The NCAA has granted guard Michael Dixon’s waiver to play this season at Memphis after transferring from Missouri.

The senior enrolled at Memphis in June after announcing in November that he would transfer after two sexual assault claims against him at Mizzou became public, though he was not charged in either case.

Dixon already had been benched for unspecified team rule violations. He played in 101 games at Missouri with 25 starts over three years.

As a junior, the Big 12’s sixth man of the year averaged 13.5 points and 3.5 assists in helping Missouri go 30-5 and earn a No. 2 seed in the NCAA tournament.
Skip a meal to lose weight? Not so fast, some experts say

Three square meals a day: For years we’ve been told they are essential to health. But popular dieting advice suggests that eating more meals — albeit smaller ones — may be a better approach, especially for those looking to shed extra pounds. Some new diets advocate going the other way: consuming only one small meal a couple of days a week followed by days of unrestricted eating.

These diets claim to help people manage the tricky business of taking in fewer calories. What does science say about their effectiveness?

Let’s start with the idea that lots of little meals is better than three squares. While numerous studies have indicated a link between a snacking diet (four to six small meals or adding healthful snacks to the three squares) and maintaining a healthy weight, the research remains inconclusive.

A classic study published in the New England Journal of Medicine in 1989 compared “nibbling” — 17 snacks a day — to a traditional three meals that were equivalent in calories. Seven men ate each way for two weeks, and researchers found lower cholesterol and insulin levels with the nibbling diet — factors that lower risk for heart disease and metabolic diseases such as diabetes. And in large surveys of how people eat, researchers have found lower body weights in people who report eating more often than three times a day.

While this might suggest that nibbling (within reason) is good, surveys can find only associations, not cause and effect. In addition, though a recent review of clinical studies found that frequent meals make people feel less hungry, this eating pattern does not necessarily correlate with weight loss. That may seem confusing, but it’s the current thinking, according to Heather Leidy, an assistant professor of nutrition and exercise physiology at the University of Missouri at Columbia who co-authored the review.

At the Johns Hopkins Weight Management Center in Baltimore, overweight people seeking to shed pounds are generally advised to spread out small meals over the course of a day while keeping an eye on calories. The act of eating and digesting increases the resting metabolic rate — the calories your body
burns to keep up physiologic functions without any physical exercise — so eating more frequently should favor weight loss, according to the center’s director, Lawrence Cheskin. Also, he says, “it keeps people satisfied — they’re less likely to do a big overeat.”

Unless — and this is a big unless — eating more frequently leads people to consume more calories. You can guess what happens then.

How about skipping breakfast? We’ve long been told to eat breakfast for health and attentiveness. For dieters, breakfast is thought to keep hunger at bay and prevent overeating the rest of the day.

A small study published last month pokes holes in this conventional wisdom. Researchers at Cornell University either fed breakfast to or withheld breakfast from 18 student volunteers. Those who skipped breakfast reported being hungrier than those who ate breakfast; they also ate more at lunch. Still, they did not eat enough to fully compensate for the missed meal. In fact, those who had skipped breakfast took in 408 fewer calories over the course of the day than those who ate breakfast.

Study author David Levitsky, a professor of nutritional sciences at Cornell, says his work adds to a growing body of evidence that overturns a long-held belief: that people will compensate for missed calories. Rather, skipping a meal is “one small weapon” people can use to fight the battle of weight, he says. “If you skip two to three meals per week, you can decrease” your caloric intake, he says.

A more extreme version of this is the alternate-day fasting diet, a technique popularized by such books as “The Fast Diet” and “5:2.” Such diets advocate drastically limiting calories on certain days; on other days, a person can eat as he or she pleases. The approach is thought to address diet fatigue — the constant strain of counting calories and skipping dessert that can occur with dieting — by limiting willpower work to a few days per week.

