





Nixon reveals more budget cuts

By Terry Ganey

Wednesday, October 28, 2009

JEFFERSON CITY — Gov. Jay Nixon announced Wednesday that he was cutting an additional \$204 million from state spending during the current fiscal year to deal with falling state revenues in the face of an eroding national economy.

Nixon said the state would have to balance its budget and cover top priorities just as families must do during hard times. The cuts will mean that about 200 full-time state employees and about 500 part-time positions will be eliminated throughout state government.

Nixon said many of the positions are jobs that are occupied now. He said areas of state government that will be protected from budget cuts are direct funding for elementary and secondary education, money for higher education institutions' core programs and the state's prison system.

The \$204 million in spending reductions bring to \$634 million the amount of money that Nixon has cut in the state budget since it went into effect July 1.

While spending for **University of Missouri operations was spared, other services connected with the UM System sustained a 25 percent reduction**. For example, MOREnet, a computer system that links the campuses for the sharing of research information, will lose \$3 million in funding, and the MU hospitals and clinics will get \$3.1 million less. The State Historical Society of Missouri will lose \$364,000.

Across the state, savings will be achieved by paying less to vendors who provide services to people covered by Medicaid, the health care program for the poor and disabled. Linda Luebbering, the state's budget director, said while details of the savings were still being decided, budget officials hoped to hold back about \$32 million with the changes.

The 200 permanent job positions being eliminated bring to 1,700 the number of jobs that have been lost during the current budget, Luebbering said.

"I would say that the budget situation this time is above and beyond what the state has experienced in decades," Luebbering said. "This is the worst I have ever seen it in 20 years of working in state government."

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COLUMBIA MISSOURIAN

Gov. Jay Nixon announces \$204 million in new budget cuts

MU MENTION PG.2

By Jeremy Essig

October 29, 2009

JEFFERSON CITY — Missouri's governor ordered budget cuts expected to eliminate an estimated 700 full-time and part-time jobs, and the top House budget leader said he expects more to come.

Gov. Jay Nixon, a Democrat, announced \$204 million in spending cuts in Missouri's budget Wednesday. An estimated 200 full-time jobs and about 500 part-time jobs were eliminated in cuts that affect state departments.

House Budget Chair Allen Ictet, R-St. Louis County, and Sen. Jason Crowell, R-Cape Girardeau, said they expect Nixon will have to cut even more than the \$634 million in withholdings and vetoes he has already made this year.

"The governor is hedging a bit," Ictet said. Nixon will "have to come back and make further reductions."

Nixon, while not specifically ruling out additional cuts, said he thinks state revenue will begin to increase. Currently, Missouri's revenue collections are down 10 percent compared to last year. Nixon said he hopes the decline will raise to the 5 percent to 6 percent range.

"This isn't Washington," Nixon said, citing his constitutional duty to balance the budget. "We don't get to print money."

Describing the cuts as "early and decisive action," Nixon said they will allow the state to keep funding level for education, health care and jobs.

The largest cut, \$32.45 million, would come from containing Medicaid costs. While specifics of the plan still need to be ironed out, the majority of the money would come

from reducing payments to certain providers and encouraging pharmacists to use generic drugs. Provider cuts would affect those who are currently being reimbursed at rates higher than federal guidelines, State Budget Director Linda Luebbering said.

No definitive decisions on what full-time jobs would be eliminated have been made yet, Luebbering said.

Both Nixon and Luebbering acknowledged that the administration is still working with all agency officials on what jobs will be eliminated.

Funding to the Higher Education Department was cut by more than \$7 million with most coming from the **MU Health Care's hospitals** and clinics general operating funds.

While Rep. Chris Kelly, D-Columbia, said programs "close to his heart" will be affected, he added that the governor had no choice. "The governor is constitutionally required to balance the budget," Kelly said. "It's his No. 1 duty."

Kelly said he doesn't anticipate Nixon will have to make additional cuts to the budget and described making the cuts as "economically intelligent."

Making the cuts early will allow the affected programs and departments to make budget decisions and spread out the remaining money over the course of the year, he added.

Icet, however, disagreed. The longer Nixon waits to make more cuts, the deeper they will have to be, he said.

Bus funding for K-12 students was cut by almost \$16 million. Individual school districts will have to decide whether to extend routes, run fewer buses or find the funds elsewhere, said Elementary and Secondary Education Department spokesman Jim Morris.

