Rise, Shine and Eat Protein

New research underlines the need to eat breakfast, particularly one rich in protein

By DANIEL AKST

There’s new evidence that dieters should join the breakfast club—especially if it includes a lot of protein.

Skipping breakfast has long been associated with excess body weight, although scientists haven’t established a causal link. Now researchers at the University of Missouri are reporting that eating a high-protein breakfast is particularly effective at reducing food cravings and boosting dopamine, a brain chemical usually associated with feelings of reward. The study was a small one, but if the findings hold up they imply that a breakfast rich in protein may aid in weight control.

To investigate the role of breakfast protein in dopamine production, the scientists recruited 16 overweight or obese female volunteers, all of them about 19 years old and regular breakfast-skippers. During every other week, participants were randomly assigned to one of three breakfast patterns: none, normal or high-protein. Both breakfasts had 350 calories, but the “normal” breakfast had 13 grams of protein, while the “high” version had 35. By comparison, a large egg has six grams.

The researchers provided breakfasts to make sure the volunteers were eating what they were supposed to. Between each week “on,” test subjects had a week to resume their normal lives.

After each participation week, the volunteers were surveyed about their food cravings and tested for dopamine markers. Heather Leidy, one of the scientists, said that, compared with the normal
breakfast, “the high-protein meal led to a 34-fold reduction in cravings for high fat foods and a 15-fold increase in dopamine.” The high-protein effect was even greater compared with no breakfast.

Dr. Leidy and colleagues reported in an earlier paper that a high-protein breakfast led to reductions in unhealthy evening snacking. She also noted that, in the past 50 years, breakfast-eating in this country has fallen even as obesity has increased.

“A Randomized Crossover, Pilot Study Examining the Effects of a Normal Protein vs. High Protein Breakfast on Food Cravings and Reward Signals in Overweight/obese ‘Breakfast Skipping’ Late-Adolescent Girls,” Heather A. Hoertel, Matthew J. Will and Heather J. Leidy, Nutrition Journal (August)

**Partnership compiles data on Missouri women for public policy project**

By Ashley Jost

Monday, November 3, 2014 at 11:18 am

A University of Missouri institute and the Women’s Foundation of Greater Kansas City are partnering on a project that eventually will lead to a political platform addressing the needs of Missouri women.

Wendy Doyle, president and CEO of the Women’s Foundation, said her group in July partnered with MU’s Institute of Public Policy “to commission a research study on the status of women in Missouri.”
The two organizations are working together to understand what struggles women face on a range of issues from health care to child care, and then they plan to use that information to create a policy platform to address those issues with the Missouri General Assembly.

Doyle said her foundation wants to do more research and use the results to guide other parts of its work, including public-policy efforts. The foundation serves Missouri and Kansas, and Doyle said this partnership might be mirrored in Kansas as early as next year.

The project started with analyzing raw data from the U.S. Census Bureau, the American Community Survey, the Bureau of Statistics and other outlets that provide general data about employment, health care and other things, said Jacqueline Schumacher, policy analyst for the MU institute. The Institute partnered with the Center for Applied Research and Environmental Systems for the data collection.

Relevant data were compiled by the MU institute and will be included in a database that eventually will be accessible to the general public. The database will have numbers broken down by topic, such as statistics related to women older than 65, or salary information.

“We are drawing together all of these great, open sources and putting them in one accessible place,” Schumacher said.

Using the initial data, Schumacher said the institute came up with five main indicators: employment and income, education and child care, social and economic matters, health, and women’s leadership and public engagement.

Now, the foundation is helping the institute test those indicators with focus groups.

The groups hosted focus groups in Springfield, Kansas City and St. Louis consisting of women from low-income and mid- to higher-income backgrounds. There also was a focus group with men, Doyle said. She said there could be more events in the future.

“We used those as an opportunity to hear what issues women are dealing with or that they identify with,” Doyle said.

Doyle said the groups will share initial highlights of the research next month. They plan to have the full study completed in mid January and then develop a policy agenda for the 2015 Missouri legislative session.
Nanova celebrates new facility

November 03, 2014  BY Torie Ross

Nanova Biomaterials, Inc., an early stage bio-tech company, celebrated the first-look of their 6000 square foot facility with a ribbon-cutting ceremony Oct. 30. The ceremony took place at the $1.5 million facility and Mayor Bob McDavid, Vicki Russel, the past chair of Regional Economic Development Inc., as well as several local and state economic development agencies were all in attendance.