Studies have shown mixed results with alternate-day fasting. A 2010 study showed the technique effective among a group of obese patients. The 16 participants ate only one meal — lunch — every other day. Caloric intake on these fasting days was limited to about 500 calories, or roughly 25 percent of their own usual daily intake. On the intervening days, they could eat whatever they wanted. Over eight weeks, the participants lost 12.3 pounds, on average.

Krista Varady, an assistant professor of kinesiology and nutrition at the University of Illinois at Chicago, who co-authored the study, said she was surprised by the results. She thought the participants might eat so much on their eating days that they’d make up for those calories lost on the fasting days, but that wasn’t the case. They only ate about 10 to 15 percent more on feeding days than their daily intake before the diet, Varady says, which, combined with the fasting-day savings, resulted in a whole lot of calories cut.

On fasting days, dieters would look forward to the next day. Still, though they’d make a big breakfast, they couldn’t finish it.
(Varady is in the midst of a study following obese people for a year, comparing the alternate-day fasting plan to a more typical calorie-reduction plan. One important aspect will be whether participants can stick to such a diet.)

ASK A SCIENTIST Q: What is the correlation between specific drugs ingested by moms and their infants?

By RACHEL ZAMZOW and DEANNA LANKFORD of MU's Office of Science Outreach

Wednesday, September 4, 2013 at 2:00 pm

Question submitted by Melissa Wessel's class at Rock Bridge High School

A: Michael Sherman, a neonatologist, and Jan Sherman, a professor at the University of Missouri Sinclair School of Nursing, explain: "Everything a mother eats or drinks will affect her baby during pregnancy. For instance, prenatal vitamins and nutrients from healthy food will have a positive effect on a baby and encourage healthy growth and development, but dangerous drugs will be harmful to an unborn child." The umbilical cord is the highway carrying all materials between a mother and her baby. Nutrients, vitamins and oxygen from the mother travel through the umbilical cord to the baby, but harmful drugs also will reach the baby through the umbilical cord.

Unfortunately, drugs such as methamphetamine are becoming more common in Missouri. The effects of meth on unborn babies can be severe and cause serious deformities. The Shermans, both researchers at MU's Women's and Children's Hospital, note: "Many drugs, even tobacco and alcohol, can result in small baby size, as well as reduced size and function of internal organs. This means that these infants may be more likely to develop serious disease in the future, including heart disease, Type 2 diabetes, liver disease, high blood pressure, stroke and kidney disease." Often, children who are exposed to drugs before birth are raised in an environment in which the family unit has been seriously damaged by ongoing drug use.
Drug use can destroy lives and have lifelong consequences for drug users and for their families, as well. The Shermans' call to action is to avoid using drugs, protect your health and the health of your future family.

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Posted in Editorial Archive on Wednesday, September 4, 2013 2:00 pm.
Curtis Jones, a former administrator with the Missouri football team and older brother of former Mizzou quarterback Corby Jones, died suddenly this morning, West Virginia’s athletic department confirmed. Jones has served as West Virginia’s assistant athletic director for academic support since June 2012.

The cause of death was not known as of this morning.

Corby Jones, who led the Tigers to bowl games in 1997-98, was the TV analyst for Mizzou’s season-opening win Saturday over Murray State. Their father, Curtis Jones Sr., was an assistant coach at Missouri when he suffered a fatal heart attack shortly before the 1998 season.

"The Jones family greatly appreciates the outpouring of love and support," Corby Jones told the Post-Dispatch via text message Wednesday night. "The multitude of responses reflects the enormous impact that Curtis Jr. had on everyone with whom he came in contact."

Jones is survived by his wife, Mary Ellen, who serves as the director of sports administration at WVU. Jones’ mother, Gwen, still lives in Columbia.

“The Mountaineer athletic family is overwhelmed with sorrow at the sudden passing of Curtis Jones," West Virginia athletic director Oliver Luck said in a statement released by the university. “In his brief time with West Virginia University, he brought passion and professionalism to his position as the head of academic support for all of our WVU student-athletes. He was a beloved figure among the coaches, fellow administrators and student-athletes. He will be greatly missed. Our prayers and condolences are with his family, particularly with his wife, Mary Ellen Jones, a valued member of our Mountaineer family.”

