

'AUG 22 2011

ST. LOUIS POST-DISPATCH

The★Star
THE KANSAS CITY STAR

Record Enrollment Expected at Mizzou

August 22, 2011 7:29 AM

COLUMBIA, Mo. (AP) Fall semester classes began Monday at the University of Missouri's flagship campus after several days of welcoming activities for new and returning students.

School leaders expect a record enrollment near 33,000, but won't release official numbers until later this week. Students have spent the past several days not just preparing for classes, but also immersed in traditional school activities.

New students spent Friday morning painting the rocks that form the block letter "M" in Memorial Stadium, a tradition that dates to 1927.

Others volunteered with local service agencies on Saturday as part of Step Forward Day. A free concert with pop singer Jason Derulo followed at the Hearnes Center.

New Mizzou students spent Sunday night walking through the Columns on Francis Quadrangle to symbolize their entrance into college.

Chancellor says MU ‘not sitting still’ on coach Frank Haith’s future

By MIKE DeARMOND

University of Missouri Chancellor Brady Deaton said Saturday that the school will not be hindered in determining the future of Frank Haith as men’s basketball coach despite a request from the NCAA to hold off on its investigation.

“We’re not sitting still,” Deaton said by telephone. “We’re looking at it carefully. We want to be fair to all sides.

“We certainly don’t want to confound the NCAA investigation. I’ve been in communications with Mark (Emmert), the head of the NCAA. ...

“I know they’re sensitive to our concerns, and we’ll be closely linked with them as we look ahead.”

On Friday, interim university system president Steve Owens said Missouri would comply with a NCAA request not to interview or investigate Haith regarding an allegation that he was aware of a \$10,000 payment to a recruit while he was the coach at Miami.

Asked about mounting sentiment among some fans and boosters that Missouri might best be served if Haith were asked to resign now, Deaton came down on the side of due process.

He warned of a rush to judgment, even in the face of published reports by Yahoo Sports that Haith may have misled MU officials when they issued a statement in support of his contention that he “had no involvement” with Nevin Shapiro. The imprisoned booster told Yahoo he provided impermissible benefits to 72 Miami athletes between 2002 and 2010 with the knowledge of at least six coaches and as many as 10 athletic department employees.

Deaton said that the university was examining some of those allegations.

The chancellor also issued a news release Saturday clarifying remarks he made Friday in a news conference at a University of Missouri Board of Curators meeting in Kansas City.

Deaton said his remarks — that Missouri had known of concerns about possible NCAA violations into football at Miami — were incorrectly interpreted to mean that MU had that knowledge during its vetting of Haith last March.

“At no time were we aware of any allegations at the University of Miami, football, basketball, or otherwise, until Tuesday’s Yahoo Sports report,” Deaton said. “In the days leading up to the report we, as many of you, heard about the allegations of improprieties at Miami, but that early media information centered around football. ...

“The investigation that had begun at some point was an investigation, as I understand, perhaps of football, and had not reached over into this side at all. No evidence of this came up during the vetting process.”

Asked if he was the person standing between Missouri firing Haith over a misrepresentation of the nature of his relationship with Shapiro or making a financial offer to induce Haith to resign, Deaton said:

“I won’t comment any further. People are saying a lot of different things. We’re trying to be the responsible party here.

“We have the whole thing to consider and the university’s welfare and the concern of our basketball program are key as well as being fair to coach Haith.”

ST. LOUIS POST-DISPATCH

MU won't investigate Haith, awaits NCAA probe

BY VAHE GREGORIAN • vgregorian@post-dispatch.com > 314-340-8199 | Posted: Saturday, August 20, 2011 12:20 am

As it mulls options with basketball coach Frank Haith, the University of Missouri apparently will not pursue its own probe of Haith's role in a scandal at Miami, his former employer.

In a teleconference with reporters during a regularly scheduled board of curators meeting Friday, according to the Columbia Daily Tribune, MU interim president Steve Owens said the NCAA specifically had asked Missouri not to investigate allegations Haith was complicit in a \$10,000 payment to a recruit in 2007 when he was coaching Miami.

During the same call, MU chancellor Brady Deaton said such allegations were "very disappointing to all leaders of higher education" but noted Haith's "side has not been told yet."

The Tribune also noted that Deaton said Haith had called him to apologize for the situation and that MU had been aware during the search process that there might be forthcoming allegations against Miami's football program but not basketball.

It's uncertain whether any discussion of Haith took place during the closed session of the curators' meeting in Kansas City.

When Haith was hired in April, then-curator David Wasinger of St. Louis questioned the process. Wasinger no longer is on the board and declined comment Friday.



NCAA has asked MU not to investigate Haith

The NCAA has asked that Missouri officials not conduct their own investigation into allegations that MU Coach Frank Haith had knowledge of and expressed gratitude for a \$10,000 payment that helped secure the commitment of a recruit while he was coaching at Miami.

Interim University System President Steve Owens said as much Friday afternoon during a conference call with reporters before the school's Board of Curators went into closed session during a previously scheduled meeting in Kansas City.

That could make it difficult for Missouri to take any action regarding Haith's status until the NCAA completes its investigation and determines if it has a case to prove the allegation made by former Miami booster and convicted felon Nevin Shapiro in a Yahoo! Sports report published Tuesday.