Busing within the Columbia Public School system will remain unaffected, district chief operations officer Nick Boren said.

"We didn't really believe that \$15 million would come to fruition," Boren said, adding that the department never included the funds in its budget this year.

The Mental Health Department lost more than \$15 million, a fifth of which was meant to fund services for community mental health centers. Department spokesman Bob Bax said while centers would still serve the needs of patients in an emergency situation, patients hoping to apply for certain outpatient services would be placed on a waiting list.

Both Democrat Kelly and Republican Crowell say this year's budget is a harbinger of things to come.

Next year's budget will have to be \$500 million less than the current one, Kelly said.

Crowell said this year is "easy" compared to 2012, when federal stabilization funds run out.

Missouri is holding back \$900 million in stabilization funds to apply to next year's budget. Although the state would be allowed to offset budget cuts with the remaining money, Nixon, Luebbering, Crowell and Icet agreed it made fiscal sense to save the money until next year.

"States that overspend on the front end will see a drop off at the end," Nixon said.



On-the-job exercise good for employee and employer

Wed Oct 28, 2009

By Anne Harding

NEW YORK (Reuters Health) - Programs in the workplace designed to get people to exercise can improve fitness, cut cholesterol levels, reduce job stress and even improve attendance, a new analysis of the medical literature shows.

But it's still not clear what makes for the most effective type of program, **Dr. Vicki S. Conn of the University of Missouri in Columbia**, the lead author of the research, told Reuters Health.

"We do have really good evidence that the interventions do work," she said. "What we couldn't say from this is that this intervention works better than that intervention."

Conn and her colleagues looked at dozens of studies of workplace physical activity interventions. The studies included about 38,000 people.

They found significant positive effects for the interventions on "physical activity behavior," meaning whether or not people became more active, and also on fitness level. The programs also helped fuel healthy changes in lipids (meaning harmful fats in the blood such as triglycerides), measures of body size, work attendance, and job stress, the researchers report.

The more effective programs had several characteristics in common: a facility for exercising on site; they were developed with the help of the company; and people were able to exercise during the workday rather than having to come in early or stay late. But it wasn't clear whether offering rewards helped.

While evidence is scarce on the long-term costs of workplace physical activity interventions, Conn noted, the fact that they reduce absenteeism suggests they could indeed save money.

The current investigation is part of a larger, National Institutes of Health-funded study of physical activity interventions in general, Conn noted. While there's no lack of evidence to show that exercise is good for you, she added, "what we don't know is how to get people to exercise," and the study may help answer that question.

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COLUMBIA MISSOURIAN

Female physicians discuss life in historically male-dominated profession

MU Mention on Pg. 2

By Sananda Sahoo

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COLUMBIA — A few years ago, Nicole Fearing was about to begin a colonoscopy on a patient at Truman Veterans Hospital in Columbia when the patient wondered aloud whether the hospital couldn't afford to hire a male physician.

Fearing responded with an offer to replace herself with a male physician. As the patient declined the offer but continued complaining, Fearing couldn't resist a quip.

"I told him my hands are smaller than most male surgeons," she said.

Fearing said she has to cope with occasional snide remarks and "guy talk" as a female physician, especially as surgery is still a boy's club.

"I grew up with three older brothers and a father who was in the Army, so I have heard a lot worse," she said. "I can give it back, but if it crosses the line, I feel comfortable asking for it to stop."

Fearing talked about her experiences during a recent panel discussion as part of a National Library of Medicine traveling exhibition, "Changing the Face of Medicine: Celebrating America's Women Physicians." The exhibition will be at J. Otto Lottes Health Sciences Library at MU through Nov. 14.

The changing face of physicians

Medicine is an increasingly attractive profession for women. The number of female students in medicine has risen, and according to information from the panel discussion, there is also an increase in the number of women in academic positions and leadership.

But MU has been a little slower than other medical schools to put women in leadership and administration, said Karen Edison, director of the Center for Health Policy at MU. She was appointed as chair of the department of dermatology in 2003.

"I was the first department chair in the history of MU medical school," Edison said. "Another female faculty person held the position of chair in a different department for a few years, but she is now gone, and I am back to being the only one."

