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## MU to offer 'healthy' ice cream

By Janese Silvey

Columbia Daily Tribune Wednesday, July 20, 2011

**University of Missouri food researchers have whipped up an ice cream concoction they say is not only delicious, but nutritious, too.**

The yet-to-be-named frozen treat will debut Aug. 16 at the Missouri State Fair. There, fairgoers will get a chance to try blueberry and acai-flavored versions of the healthy ice cream. The latter is a Brazilian fruit that has a chocolaty, nutty flavor.

Both versions also will be available at Buck's Ice Cream Place on campus starting that day and for a limited time afterward, manager Rick Linhardt said.

Three years in the making, the new healthier ice cream has the same basic ingredients found in regular ice cream and the calories that come along with them.

But unlike its traditional cousin, the healthy ice cream also has a trio of ingredients aimed to promote digestive health. There's dietary fiber, which also is thought to protect against cardiovascular, respiratory and other diseases; probiotics, the good bacteria that ward off intestinal ailments; and prebiotics, which provide nourishment to the probiotics.

Amounts of each of those ingredients proved to be key, said Ingolf Gruen, associate professor of food science. Too many prebiotics, for instance, and the ice cream would have become more like a laxative.

The ice cream also contains natural antioxidants from the berries. Antioxidants are thought to lower the risk of cancer and heart disease, although the ice cream doesn't contain enough to be labeled an antioxidant-rich food by the U.S. Food and Drug Administration.

Graduate student Ting-Ning Lin began researching a healthier ice cream when benefits of the acai berry were starting to become public and consumers seemed to be getting tired of diet versions of ice cream.

"The low-fat craze was over, and it didn't do anybody any good, anyway," Gruen said. "The idea was to make it healthier."

The main challenge has been to perfect not only the flavor, but also the texture. Ice cream goes through a series of forms as it melts, and consumers don't want any unexpected crunches or clumps during that process.

"When it comes to product development, especially if it's a take-off of something well-known, if you're tinkering around with it, you'd better make sure you're not changing the expected flavor or texture," Gruen said.

After many taste tests, "we have a product we feel comfortable letting loose on the public," he said.

Technically, creators can't label the food as "ice cream" because the extra ingredients don't adhere to the industry's specific definition. Gruen has been calling it a "multifunctional frozen dessert" but knows that isn't exactly a marketable description.

Linhardt has suggested having a public naming contest, although details are still being hashed out.

Gruen said the next possible step is to conduct some short-term studies to see whether the ice cream does, in fact, improve digestive regularity.

It's too soon to talk about commercial production, but Gruen said it would be possible to add the fiber, probiotics and prebiotics to more traditional flavors such as vanilla and chocolate and simply forgo the antioxidant benefits.

Lin is optimistic state fairgoers will be impressed, saying she personally likes the flavor. She also is ready to finally get her research out of the lab and into the public.

"I'm excited," she said. "It's like a baby."



## Fourth charter school to open this year in St. Louis

Date: Wednesday, July 20, 2011, 3:58pm CDT

Another public charter school plans to open this August in St. Louis, making it the fourth charter school to open in the coming school year and bringing the city's total number of charter schools to 25.

Better Learning Communities Academy will open Aug. 15 in the Hyde Park neighborhood of North St. Louis, Mayor Francis Slay said Wednesday. The school will open with three kindergarten classes, two first grade classes and two second grade classes. It plans to expand gradually until it is a full K-8 school.

Better Learning Communities Academy will give priority to children from its immediate community (the 63106 and 63107 ZIP codes) but will be open to all children in the city of St. Louis. **The school, sponsored by University of Missouri-Columbia, will focus on individualized learning plans through small class sizes and high teacher-to-student ratios.**

Crystal Church is the school's principal.

Earlier this year, Slay announced the opening of three other schools for the 2011-12 school year. Those schools, Jamaa Learning Center (opening with grades K, 3 and 6), Preclarus Mastery Academy (opening with 5th grade) and South City Prep (opening with grades 5 and 6) are still enrolling.

# ST. LOUIS POST-DISPATCH

## Charter school is coming to Hyde Park neighborhood

BY ELISA CROUCH [ecrouch@post-dispatch.com](mailto:ecrouch@post-dispatch.com) 314-340-8119

Posted: Thursday, July 21, 2011 12:20 am

### No MU mention

ST. LOUIS • Better Living Communities began more than a decade ago building more than 100 homes in the depressed Hyde Park neighborhood. Next month, it plans to open a school.

Mayor Francis Slay and Alderman Freeman Bosley Sr. joined the nonprofit organization Wednesday to announce that Better Learning Communities Academy would open Aug. 15 inside Bethlehem Lutheran Church, at 2153 Salisbury Street, on the city's north side.

The school will be the fourth new charter to open this fall, and the 13th to open with Slay's endorsement. Getting his support requires going through an application process that started in 2007 to weed out weak charter schools.

"No family should have to move to the suburbs to look for a good school," Slay said. "Many families don't have the opportunity to do that if they wanted to."

Over the years, Better Living Communities has developed 175 homes for low- to moderate-income families in a nine-block section of Hyde Park. To further stabilize the neighborhood, it needed a better school, said John Gerber, chairman of the school's governing board. "We need to accomplish the need of educating these kids," he said.

A charter school is a public school with private operators. Parents who enroll their children at charter schools do so by choice.

The academy will open Aug. 15 with kindergarten through second grade, with plans to add one grade a year through eighth grade.

The school will give enrollment priority to children in the 63106 and 63107 ZIP codes but will be open to all city residents. It will partner with various organizations to provide free after-school care until 6 p.m.