That report detailed thousands of Shapiro's allegations of impermissible benefits involving dozens of Miami athletes and coaches between 2002 and 2010, when he was arrested for his role in a \$930 million Ponzi scheme.

MU Chancellor Brady Deaton said during the same conference call that such allegations are "very disappointing to all leaders of higher education."

He warned not to judge Haith, saying, "His side has not been told yet."

Deaton also revealed that Haith had called him to apologize that the situation occurred.

He said administrators did not know anything about allegations against the University of Miami's football program when hiring Haith. Deaton said he heard of accusations against Miami athletics, mainly football, before reports surfaced that Haith knew about a payment to a player.

Deaton reiterated a previous statement from the university that it would cooperate with the NCAA investigation and said Missouri is hoping for a resolution.

Tribune staff writer Janese Silvey contributed to this report.

SECOND THOUGHTS: Sunday, August 21, 2011

A story Friday on the front page of Sports incorrectly characterized a statement by University of Missouri Chancellor Brady Deaton. Deaton says administrators did not know anything about allegations against the University of Miami's football program when hiring men's basketball coach Frank Haith, as was reported in the Friday story. Deaton said he heard of accusations against Miami athletics, mainly football, before reports surfaced that Haith knew about a payment to a player.



Dealing with accused coaches is tricky, expensive

Missouri officials appeared blindsided by an allegation that basketball Coach Frank Haith had acknowledged a \$10,000 payment to a recruit while he was coaching at Miami.

The charge, made by former Miami booster and convicted felon Nevin Shapiro, surfaced in a Yahoo! Sports report Tuesday. It has left Athletic Director Mike Alden and his bosses with few options, each fraught with legal and financial repercussions.

The natural reaction would be for school officials to swiftly distance themselves from the coach if they believe there's a possibility the charge will stick. But that reaction can be expensive, as administrators have learned since former Ohio State Coach Jim O'Brien won a wrongful termination suit against the school in 2006.

O'Brien revealed to then-Athletic Director Andy Geiger in April 2004 that he made a payment on compassionate grounds to a relative of a signed recruit from Yugoslavia. Without any prior discussion, the school terminated the coach that June before the NCAA launched a formal investigation. O'Brien sued the school and won a settlement of \$2.4 million. Ohio State appealed the decision to the Ohio Court of Appeals and the Ohio Supreme Court.

Some schools get lucky and have the coach in question step aside, as Tim Floyd did at Southern California in 2009. The man who guided the Trojans to three consecutive NCAA Tournament appearances resigned after he was accused of paying star player O.J. Mayo \$1,000 through an intermediary.

"I no longer feel I can offer the level of enthusiasm to my duties that is deserved by the university, my coaching staff, my players, their families, and the support of Southern Cal," Floyd said in a statement. "I always promised myself and my family that if I ever felt I could no longer give my full enthusiasm to a job, that I should leave it to others who could."

Floyd never admitted guilt, signed a deal to coach at UTEP and ultimately escaped sanctions from the NCAA.

Bruce Pearl, on the other hand, admitted last September to violating NCAA rules by making inappropriate recruiting contact and then providing false information to the NCAA as it investigated the matter. Tennessee officials imposed sanctions against Pearl and his staff, including \$1.5 million in salary reduction, but they also kept one of the most successful coaches in school history in his post.

"People make mistakes, and we all make them," then-Athletic Director Mike Hamilton said, according to an Associate Press report last September. "I've made them. I've made plenty. Bruce made one mistake in this incident, and he came forward to correct it. I'm glad he's our basketball coach."

That sentiment changed during a disappointing season. Pearl served a Southeastern Conference-imposed eight-game suspension, and the Volunteers lost eight of their last 12 games, including a 30-point loss to Michigan in the NCAA Tournament.

After discovering additional NCAA violations as well as a violation of the school's substance-abuse policy by one of Pearl's players, the school fired the popular coach in March. Hamilton wound up resigning his position in June.

Those situations are different from the one Missouri is in now, starting with the fact that the allegations against Haith were said to have occurred before he came to Columbia.

But if MU officials don't feel comfortable sticking by him through the NCAA investigation, as Tennessee did with Pearl, and he's not willing to step aside the way Floyd did, they could do what Binghamton University did when it put Kevin Broadus on paid leave in 2009.

Broadus had led the Bearcats to their first NCAA Tournament appearance in 2009, and the team looked positioned for another run until star Tiki Mayben was arrested that September and charged with the possession and sale of crack cocaine. He was dismissed from the team a day later, and five more players followed him out the door.

The State University of New York launched an investigation into the BU athletic program on Oct. 2, 2009.

When Broadus a week later self-reported a violation of talking with two prospective recruits during a no-contact period — after initially denying it in a published report — the school opted to place him on paid leave and promoted assistant Mark Macon to interim head coach. The NCAA undertook its own investigation and cleared it of any major violations, but Binghamton still decided not to reinstate Broadus.

By then, the coach had filed a discrimination lawsuit against the university, acting Athletic Director Jim Norris, the SUNY Board of Trustees and SUNY Chancellor Nancy Zimpher, claiming his suspension was racially motivated. BU and SUNY eventually settled the suit and agreed to pay Broadus \$1.2 million.

"The beauty of today's announcement is that those things are in the past, and we're moving ahead," Norris said following news of the settlement, according to the Press & Sun-Bulletin of Binghamton.