Edison said she wants to see more women in leadership. "The discussion around the table and our planning for the future would be enhanced if more women were part of the discussion," she said. "I cannot provide this alone."

In the 37 years since the federal government enacted the Equal Employment Opportunity Act, more women have sought entrance to medical schools. This year, 54 of the 96 students who enrolled at the MU School of Medicine were female.

Judith Miles is a professor of pediatrics and pathology at MU and conducts autism research at Thompson Center for Autism and Neurodevelopmental Disorders. Miles' father was a physician, and her mother a nurse. In her graduating class of 1975 at MU, there were 10 women.

But when Miles started medical school at MU after coming to Columbia with her husband and 2-year-old son, she remembers a remark — though spoken in jest — reflected the sentiment of that time. "If only doctors would stop having daughters, we would not have so many girls at medical school," she recalled someone saying.

Identifying the challenges

In the four decades since the act's passage, medicine has become a profession that is more open to women, , but some physicians say the change is only a perceived one.

Edison, for instance, wants to make the profession friendlier for women physicians and to see some flexibility in the way medical workplaces are structured. Opening a high-quality day care center at the medical school would be one big step in the right direction, she said. Currently there are no day care centers at University Hospital or MU medical school.

Rachel Brown, associate dean for student programs at the School of Medicine, thinks more work needs to be done in transforming attitudes toward women physicians. "And for that we need more women leaders in medicine," she said.

Brown said that in order to increase the number of women in leadership, the attitude of recruiters and the language of recruitment must change. Most job advertisements for leaders in medicine use male language — such as "forceful," "dynamic," and "leadership," words which Brown said exude an image of masculinity that works against prospects of women applicants. Although women leaders do not necessarily make better supervisors, they are better collaborators, Brown said, adding that collaboration is an essential component of effective leadership.

The women physicians come across as good multitaskers. . Edison looks after her 72-year-old mother, two grandsons and her own family as she strives to take care of herself and manage her department.

Emily Coberly practices inpatient and outpatient internal medicine. She has three children, the youngest just three months old, and a husband in medical school. She and her husband take turns looking after their children.

Unlike Coberly, whose parents live in Columbia and help baby-sit, Laine Young-Walker, a child psychiatrist, doesn't have extended family on whom she can depend. She and her husband, who works for an insurance company, depend on baby sitters to care for their two children.

Many of the female physicians interviewed expressed feelings of guilt about not having enough time for their children. Young-Walker said because her patients are children and so often in need of her attention, she sometimes finds it hard to decide whom to put first. "The frustration is you can't disconnect 'doctor' and 'mother' selves," she said.

Making an identity from a profession

The key for many female physicians is family support. Young-Walker, who was the first in her family to go to college, recalled her father, who never finished high school, urging her on.

"Education was stressed not by people who went through it but for its value to make me who I am," she said.

In spite of the struggle to balance competing demands, female physicians continue to enjoy the work and find time for themselves.

"I have always been better off at ICU than New Year's parties," Miles said.

Young-Walker, who is helping to lead PTA for the third year, says it's all a matter of giving yourself time. For Fearing, who is expecting a third son, that's time to talk on the phone to friends during her commute to Columbia from Kansas City almost every weekday. For Brown, that's time for tennis.

Still, Brown said, at times finding a balance is difficult. She said she's had to work hard for understanding from her husband.

"For a long time, my husband didn't understand how much medicine is me," Brown said. "He would say that he didn't really appreciate what I am for the first 20 years of our marriage."

But a sense of identification with the job is overwhelming, Brown said. "It's not a job that you do, it's a thing that you are."

Columbia Business Times

SPECIAL SECTION | OFFICE EQUIPMENT & DESIGN



ABC Labs is expanding and renovating its original campus, a project that will include a 10,000-square-foot addition (on the left side of this rendering) to the main building.

ABC Labs expanding campus

By David Reed

When Analytical Bio-Chemistry Laboratories moved its pharmaceutical division to fancy new digs at Discovery Ridge about a year ago, its chemical division stayed behind on the original campus near the city's eastern border.

The pharmaceutical division of ABC Labs had a 90,000-square-foot building at the University of Missouri's research park and the chemical division was left in a sprawl of buildings that includes several deteriorating structures and metal outbuildings.

The chemists and other scientists and technicians are spread out in three buildings. Workers bringing samples from one group to another have to walk outside, which can get dicey when it's raining or there is snow or ice on the ground.

