Missouri's conservation movement, where it is headed and how advocates can energize like-minded supporters.

"If we can't be bothered to create the future we want, no one else will," said Kat Logan Smith, executive director for the Missouri Coalition for the Environment.

Despite lax environmental enforcement, she said, dozens of economic indicators show Missouri is not faring well.

"Heck, Kansas is outranking us by many measures!" she yelled, pummeling her fist on the podium. "Kansas!"

Smith wants to live in a state where water quality is protected, erosion is reduced and energy efficiency is preferred to burning more fuel.

"We, the environmental community, must focus for the next five years on jobs — sustainable, wealth-preserving, debt-reducing jobs for Missouri's families," she said.

Creating those jobs and protecting the state's natural resources are not mutually-exclusive, she argued.

"Let's be done with this environment-versus-jobs paradigm," she said. "It's a lose-lose proposition. Destroying our natural wealth to get jobs, robs us of both wealth and jobs."

Other speakers sounded similar calls for working with, not against, conservative-minded lawmakers in the Missouri General Assembly.

"We often are singing, but often it's a cacophony of soloists," said Phelps Murdock, a board member for Missouri Votes Conservation. "I'm suggesting that we all work together ... that we harmonize and sing a common song that the whole state hears."

When he met recently with Republican statewide leaders, Phelps said he found common ground on two of four issues.

The Missouri House has more than 70 new members this session and, in the Senate, 12 new members took the oath of office earlier this month.

"These people are an opportunity," said Joseph Katz, policy director for Missouri Votes Conservation Education Fund, the group that sponsored yesterday's summit

"They are still responsive to their constituents, he said. "I urge you to call them and meet with them at their community events."

Yesterday's summit also was a chance to share information about legislative initiatives on the horizon.

Sara Parker Pauley is a Boone County resident who serves as director of the Missouri Department of Natural Resources. She encourages listeners to care and to get involved.

She said policy decisions, if they are going to be sustained, must involve a variety of stakeholders. She also noted that fees supporting the department's Water Pollution Control program expired at the end of 2010.

"We've got to get those fees extended," she said. "We've got to keep that program going."

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