Should Missouri make the decision to put Haith on administrative leave while the NCAA investigates the allegations at Miami, assistant coach Ernie Nestor would seem the logical choice to fill in as the Tigers' head coach on an interim basis.

Unlike fellow assistants Tim Fuller and Isaac Chew, the 65-year-old Nestor has previous head-coaching experience, having been in charge of the program at George Mason from 1988-1993 and at Elon from 2003-2009. He led the Patriots to their first NCAA Tournament appearance in 1989.

Deaton clarifies comments on NCAA investigation of Haith

By Missourian staff

August 20, 2011 | 2:12 p.m. CDT

COLUMBIA – In a email statement released Saturday, MU Chancellor Brady Deaton clarified his comments on the vetting process of Missouri men's basketball coach Frank Haith that took place before Haith was hired in April.

Haith, who was the head coach at Miami for the past seven seasons before being hired to coach the Tigers, was named in a Yahoo Sports report alleging numerous NCAA violations at Miami. The report accused Haith of knowledge of a \$10,000 payment a former Miami booster made to a Miami basketball recruit in the summer of 2008.

Deaton's comments were made at Friday's UM System Board of Curators meeting. The full release follows below:

“After reading a few accounts this morning, I felt it necessary to provide clarification to my statements following the August 19, 2011, University of Missouri Board of Curators meeting. At no time were we aware of any allegations at the University of Miami, football, basketball, or otherwise, until Tuesday’s Yahoo! Sports report. In the days leading up to the report we, as many of you, heard about the allegations of improprieties at Miami, but that early media information centered around football. That was my contention in the comment below, and the insinuation that we knew about a potential investigation during our hiring process is an incorrect interpretation of my remarks yesterday. As I stated, no evidence of an investigation came up during our vetting process.

“With regard to the search process that resulted in the University of Missouri hiring Frank Haith, we had a very thorough search process in which all candidates were vetted very thoroughly. In the case of Mr. Haith, we’ve documented more than 20 specific

reference points, with the NCAA, the Atlantic Coast Conference, administrators at the University of Miami as well as, of course, the former athletic director, and many others in the field, and everything came back very, very clear, very positive and left us reassured that this was an individual that would provide the leadership that we desired at the University of Missouri, so we feel good about the vetting process. The investigation that had begun at some point, was an investigation, as I understand, perhaps of football, and had not reached over into this side at all. No evidence of this came up during the vetting process.”

ST. LOUIS POST-DISPATCH

Deaton clarifies remarks made Friday

BY VAHE GREGORIAN | Posted: Saturday, August 20, 2011 2:13 pm | [\(12\) Comments](#)

Mizzou chancellor Brady Deaton on Saturday issued a statement to clarify remarks he made in a conference call following the open session of the Board of Curators meeting Friday.

Specifically, Deaton said there had been a misunderstanding of a point he was trying to make about MU recently hearing a report may be on its way alleging improprieties centered around football at Miami.

Deaton's words were construed differently Friday by the Columbia Daily Tribune, and passed on with attribution to the Tribune by the Post-Dispatch, as saying MU had heard during the search that led to hiring Frank Haith from Miami that allegations may be forthcoming against Miami football but not basketball.

"At no time were we aware of any allegations at the University of Miami, football, basketball, or otherwise, until Tuesday's Yahoo! Sports report," Deaton said in the statement. "In the days leading up to the report we, as many of you, heard about the allegations of improprieties at Miami, but that early media information centered around football."

He added: "The insinuation that we knew about a potential investigation during our hiring process is an incorrect interpretation of my remarks yesterday."

During the call, Deaton spoke on the vetting process for Haith, who is accused by a Miami booster of being complicit in a \$10,000 payment to a recruit in 2007.

"Everything came back very, very clear, very positive and left us reassured that this was an individual that would provide the leadership that we desired at the University of Missouri, so we feel good about the vetting process," Deaton had said Friday, according to the statement and a replay of an audio link provided Saturday. "The investigation that had begun at some point, was an investigation, as I understand, perhaps of football, and had not reached over into this side at all. No evidence of this came up during the vetting process."

During the conference call, Deaton also said he had been in contact with NCAA president Mark Emmert about the issue and that MU would honor the NCAA's request in an Aug. 16 letter not to conduct its own investigation. But he added, "That doesn't mean we're just sitting back waiting."

Deaton did not elaborate but also noted the complexity of the matter and that Haith's side hasn't been heard yet.



Newest UM curator expected to start soon

The University of Missouri's newest curator is expected to begin duties today, just in time to interview the first candidates for the next UM System president.

Gov. Jay Nixon yesterday announced his appointment of Pamela Henrickson, a Jefferson City attorney, to the Board of Curators. The board spent much of yesterday in closed meetings and is expected to continue its meeting today at the Downtown Marriott Hotel in Kansas City. Then, next week, curators plan to meet again in St. Louis to continue interviewing presidential candidates.

Henrickson will represent the state's Fourth Congressional District, replacing Doug Russell of Lebanon. Her appointment will need Senate confirmation when lawmakers reconvene next year. If approved, she'll serve a term ending Jan. 1, 2017, and be one of two females on the nine-member board, which also includes a nonvoting student representative.

Henrickson said she's "very excited" about serving on the board. "I do a lot of volunteer work, much in the area of public education, so when I was approached I was pleased and honored to be offered such a position," she said.