"It's inefficient," said Scott Ward, general manager of ABC's Chemical Services Division, "but that's just how we grew."

ABC Labs continues to grow. Kristein King, vice president for marketing, said the company has hired 17 people since June, more than making up for the nine people laid off earlier in the year.

And the approximately 100 workers in the chemical division are going to get their own new and renovated work space. ABC Labs earlier this month unveiled an expansion plan for the original 56-acre campus that includes a \$4 million, 10,000-square-foot laboratory addition to the 28,000-square-foot main building.

Much of the work done by the chemical division involves testing of crop and soil samples involved in the use of pesticides that need regulatory approval, Ward said. ABC scientists will test the residue on sample material and they will determine how the chemical will break down in the environment and how it will metabolize.

The improvements, which include various renovations and the demolition of deteriorating structures, will make the work flow more efficient and make the facilities more in line with modern laboratory practices, Ward said.

ARCO Construction Co. of St. Louis headed the Discovery Ridge construction project and was hired again to coordinate the construction of the laboratory for the chemical division.

ABC Labs President Byron Hill said the decision was based on ARCO's price, its projected timeline and its track record for including local businesses in the process. Hill said 80 percent of the total construction project at Discovery Ridge was done by contractors from Columbia and elsewhere in mid-Missouri. He added that financing for the construction was being negotiated with a local bank. ♦



MU MENTION PG. 2

Semester off to violent start

Campuses safer than communities.

KANSAS CITY STAR

KANSAS CITY — Tuition might not be the most troubling concern for parents sending sons and daughters off to college.

A disturbing pattern of violent crime has erupted across the nation's campuses — from Yale University, where a female graduate student was strangled, to the University of California, Los Angeles, where a chemistry student was stabbed repeatedly in a lab.

While saying that campuses almost always are safer than their surrounding communities, Jonathan Kassa of Security On Campus Inc. acknowledged that the headlines can create the opposite impression.

"This has been a very uniquely deadly and brutal first semester, so there is concern," said Kassa, the executive director of the not-for-profit organization, which seeks to reduce campus crime.

This month at Sacramento State University in California, a student was beaten to death in his dormitory by a bat-wielding roommate. A football player was fatally knifed at the University of Connecticut.

In September, a Kansas City woman was killed by a stray bullet on a campus in Atlanta. In May, a student was shot down while working in the bookstore cafe at Wesleyan University in Connecticut.

"Those big incidents do worry me, but I worry more about the more regular types of crimes," said Elise Higgins, a senior at the University of Kansas whose friend was mugged on campus a year ago. "That made me really aware that I can be vulnerable even when I'm on campus around buildings I'm familiar with."

Kassa said that sensational tragedies not only distort the college picture but can distract students from the bigger problems of theft, assault, stalking, sex offenses and alcohol abuse.

Parents and students should be aware of four important points about crimes at colleges: Four of five cases are student on student. Most victims are men. More offenses occur off campus. Alcohol is involved 90 percent of the time.

Kansas universities are dealing with a series of rapes, and athletic teams in Kansas and Missouri have caused coaches nightmares in recent years with fights that have led to stabbings and gunshot wounds.

“Students should feel safe at KU,” said Jim Marchiony, an associate athletic director, “but like everyone, anywhere, they need to always be cautious, use some common sense and not be lulled into a false sense of security.”

Deadly crime is rare on campuses, Kassa said, and statistics give no indication it is increasing.

Crime reports from area campuses reviewed by The Kansas City Star support that. The number of reported violent crimes — assaults, robberies and rapes — is small. In 2008, the reports showed:

- Forty-eight violent crimes were committed on Missouri’s 12 four-year public campuses — an increase of six from the previous year. Ten of those were rapes.
- Four cases — one sex offense and three robberies — occurred at the University of Missouri-Kansas City. Ten violent crimes — six aggravated assaults, a sex offense and three robberies — were reported at the **University of Missouri**.
- Twenty-six such crimes occurred at the eight public colleges in Kansas, a decrease of three from 2007. They included nine sex offenses.
- There have been no murders, on or off campus, at area universities since 2005, when three KU students in an off-campus apartment died at the hands of an arsonist and an elderly MU professor was found slain in a campus garage.