"Curtis Jones was a close friend, a role model to our players and a true professional," WVU football coach Dana Holgorsen said. "His loss will be felt by all of us in many ways. On behalf of WVU football, I offer my deepest sympathies to Mary Ellen and all of Curtis' family."

"Curtis was an incredible person both professionally and personally," associate athletic director for governance and compliance Keli Cunningham. "The positive impact he made on our program would be
completely underestimated if I tried to explain it in words. He will be deeply missed, and I am so grateful for the time we shared with him."

Before coming to West Virginia, Jones previously held administrative positions in the athletic departments at Texas, South Florida and Oklahoma. He was Missouri’s director of football operations in 1999-2000 under former Tigers coach Larry Smith. Jones earned a sociology degree from Dartmouth, where he played for the football team, and later earned his masters in journalism from Mizzou.

In lieu of flowers, the family has established the Curtis Jones Jr. Memorial Fund. Donations can be sent to Spencer Fane Britt and Browne, 1000 Walnut, Suite 1400, Kansas City, Mo., 64106.
Police in Westlake, Ohio, report that fugitive Brian Adkison is now in custody.

The 23 year old fled Missouri after escaping Caldwell County Jail Aug. 10.

Westlake’s police department put out his photo and description Tuesday for media in its area.

Capt. Guy Turner, the department’s spokesman, said he got a call at about 1 p.m. Wednesday that a local man, driving down a main street, saw Adkison on a bicycle.

In response to police officers arriving at the scene, Adkison attempted to flee.

“But as soon as Mr. Adkison saw the police cars coming, he knew he really didn’t have a chance,” Turner said.

At least 20 police officers from five nearby police departments assisted Westlake officials. They set up a perimeter to close in on Adkison, as they were told by Missouri officials to take appropriate precautions.

Once Adkison was surrounded, he reportedly walked into a nursing home. But individuals inside also saw his photo in the media and called to report their citing.

“One of our youngest and fittest officers was right behind him, and with a little bit of a tussle — he didn’t want to give us his hands — we got him arrested,” Turner said.

Upon his arrest, Adkison did not have any additional items with him. Only the shirt and shorts he wore. There was no indication of him being armed.

Adkison is being held in Westlake’s city jail. The local police department has 48 hours to bring about charges.

Though the search is now over, Adkison has been uncooperative, Turner said.
“He is being difficult. He doesn’t want to be photographed. He doesn’t want to be fingerprinted,” Turner said. “But we’ll wait. We hold all the cards here.”

Possible charges that could be brought against Adkison include a felony count for stealing a pickup truck in West Virginia, and another for shorthand felony fleeing, as Adkison managed to dodge Ohio police earlier this week after a high-speed chase.

Still, the most serious charges may come from Missouri, Turner said.

Adkison was originally put behind bars on suspicion of kidnapping and inflicting injury upon his ex-girlfriend, MU graduate student Lauren Crawford.

Wednesday marked the 25th day since Adkison’s escape. On behalf of Westlake Police Department, Turner said the end result, putting away the “bad guy” was “perfect.”

“I hope the victim takes some comfort in knowing that he’s thousands of miles away and in jail,” Turner said.
OLUMBIA, Mo. (AP) — A new kind of fruit fly is causing problems for some Missouri farmers.

The University of Missouri says that the spotted wing drosophila has made its way to Missouri this summer and could be particularly troublesome.

University entomologist Bruce Barrett says the female flies have serrated body parts that allow them to cut through the skin of fruit and insert their eggs inside. The developing maggots then eat the fruit.

Barrett says those cuts can open the way for fungus, bacteria and molds to grow in the fruit.

He says the fruit flies can cause significant economic damage, especially for those with small orchards.