A graduate of MU's School of Law, Henrickson is involved in the Mizzou Alumni Association and said she tries to keep up with higher education issues.

"As the mother of a recent college graduate — I still have one in college and one coming on — I'm at the age that's very important to me," she said, noting her son is enrolled at Drury University.

Henrickson, a Republican, is a partner in the law firm of Goller, Feather & Henrickson. Before that, she was assistant director and general counsel to the Missouri Division of Design and Construction, the agency responsible for real estate leasing, land acquisition and construction of state-owned facilities.

In a statement, Nixon said he's pleased to have tapped Henrickson.

"The board faces many crucial decisions ahead as the universities in the system continue to provide a top-notch education to their students," he said.

Curators are on the hunt for a new UM System leader after Gary Forsee resigned in January. Chairman Warren Erdman won't say how many candidates are interviewing for the job, noting that people continue to express interest.

"We're not closing it to new applicants," he said during a conference call with reporters following yesterday's open meeting. "In fact, I talked to a new one just this morning who expressed an interest."

Erdman described the candidate pool as varied and including Missouri residents and out-of-state candidates, minorities, men and women. "The one thing I'm most pleased about is the pool we are considering is very diverse," he said.

COLUMBIA MISSOURIAN

Henrickson appointed to UM System Board of Curators

By Timmy Huynh

August 19, 2011 | 5:37 p.m. CDT

COLUMBIA — Gov. Jay Nixon has appointed Pamela Q. Henrickson to serve on the UM System Board of Curators effective immediately, according to a press release.

Henrickson, a partner at the Jefferson City law firm Goller, Feather & Henrickson since 2003, earned her law degree from the MU School of Law, the release stated.

Henrickson will represent the Fourth Congressional District on the board, and her term is set to end Jan. 1, 2017. The appointment will be subject to approval by the Missouri Senate, according to the release.



ST. LOUIS POST-DISPATCH

MISSOURIAN

Missouri curator's company earns \$2.5M UM contract

Associated Press | Posted: Saturday, August 20, 2011 1:24 pm | [No Comments Posted](#)

A new Missouri curator's computer company has collected more than \$2.5 million from the university system since the state Senate confirmed his appointment four months ago.

The Columbia Daily Tribune reported this week that St. Louis-based World Wide Technologies has sold routers, switches and other networking products totaling roughly \$2.55 million to the university since April 7. The company was founded in 1990 by new curator David Steward, who remains its board chairman.

Steward disclosed his financial interest in an annual conflict-of-interest form curators are required to submit by Aug. 15. Curators are allowed to do business with the four-campus university system as long as the contracts exceeding \$10,000 are competitively bid.

The company's contract runs from March 2010 through March 2013. The university system signed the contract before Steward joined the Board of Curators, said Steve Mack, director of procurement services.

The university system shifted its contract for Cisco networking services and products from AT&T to Steward's company earlier this year after a detailed cost analysis, Mack said. The Maryland Heights company's bid was 19 percent better than AT&T's offer, according to Mack.

"We started the analysis (of the Cisco contract) well before the announcement that David was going to become part of the Board of Curators," Mack said. "For the most part, we came to the conclusion that we would move to the WWT contract with the state well before he came on the board."

The Tribune was unable to reach Steward for comment. He was not at a curators' meeting Friday in Kansas City and did not immediately respond to an Associated Press interview request.

One other member of the nine-person governing board reported a business relationship with the university this past year.

David Bradley, chief executive officer of News-Press & Gazette Co. in St. Joseph, disclosed that his publishing company printed an Alumni Week publication for the University of Missouri-Kansas City this year for \$3,004. The contract was awarded through a sealed-bid process, Bradley said. This is the first year UMKC contracted with Bradley's company, and Bradley said he was made aware of the project only after it had been awarded.

The conflict-of-interest forms are required under a 4-year-old ethics policy the board adopted following questions surrounding a contract between the publishing company of former curator Don Walsworth, and the flagship Columbia campus' athletic department.

The reports are an additional requirement beyond the financial disclosure forms required by the Missouri Ethics Commission that detail curators' business ventures, real estate holdings and stock investments worth more than \$10,000. Steward reported earlier this year having more than 120 stocks exceeding that amount.

The New York Times

Relationship Status: In a 'Stayover'

By PAMELA PAUL

Published: August 19, 2011

THE GIST "Stayovers" are a new, low-commitment form of cohabitation among young adults.



Betsie Van Der Meer/Getty Images

THE SOURCE "We're Not Living Together': Stayover Relationships Among College-Educated Emerging Adults," by Tyler B. Jamison and Lawrence Ganong, *Journal of Social and Personal Relationships*.

WHEN social critics are not busy lamenting the fact that young people no longer marry in great numbers, they worry about where young people are living, especially if it's on other people's sofas. Now, a new study unites these two fears about the nation's youth.

According to "We're Not Living Together," by Tyler B. Jamison, a researcher in the Department of Human Development and Family Studies at the University of Missouri, along with hookups, friends with benefits and shacking up, we can add the "stayover" to the pantheon of youthful romantic endeavors. It seems that emerging adults age 18 to 29 often spend three or four nights a week at the home of their partners on a long-term basis rather than move in together.