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Haunted history

Ghost host leads kids on a spooky journey.



Photo by Don Shrubshell

Joan Stack, art curator at the State Historical Society of Missouri, portrays the ghost of artist George Caleb Bingham's wife, Eliza, before a crowd of children and parents Tuesday night at a Halloween celebration at the historical society.

By Janese Heavin

Disguised as a haunted hallway, the State Historical Society of Missouri last night was filled with treats — and an educational trick or two.

The two-hour Halloween event — “Trick or Treat through Missouri History” — attracted some 200 parents and children. As they collected candy, kids learned about the state through ghost stories, a pumpkin booth and a bat station. A paper cave that allowed children to crawl through a tunnel also was popular.

A highlight was the appearance of the ghostly Eliza Bingham — the second wife of artist George Caleb Bingham — who died in a state mental hospital in Fulton in 1876. Eliza Bingham allegedly believed she was in heaven and no longer spoke of herself as a living person before her husband had her committed, according to a Bingham Museum Web site.

As portrayed by Joan Stack, curator of the society's art collection, Eliza Bingham spooked children in a darkened Bingham Gallery, where she used a flashlight to highlight some of

Bingham's paintings. Just for extra spooks, a child's lullaby began to play as she described a painting of Bingham's baby, and noises from a battle scene accompanied her description of the Civil War.

Some children left the gallery admitting Bingham's ghost scared them, but Stack's portrayal didn't spook 6-year-old Jacob Schroeder. "I knew it wasn't a ghost," he said. "I knew it was just a lady."

The gallery's first Halloween event aimed to introduce the historical society to community members who might not otherwise visit, Stack said. "We want to get people coming in and seeing what the historical society is all about and to introduce it in a fun way," she said.

Noting the society's collection of unique manuscripts, Missouri newspapers and artwork, Stack said newcomers might be surprised when they first visit.

"It's not just crotchety old books," she said. "There are ways to learn about history that make it more fun and interactive."

Intentional or not, last night's event also showed visitors how cramped the historical society's facilities are inside Ellis Library on the University of Missouri campus. Although the visitors arrived at different times, dozens of adults crammed inside the main corridor while children navigated their way through the stations.

Historical society officials eventually hope to relocate the collections to a new building on land MU donated between Sixth and Seventh streets north of Elm Street. The timeline for that project will depend on fundraising.

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COLUMBIA MISSOURIAN

MU student creates international Pink Hijab Day

Thursday, October 29, 2009
BY Courtney Shove

COLUMBIA — What began as a high school fashion experiment turned into annual effort of worldwide activism. Donning pink head scarves has become a symbol of Muslim support in the fight against breast cancer.

While on a Rock Bridge High School field trip in 2004, Hend El-Buri and a few of her friends decided to sport pink hijabs in an effort to be appear more approachable. She said she doesn't even remember where the trip took them, just that it was to a place with few to no Muslims.

At the time, the girls thought in their teenaged minds, "Look, we're wearing pink, and we're so friendly," El-Buri said, now a senior at MU.

Annually for the next two years, El-Buri and her friends continued to wear pink hijabs at Rock Bridge. By brightening their head scarves, the young women strived to make their peers feel more comfortable asking them questions about Islam.

During her freshman year at MU, El-Buri created a Facebook for the first Pink Hijab Day and since then, the event has gotten bigger every year.

Now, three years later, she is the founder of Pink Hijab Day, an international breast cancer awareness initiative. According to pinkhijabday.net, the purpose of the event is to break stereotypes of Muslim women, as well as raise awareness and funds for breast cancer research.

Pink Hijab Day is now celebrated in 11 countries: the United States, Botswana, Canada, Egypt, Nigeria, Qatar, Saudi Arabia, South Africa, Trinidad, the United Kingdom and the United Arab Emirates. During the month of October, Muslims around the globe participate by wearing pink hijabs and ribbons and donating money to various breast cancer foundations.

Other than being a woman, El-Buri does not have any personal connection to the breast cancer research cause. She said she could have chosen any other cause to support but because breast and hijabs are both very personal to women, it made sense to connect the two.

According to the American Cancer Society Web site, female breast cancer incidence in Missouri from 2002 to 2006 was 122.2 out of every 100,000 women, and the female breast cancer mortality rate in Missouri was 25.3 of 100,000.