Four researchers incorporated Nanova, which specializes in dental and orthopedic devices, in 2007. Dr. Hao Li, Dr. Qingsong Yu, Dr. Meng Chen and Dr. Kenneth Lambert have made huge strides with the company over the last four years, gaining more than $5 million in investments from Chinese venture capitalists, winning awards for economic development from the University of Missouri and receiving FDA approval to launch and sell their first medical product, a 5 percent sodium fluoride varnish.

The company is currently working on securing FDA approval for their Plasma Brush, a dental instrument that will disinfect cavities before filling and bone screws. Although Li is hopeful that the Plasma Brush will receive approval within the next year or two, he believes the process for approving the bone screws will be much longer, upwards of six to eight years. The opening of the new facility on Mojave Court is expected to create 50 new jobs within the next five years. While Nanova currently employs 13 individuals, the company plans to double its workforce by 2016.

MU professor Michael Budds brings the gift of music to his students

Tuesday, November 4, 2014 | 6:00 a.m. CST; updated 6:44 a.m. CST, Tuesday, November 4, 2014
BY WITT WELLS

COLUMBIA — Michael Budds likes to tell a story about Andy, a student who was a teacher’s dream.
Andy asked good questions, the kind of questions teachers want to kick around in class.

He was comfortable in his own skin, and he was a big boy. He walked into class once, sat down and promptly shattered the chair.

Andy was also a bit unusual for a college student. He liked to listen to classical music, especially Samuel Barber's "Adagio for Strings."

One day, Andy showed up at the door of Budds’ office.

“You know, Andy, I’d be happy to help you in any way I can,” the MU music professor told him. “But first of all, tell me: Who are you?”

Andy said he was a lineman on the Missouri football team and his teammates in the locker room laughed at his choice of music.

The guys on the team obviously thought Andy was a sissy, Budds said. He wasn’t listening to rhythm and blues.

Budds gave him some advice: “I said ‘Andy, if I had your body, nobody would intimidate me on what kind of music I wanted to listen to.’”

He sat back in his chair to emphasize his point: “The idea that anybody would let someone else decide what music they listen to is just wrong to me.”

Wide interests in music

In his 33 years at MU, Budds has expanded the musical tastes of thousands of students. His specialties are broad — American music, African-American music and the music of Victorian England. He has written or edited at least 20 titles, including books on jazz, rock and Samuel Barber’s Adagio for Strings.

In September, Budds was inducted into the Missouri Music Hall of Fame, becoming the first music scholar — or musicologist — to have his name added to the museum wall. He joins a list of musicians that includes Scott Joplin, Charlie Parker, Chuck Berry and Sheryl Crow.
At the very least, Budds is a man with an obvious love of music and the enthusiastic spirit of a missionary.

In a class about the history of jazz, it can be seen when he plays a trumpet solo by Dizzy Gillespie or a jazz saxophone piece by John Coltrane. He squints to give his full attention to the sound, then suddenly exclaims over the music to make sure his students are hearing the subtleties that define the piece.

Sometimes he taps his foot to the beat. Sometimes he throws out a question. Quite often, he makes his students laugh.

"I don't know about you," he tells his audience as he listens to Coltrane, "but that sound makes me want to cry."

**Wide contributions**

As a musicologist, Budds has made his own contribution to the history of music. He has compiled two well-known texts, "Jazz in the Sixties" and "Rock Recall: Readings in American Popular Music from the Emergence of Rock and Roll to the Demise of the Woodstock Nation."

He is a contributor to "Women & Music: A History," "Bleep! Censoring Rock and Rap," "The New Grove Dictionary of Jazz" and a range of other publications.

He also serves the College Music Society as editor of its series, "Monographs and Bibliographies in American Music."

“He has an unbelievable number of publications,” said Missouri Music Hall of Fame President Anthony Glise. “He’s won pretty much every award for excellence in teaching in the state. He’s just extremely high in profile.”

Established in 2009, the Missouri Music Hall of Fame honors those who have contributed to Missouri through their music.

Budds is clearly honored, but his joy has more to do with his impact on students. When he was named, dozens of former students called to congratulate him.

It gave him a chance to ask them about their lives and their careers. It is obvious he loves to hear from them.
“I don’t really think of myself as “hall-of-fame” material, but I would be lying if I didn’t confess that I take some pride in it,” he said.