In order to understand how these stayover relationships operate and how they differ from traditional (if that word can be used in this context) cohabitation, Ms. Jamison examined the relationship behavior of 22 college students and college graduates in these part-time arrangements.

According to the study, stayovers emerged informally. ("Will you be my stayover partner?" hardly has that romantic zing.) The main difference was that stayovers formed out of convenience, whereas cohabitation tended to be more committed and directed as a possible step toward marriage or family.

"Stayover couples tend to like the physical and emotional closeness of staying in with a partner rather than going out on a date," Ms. Jamison said in a telephone interview. "But after a night in together, they could then go their separate ways."

Unlike cohabitating couples, people in stayover relationships do not share financial resources nor do they keep belongings at their partners' homes. None even had the other's key. "Even though they are staying three or more nights a week at their partner's place, they feel very much like they're guests there," Ms. Jamison said. "Whereas a cereal bowl would get left in the sink at their own place, at their partners' home they took care to put it away."

While the study purported to put a name to the phenomenon and to describe it, it did not look at the overall incidence of stayovers or examine their trajectory over time. It's possible that stayovers have been around for decades and that they exist beyond the confines of the young college-educated couples Ms. Jamison examined.

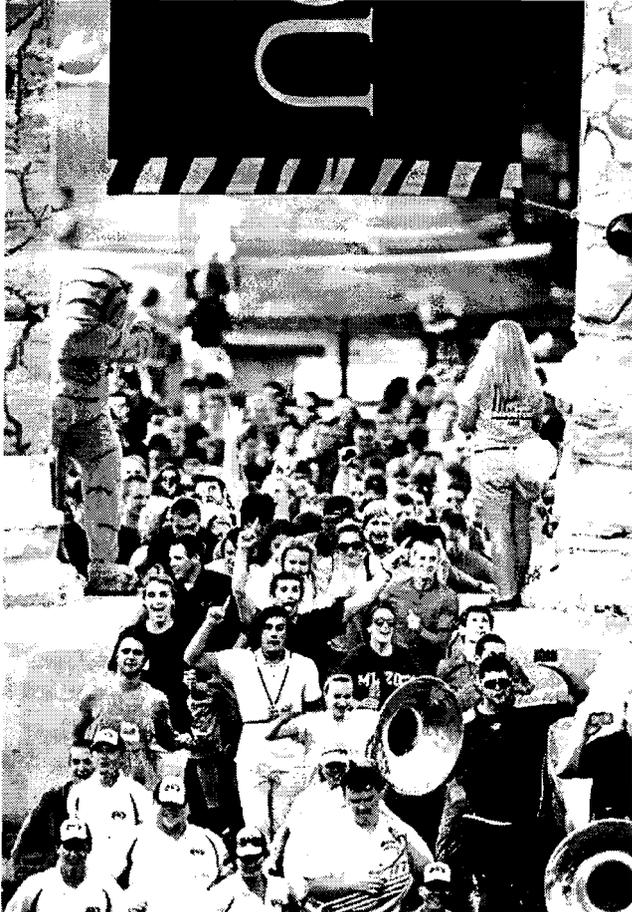
According to Pamela Smock, a sociologist who studied cohabitation patterns at the Institute for Social Research at the University of Michigan, other studies have shown that 15 percent of cohabitators don't spend every night together. "This is the first study I've seen that has come out and named the phenomenon," Dr. Smock said. "But it's definitely real."

COLUMBIA MISSOURIAN

Tiger Walk starts college careers for MU freshmen

By Missourian staff

August 21, 2011 | 9:22 p.m. CDT



Incoming MU freshmen squeeze their way through the center of Francis Quadrangle on Sunday as part of the annual Tiger Walk ceremony. | [Nick Schnelle](#)

COLUMBIA — The annual Tiger Walk event Sunday brought out many freshmen, who made the symbolic walk (or run) through the MU Columns. The event represents freshmen beginning their college careers at MU.

Give kids good morning with happy, healthy breakfast

By TIM ENGLE

Weekday mornings at Sarah and Josh Brewster's house are about long, leisurely breakfasts and lingering at the table to discuss the day ahead.

Yeah, right!

The reality for the Brewsters is that mornings are focused on getting out the door. One of their kids just started preschool; the other goes to day care.

As with other families, the Brewsters, who live in Waldo, face challenges at breakfast time. Francie, 3 1/2, isn't interested in food until a good hour or more after she's gotten up. Well, unless that "food" is candy or an ice pop.

As for Luke, 1 1/2, he "would eat in his crib if I let him," Sarah says.

A typical weekday breakfast for the Brewster kids: a multigrain waffle, piece of fruit such as a clementine orange or banana, and milk.

But some days, Francie will have eaten just half a waffle by the time she's dropped off at school, which mom Sarah knows is not ideal.

"It's mostly just a time factor," she says. "We're as healthy as I feel we can be with our lifestyle."

Sarah does sometimes worry about "the balance" of foods at breakfast. She tries to avoid feeding the kids empty calories. She's always on the lookout for healthy on-the-go options.

And we're here to help. FYI talked to four local experts — a pediatrician and three registered dietitians — about good, nutritious breakfasts for kids, especially school-age kids. It's a topic that is always timely but one that has also taken on some urgency given America's epidemic of childhood obesity.

It's easier to maintain a healthy weight if you eat breakfast. And that's just one benefit.