School organizers promise a student-to-teacher ratio of 10 to 1, individualized instruction and a rigorous education to prepare kids for college.

Johnilla Walker, who lives nearby, has enrolled her son, Carl Johnson, in kindergarten.

"I was looking around at schools, and I was thinking about sending him to a county school," she said, referring to the program that allows a limited number of African-American children in the city to attend school in St. Louis County. Then she learned about Better Learning Communities Academy.

"It was in the neighborhood," she said. "It's much better."

More information about the school can be found by calling 314-436-2603.

# St. Louis Business Journal

## Mizzou's fashion school ranks with Fashionista.com

Date: Wednesday, July 20, 2011, 9:37am CDT

Matthew Hibbard Reporter

When you think of the best fashion schools in the country, where do you look? New York City and Los Angeles are good choices, but how about Columbia, Mo.? Really?

**According to Fashionista.com, an online fashion website, the University of Missouri ranks No. 17 out of 20 fashion schools in the country. Now before you get your skinny tie in a knot, the school rankings are not exactly scientifically based.**

The website looked at jobs procured by graduates from the fashion schools, opinions of people in the industry and what each program offered. They also wanted to feature schools outside New York City (the top three schools on the list were in NYC) to show that fashion exists beyond the glamour of the Big Apple.

Mizzou offers a textile and apparel management program along with the opportunity for students to receive a journalism minor. The school has 350 undergraduates in the program.

The fashion website praised the production and business side of Mizzou's program as well as its internationally respected faculty.

The most fashionable school on the list went to Parsons The New School For Design in New York. Famous students to graduate from this school include Donna Karan, Marc Jacobs and Tom Ford.

This month, GQ magazine listed St. Louis as the 10th worst-dressed city in America. Maybe now that Mizzou is among the top fashion schools in the country, we might get some fashion sense after all.

## When the market's up: Time to retire? Not so fast.

Prudential/University of Missouri study shows Americans choosing risky times to retire

NEWARK, N.J., Jul 20, 2011 (BUSINESS WIRE) -- **A new University of Missouri study, sponsored by Prudential Financial, on the timing of individual retirement decisions from 1992 to 2008 demonstrates that Americans are more likely to retire after periods of strong equity market performance, following the retirement of a spouse, or if they participated in a defined benefit (DB) pension plan.**

"The study clearly shows that the stronger the equity market performs over any period, the more likely it is that near-retirees will, in fact, retire," said Professor Rui Yao of the University of Missouri, who conducted the study for Prudential Financial. "A 10 percent increase in the S&P 500 index results in a 25 percent increase in the likelihood that individuals will retire, compared to a year in which the S&P 500 index performance was flat--all other factors being equal."

An analysis of the historical returns of the S&P 500 index from 1926 to 2010 conducted by Prudential Financial shows that the stronger equity markets perform over a prior three-year period, the more likely it is that they will fall in the subsequent year. As a result, according to the study, Americans are more likely to choose to retire at a time when there is more risk that their retirement assets will decline in value just after retiring.

"Market losses in the early years of retirement are much more detrimental to retirement security than losses experienced later in retirement, assuming a retiree has begun to draw upon his or her assets. So this is a significant issue that individuals approaching retirement need to consider," said Christine Marcks, president of Prudential Retirement. "This risk outlined in the study can be addressed if plan sponsors include a guaranteed income option in their defined contribution plan which protects retirement income from market downturns both before and during retirement."

The study also found that pre-retirees with only defined benefit plans are almost twice as likely to retire in any given year versus those covered only by a defined contribution plan. Furthermore, pre-retirees with a retired spouse are almost two-and-one-half times as likely to retire in any given year as their counterparts with a working spouse.

"The study's findings highlight the risk individuals take if they retire and haven't protected their assets or converted retirement savings into guaranteed income during retirement," said Stephen Pelletier, president of Prudential Annuities. "Americans need to think beyond reaching a retirement savings objective by understanding the risks associated with the timing of their retirement decisions and evaluating ways to secure their savings before they retire."

A Prudential white paper on the findings of the study and its implications for individuals and financial advisors, "Why Do Individuals Retire When They Do and What Does it Mean for Their Retirement Security?" is available on <http://www.news.prudential.com/> . The University of Missouri's academic paper on the research is expected to be published in the coming months.

The research is based on the analysis of voluntary retirement decisions of a cohort of pre-retirees and retirees tracked by the Health and Retirement Study, a national biannual panel survey that tracks the retirement, health, insurance and economic status of a sample of individuals over age 50 and their spouses/partners.

Past performance is no guarantee of future results.

Variable annuities are issued by Pruco Life Insurance Company (except in NY and/or NJ) and Pruco Life Insurance Company of New Jersey (in NY and/or NJ). Each is a Prudential Financial company located in Newark, NJ that is solely responsible for its own financial condition and contractual obligations. Variable annuities are distributed by Prudential Annuities Distributors, Inc., Shelton, CT.

A variable annuity is a long-term investment designed to create guaranteed income in retirement. Investment returns will fluctuate and the principal value, when redeemed, may be worth more or less than the original investment. Optional living benefits are available at an additional cost.

Annuity contracts contain exclusions, limitations, reductions of benefits and terms for keeping them in force. Your licensed financial professional can provide you with complete details.

You should consider the variable contract's policies and the underlying funds' investment objectives, risks, charges, and expenses carefully before investing. Both the policy prospectus and the underlying funds' prospectuses contain this and other important information. You can obtain the policy prospectus and the underlying funds' prospectuses from your financial professional. You should read them carefully before purchasing a contract.

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