Hijab is an Arabic word that refers to the head covering worn by many Muslim women. In the Islamic tradition, many women wear hijabs as a sign of faith in God and as a way to remain modest.

El-Buri began wearing a hijab when she was in fourth grade because she saw her mother and older sisters wearing them. She said it wasn't until later that it became more about her faith.

According to El-Buri, there are no rules regarding color or fabric of the scarf, but it should cover everything except the face and hands. She said the color choice of the hijabs seems to be cultural. While it is common for most Saudi Arabian women to wear a black hijabs, there are many American Muslims that wear other colors.

Missouri celebrated Pink Hijab Day on Wednesday. El-Buri and a handful of other women from the MU Muslim Student Organization set up a table outside of Memorial Union.

For five hours, they sold homemade baklava and ribbon-shaped cookies and offered henna tattoos, breast-cancer information and pink ribbons. All event proceeds will benefit the Mid-Missouri Affiliate of Susan G. Komen for the Cure.

Fatima Baig, a MU junior who helped with the event, said she didn't start wearing a hijab until about a year ago. She and her younger sister started wearing them on the same day. The Islamic head covering was a tradition that they increasingly wanted to participate in, even though their mother didn't wear one until she was in her 30s.

Pink Hijab Day at MU continues to grow. This year, El-Buri organized a student panel on Muslim women and activism to coincide with the day's events. Since the students working the table sometimes have only quick interactions with passers-by, the panel provides a venue for more in-depth discussion about Islam.

The panel, which took place Wednesday evening, included a brief presentation by El-Buri and fellow MU student Nabihah Maqbool and was followed by questions from the audience. MU sophomore Arwa Mohammad served as the emcee.

COLUMBIA MISSOURIAN

MU performance Thursday will honor renowned play translator

By Anna Gaynor

October 29, 2009

COLUMBIA — Caridad Svich has adapted and reinterpreted many plays. From a Greek playwright to a Latina novelist, she has put her own spin on classic authors' stories.

One author she never imagined re-writing, however, was Federico García Lorca, a Spanish playwright and poet whose plays Svich has been translating for years.

"I feel like my mission with Lorca has always been just to make it available in American English," Svich said. "Most of the translations that exist are British or Welsh. They're done in the English language. They're performed in the English language, and I wanted to hear it with an American sound."

At 8 p.m. Thursday, the MU department of theatre will stage a performance of Lorca's "The Shoemaker's Prodigious Wife," as translated by Svich. The performance is in honor of Svich's visit as artist-in-residence and is free to the public.

Although Lorca is best known for heavy dramas such as "Blood Wedding," Svich said "The Shoemaker's Prodigious Wife" is one of Lorca's more whimsical and mischievous plays.

Svich is not only a renowned translator. She is also a playwright, editor and teacher and has come a long way from when she started out at the University of North Carolina-Charlotte.

Svich originally attended UNC-Charlotte to study acting, but during her second year and after winning a national playwriting award, she changed her plans.

"I thought, 'Oh, I could really do this. This is not just a dream I'm having. This is actually a viable option,'" Svich said.

Initial success came when Svich was admitted into the legendary Irene Fornes' workshop for Latino-Americans. Within a year, she had "But there are fires" produced, and in 1992, one of her full-length plays, "Any Place But Here," was produced.

"Caridad is arguably the most famous student of Irene Fornes," said David Crespy, associate professor of theatre at MU. "Irene Fornes was a Cuban-American playwright who came out of the same '60s period who taught playwriting to a lot of Latino writers."

Crespy brings up another important aspect of Svich's work: music. Svich is also a songwriter, and music often takes a central role in her pieces.

"She's just real experimental in her work and uses all forms of media in her work," Crespy said. "It's just wildly imaginative and theatrical in her technique."

The divide between American theater and other cultures is growing in Svich's eyes. In spite of globalization, she sees the industry treating these cultures as items on a checklist.

"The other voices that also exist are also part of American drama but have somehow been etched out of the broader conversation," Svich said. "I think that it's not healthy and generates more divisions and categories."

Svich creates rich female characters that go beyond traditional types. As a one-time actor and one with friends who are actors, she tries to create parts that an actor would want to perform.

"I'm interested in seeing complicated women on stage, as interested as I am in seeing complicated men," Svich said. "I think drama is about that."