The perfect breakfast

This depends on whom you ask. But generally you can't go wrong with some protein, some carbohydrates and some fiber. For instance: a scrambled egg and a piece of fruit, such as an apple.

Or a bowl of whole-grain cereal in milk with some fruit on top.

Or whole-wheat toast spread with nut butter, plus a piece of fruit and a glass of milk.

Think three

Here's an easy-to-follow rule: 1, 2, 3. Aim for three food groups at breakfast time, says Kodi Moore, dietitian at the Barry Road Hy-Vee store.

For example: multigrain sandwich thins with nut butter and sliced bananas (whole grain, protein, fruit).

The power of protein

Yes, carbs fuel our brain. But a breakfast high in protein makes you feel full and reduces hunger throughout the day. A recent University of Missouri study proves it.

Using functional MRIs, researchers found that protein reduced the brain signals controlling "food motivation and reward-driven eating behavior" in overweight, breakfast-skipping adolescent girls.

Some ways to get protein in the a.m.: Eggs (hard-boiled ones are grab-and-go); low-fat or nonfat cheese, yogurt or cottage cheese; nut butters; and lean meats. Greek yogurt has twice the protein of regular yogurt. Deli turkey or ham are decent options (look for the healthiest versions, such as nitrate-free or reduced sodium). Canadian bacon is a wiser choice than either regular bacon or turkey bacon (or sausage). Cereal contains some protein. As does milk, of course.

Drink your water

Chances are, the first thing your child drinks in the morning is either juice or milk. But pediatrician Isac Rosenberg of Child Care Limited in south Kansas City recommends a glass of water instead.

When we wake up, we're in a state of dehydration, he says. And the best way to fix that is with water.

Milk is important for kids, too — Rosenberg advocates nonfat milk and other dairy products — but he says milk should be considered food. "Don't think of milk as something you drink when you're thirsty," he says.

As for juice? Rosenberg calls it “sugar water.”

Sunny side out

Eggs are a dandy source of protein (and 13 essential nutrients), but yes, they’re high in cholesterol. You can mitigate that, though. If you’re scrambling two eggs, just use one of the yolks, Rosenberg suggests. The yolks are where the cholesterol hangs out, and “we don’t want arteries clogging up at an early age,” he says.

When Rosenberg makes pancakes, he uses only egg whites (and nonfat milk and whole-grain flour).

As for bacon, sausage and ham, those early-morning meats that go so well with eggs? No, no and no, says the good doctor.

Fruit is your friend

Most kids love fruit juice, even if their parents water it down. But a piece of actual fruit is the more nutritious option. And if you want to up the fiber, combine fruit with a whole-grain cereal or whole-grain waffles or pancakes.

Dietitian Mitzi Dulan of Leawood (www.mitzidulansbootcamp.com), team nutritionist for the Kansas City Royals, says oatmeal with fruit — fresh berries or dried fruit, such as cherries — is a fantastic breakfast. Stir in a cup of milk (she recommends 1 percent organic milk for kids) and you’ve added protein and calcium, too.

Variety, the spice of life

Mix things up — at breakfast and throughout the day. “I try to get kids eating a variety of foods as early as possible,” Dulan says. If children aren’t exposed to different kinds of foods, it shouldn’t be a surprise when they turn into picky eaters at 8 or 9, she says.

And get your kids involved in the kitchen. No, you may not have time to cook hot breakfasts during the week. But your kids can help you make pancakes on the weekend. Dulan suggests whole-wheat pancakes with fresh or frozen blueberries added to the batter.

Eat your vegetables

Your child probably isn’t interested in a salad at 7 a.m. (or maybe any other time). About the only time Americans eat veggies for breakfast is in an omelet, which is a decent breakfast option. Add whole-grain toast and you’ve covered three food groups.

“In other countries they eat vegetables for breakfast all the time,” says Shelly Summar, weight management program coordinator at Children’s Mercy Hospital. “But we tend to get stuck in a rut.”

How about pizza for breakfast? Summar is fine with that, especially if you top it with vegetables and lean meats (sorry, pepperoni) and opt for a whole-grain crust.

Do the microwave

... or toaster. Pop Tarts and their ilk are neither very satisfying nor high in nutritional value, Summar says. Put them in the dessert category. Whole-grain waffles or pancakes are better options.

Breakfast sandwiches, from the grocery store or prepared at home, can be a decent alternative if made with whole-grain bread and lean meats instead of sausage or bacon.

A sausage biscuit with cheese? Nah. Lots of fat and sodium.

Turkey bacon has less fat than pork bacon but it's still full of preservatives, Dulan says. "When you can't pronounce the ingredients — and that's the thing with the highly processed foods — it's probably better left on the shelf," she says.

Lean Pockets aren't a typical breakfast food, but some have whole grains, they have "adequate" protein and aren't too high in fat, Summar says.

The cereal conundrum

What would the average kid rather eat: All-Bran Buds or Fruity Pebbles? You know the answer.

Hy-Vee stores' NuVal system scores the nutrition value of foods on a 1 to 100 scale. "I tell parents to let your kids pick out whatever cereal they want as long as the NuVal score is over whatever you choose," Moore says. "Usually '30' will get them out of the sugary cereals."

Look for a whole grain as the No. 1 ingredient in cereals (and breads).

Is a bowl of (whole-grain) cereal with milk a bad breakfast? "I think you could do better, but I don't think it's a terrible choice," Summar says.