**Reaching the class**

At 7:45 a.m. on a Tuesday listening to an intellectual discussion about music can be difficult. Budds helps his students by clapping energetically to demonstrate the speed of the Gillespie piece.

One student bobs his head and taps his pencil to the beat. Another just smiles and nods. Budds moves on to one of his favorites: Ella Fitzgerald.

“Friends,” he tells the group of about 15 students. "This is high art.”

His knowledge of the material is obvious. There is a confidence in his voice that verges on sass. There is also passion, which rolls off his tongue with both authority and emotion, as does most every subject Budds encounters.

Some professors at Budds’ level of expertise see teaching as a necessary evil. For Budds, the opposite is true. He never reads from the podium. He rarely even uses notes. The information is already in his head.

He believes "once music comes into being, it belongs to all of us," and he fosters a learning environment that celebrates that notion.

“There’s this double-edged sword about teaching at universities because everybody has to teach, but a lot of people would rather be doing their research,” he said. “I can honestly say that I did not become a university professor to devote my life to research. I have devoted my life to teaching.”

For some students, Budds’ makes an unexpected first impression. A wicked quote from Hunter S. Thompson is pinned to the bulletin board outside his office.

“The music business is a cruel and shallow money trench, a long plastic hallway where thieves and pimps run free, and good men die like dogs. There’s also a negative side,” the quote reads.

Students can find his exuberance off-putting at first, until they understand his devotion to his subject.
“I think it was kind of intimidating at first because he cares so much about what he’s teaching,” MU student Jennifer Yerganian said. “He would really drill things into your head. He would make people come sit on the front row so he could ask them questions. He just has so much passion and knowledge for his subject.”

Student Laura Brunette added an example: “I’ll never forget, when he played the music, he would always jump. I would just be like ‘Oh, here it is. He’s going to jump now.’”

Budds knows a miserable student is not an engaged one.

“In music schools, the musicologists are always the feared and hated teachers,” Budds said. “To some degree I have tried to balance that and lead people to music history instead of leading people away from it. I really do think you catch more flies with honey than you do with vinegar.”

**Growing up with music**

Music has always been an essential part of Budds’ life.

“The thing about music is that I do believe we are hardwired for it,” he said. “Music isn’t some luxury. Music is an essential part of being a human being.”

He began playing the piano in the second grade. When he went to college, his instructor suggested that he continue to study music to gain a better understanding of what he had been playing.

“A robot can play music,” Budds said. “You can teach a monkey to play music. But it’s the communication of what’s inside the music, what it means, why it came into existence.”

So in addition to continuing his musical training, Budd’s began to study the history of music. He had always enjoyed history as well as music. Why not combine the two and teach? He knew he had wanted to be a teacher since he was in first grade.

After graduating from college, he joined the Navy as a pianist. He performed in countless ceremonies and bands for three and a half years. He spent one Christmas Eve in Vietnam playing for the U.S ambassador in Saigon.
As an authority on the history of jazz, Budds thinks back to a friend he had in the Navy who initiated his interest in jazz. He remembers sitting with him on the fantail of the USS Chicago in the middle of the South China Sea, talking about jazz.

“The things that make differences in our lives are the people in our lives,” he said. "One of the best things you can do is have interesting friends.”

Budd has been teaching for more than three decades and wants to continue.

“The best part of being a teacher is that you have this license to use your imagination at its full force,” Budds said. “It’s all about imagination and nobody can do that for you. You have to do that for yourself.”

*Supervising editor is Jeanne Abbott.*

**COLUMBIA MISSOURIAN**

Missouri persimmons forecast a cold winter

Monday, November 3, 2014 | 6:39 p.m. CST

BY THE ASSOCIATED PRESS

SPRINGFIELD, Missouri — Move over Punxsutawney Phil. Missouri has its own way to predict the weather.

Folklore holds that the shape of the seedling inside a persimmon seed can predict upcoming winter conditions.

*MU Extension horticulture specialist Patrick Byers says there's no research that backs up the folklore. But that didn't stop him from collecting fruit from persimmon trees in Lawrence, Newton, Webster and McDonald counties.*

His evaluation of 102 seeds suggests this coming winter in the Ozarks is going to be colder than average, with below average snowfall and a few warm spells.

Persimmons grow on trees and look like orange tomatoes. The Extension Service says Native Americans taught settlers that the fruit should be left on the trees well into October when it becomes ripe enough to eat.