If your kids like hot oatmeal, you can gradually reduce the amount of brown sugar you add, Dulan says.

Smooth(ie) operator

You may not have time to heat a pan, but you might have time to throw a few ingredients into a blender. Moore at Hy-Vee suggests a milk/fruit/nut butter smoothie, such as chocolate milk blended with a banana and dollop of peanut butter.

Chocolate milk, though? "I don't want (kids) having chocolate milk three times a day, but if one of their servings is a sweetened milk I'm not worried about it if they're active," she says.

A smoothie might appeal to a child who claims to not want breakfast. Another option: Those instant-breakfast packets you mix with milk.

‘I’m not hungry’

The nutrition experts we consulted generally agreed that something for breakfast is better than nothing, although there’s not much to be said nutrition-wise for a doughnut, for instance.

Or a juice box. “As much as I don’t really like doing juice all the time, if it comes down to them not eating anything, a juice box might help jump-start their metabolism a little bit,” Moore says.

A Larabar, made of fruits and nuts “mushed together” in flavors such as banana bread and PB&J, is an alternative to a doughnut that kids tend to like, Moore says.

And even if your kid wants just a doughnut, you can work from there, Summar says. Add a glass of milk, then continue to “move in the direction of a healthy breakfast most days of the week.

SOME QUICK BREAKFAST IDEAS

- Lean ham, low-fat cheese or peanut butter on whole wheat toast
- A hard-boiled egg with fruit
- String cheese with whole-wheat pita bread or reduced-fat whole grain crackers
- A corn or whole-wheat tortilla with melted low-fat cheese; add salsa if desired
- A breakfast smoothie made of fresh or frozen fruit with milk (1 percent or skim) or yogurt (low-fat or nonfat)
- A mini-pizza: whole wheat English muffin topped with low-fat cheese and pizza sauce
- Nonfat yogurt topped with fresh or frozen berries and a whole-grain cereal
- A high-fiber chewy bar with drinkable yogurt
- String cheese wrapped in a slice of lean deli ham and a slice of whole-grain bread
- Whole-grain waffles or crackers topped with peanut butter
- A hard-boiled egg and tomato juice or V8 juice
- A breakfast cookie and a single serving of milk
- Breakfast-in-a-bag: whole almonds, dried cherries or cranberries, whole grain cereal and chocolate Chex cereal (pre-portion in snack-size bags)

•Breakfast parfait: layer strawberry yogurt, low-fat granola and sliced banana. Or stir 2 tablespoons powdered peanut butter into vanilla yogurt and top with crushed graham crackers.



MU tests drought effects with mobile greenhouses

With new equipment that allows them to manipulate moody Mother Nature, University of Missouri plant scientists have been able to better test the effects of drought on crops this summer.

Two drought simulators purchased with a \$1.5 million grant awarded by the Missouri Life Sciences Research Board in 2009 are fully operational for the first time this year at the Bradford Research and Extension Center.

The mobile greenhouses, measuring 50 feet by 100 feet, are mounted on railroad tracks, allowing researchers to cover test plots during rainfalls and expose the ground when conditions heat up.

"This is as close as we can get to normal field conditions but still giving us the opportunity to control the time and when this drought stress occurs," said Felix Fritschi, assistant professor in the College of Agriculture, Food and Natural Resources' Division of Plant Sciences.

Similar equipment allows for this type of research elsewhere in the country, which is fine for overall assessments, said co-investigator Bob Sharp, director of MU's Interdisciplinary Plant Group. "But if you're designing crops for growing in Missouri, it's important they be examined under conditions here, with our soil types and diseases unique to our environment."

The simulators this summer have mostly been used to test lines of wild soybeans for drought-resistant features.

"We have identified lines that appear to have characteristics that might give them greater drought tolerance," Fritschi said.

He is interested in zooming in at the cellular level to better understand why certain soybeans are more equipped to deal with dry conditions, such as traits that might make them use water more efficiently.

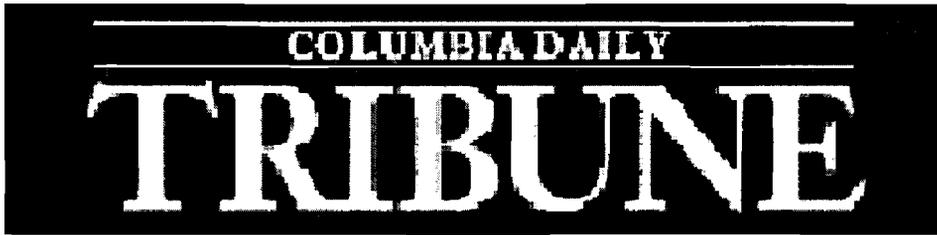
Meanwhile, Sharp is studying the root systems — an area that's been given relatively little research attention but is key to plant development.

The research team also is starting to use the simulators to test the effects of heat stress on corn-breeding programs to improve drought tolerance.

"Our objective is to develop real-world products and practices to improve food security and increase profitability for farmers," Fritschi said.

When funding is available, the team plans to build additional simulators at the Horticulture and Agroforestry Research Center in New Franklin and at MU's Delta Research Center in southeast Missouri.

The locations aim to represent a variety of Missouri soil types, crop species and environments.



MU students step forward to volunteer

Liz Demse remembers participating in Step Forward Day her freshman year. She and other students spent the morning at The Intersection, which serves young people who live in at-risk neighborhoods.

"I really wanted to learn about where I could do service ... and I really enjoyed it. ... I always get something out of community service ... and felt like I really accomplished something," Demse said.

Now a senior, Demse's experience came full circle yesterday morning when she returned to The Intersection, this time as a student leader. **Step Forward Day gives MU freshman the opportunity to see what volunteering options are in the community.** Demse heard about the student leader opportunity through Summer Welcome, where she worked as a leader this summer. "I thought it was a great way to reconnect with some of my freshmen and to spend the morning doing something good instead of just sleeping in," she said.

She and about six freshmen spent the morning pulling weeds outside of The Intersection and organizing bookshelves. "The woman who worked there full time said it would have taken her a couple of days to do that," Demse said.

The freshmen who accompanied Demse, most of whom had previous experience volunteering, said they planned to return and volunteer more in the community. That is exactly the aim of the event, said Jasmine Whitlow, a graduate student who ran the event for the first time this year.

"Freshmen are new to campus, and it's good for them to give back to the community they will be in for four or five years, and this just gives an opportunity to get involved," she said. "Getting involved in any way they can is very important."

About 215 students turned out for the event this year, which Whitlow says is in its ninth year. The students met on campus yesterday morning and were then bused to organizations throughout town such as Columbia Second Chance and the Food Bank for Central and Northeast Missouri, where 58 students helped package breadsticks similar to Hot Pockets. The students were able to fill enough boxes to feed 4,320 families, said Cathy Morrow, evening and weekend shift coordinator at the food bank.

Students from Step Forward Day have been coming to the food bank for years, Morrow said, and often they return later to volunteer.

"We love having them," she said. "Many of them come back with fraternities or sororities, and we let them sing and dance, and they have fun, but they still get the most work done."

Demse said she has continued to volunteer through college and even works full time at Truman Memorial Veterans Hospital. Even though she graduates in May, she eventually plans to become a nurse and continue to help others in need. "I get a lot of satisfaction out of serving others, even in the smallest way possible like just pulling weeds for a morning," she said.

COLUMBIA MISSOURIAN

Pick Up America, Step Forward Day get students involved

By Mengni Yang

August 20, 2011 | 8:38 p.m. CDT

COLUMBIA — Not even the stormy weather could put a stop to Step Forward Day, a volunteering opportunity for students at MU.

Because of the unexpected rain, the initial meeting place was switched from Tiger Plaza to the lounge in the MU Student Center, but more than 250 students still stood in line to participate.

“We sent emails to PA's and CA's because most of our freshmen live in the residence halls. Our volunteers were also waving and catching students on the street,” Vice Chancellor for Student Affairs Cathy Scroggs said.

Freshman English major Nathan Ellermeier didn't know which volunteer site to choose. There were 16 nonprofit organizations open to student volunteers, including the City of Columbia Volunteer Services Department, the Food Bank for Central & Northeast Missouri, Pick Up America, Columbia's Public Works Department, Stormwater Outreach & Education, the Office of Neighborhood Services, The Intersection, Access Arts, Boys & Girls Club, the Assistance League of Mid-Missouri, Coyote Hill Christian Children's Home, Boy Scouts of America, the Columbia Center for Urban Agriculture and Columbia Second Chance. Ellermeier ended up choosing to work with Pick Up America.

“I think I made the right choice,” said Ellermeier, after walking two miles along East Broadway. He picked up pieces of trash on the road with the founder of Pick Up America, Davey Rogner. The group got started at about 9 a.m.

Rogner and other members of Pick Up America have traveled 1,200 miles on foot from Maryland to Ohio since last year. They continued the journey this year with a brightly colored bus and a jeep with a trailer. Their destination is Colorado.

“Our purpose is to raise attention about a sort of consumer system that is taking resources out of the landfill, using it once and throwing away straight to the landfill,” Rogner said. “So, we are going to find the resources that are more recycling, more reusing, just generally a more efficient system where we are using our material in a way where it is not just ‘take it to the ground.’ This is a performance for people to better understand the concept of zero waste.”

Rogner is an environmentalist and artist from Silver Spring, Md. He graduated from the University of Maryland-College Park, with a bachelor's degree in environmental science and policy. He founded two environmental student groups before he graduated.

“Until we realize that our consumption is compromising the carrying capacity of our planet for humans who live here, we are just going to have a dying planet. So, I went out to feel it and clean it as much as possible,” Rogner said. He said his dream is to buy land, build his house and travel around to carry on the “take back the land” movement. Rogner emphasized the importance of recycling and environmental protection throughout the trip.

“There’s a lot that can be done,” Rogner said. “We sent man to the moon and to a space station, and that was 40 years ago. Our generation has iPhones, iPads and things that are much more advanced than before.”

Picking up litter across the nation is not Rogner's ultimate goal. He aims to establish a well-known nonprofit organization and seeks efficient resources for society. He hopes he can go back to school for a master’s degree.

Overall, the student response to Step Forward Day was positive. Morgan Sloan, a freshman chemical engineering student, said she had a great day and learned a lot about recycling from the experience.

“It’s a way to be part of the community,” Scroggs said. “If you step forward, you can make a difference for people here, make a difference for children. Giving to others and service can change you.”