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## Young adults 'staying over' not cohabiting

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COLUMBIA, Mo., July 26 (UPI) -- "Stayover relationships" are a growing trend among U.S. college-age couples who are committed, but not interested in cohabiting, researchers say.

**Tyler Jamison, a doctoral candidate at the University of Missouri**, found people in their 20s engage in "stayover relationships," spending three or more nights together each week while maintaining the option of going to their own homes.

"There is a gap between the teen years and adulthood during which we don't know much about the dating behaviors of young adults," Jamison said in a statement.

Jamison conducted interviews among college-educated adults who were in committed, exclusive relationships and found though living together before marriage has become less taboo, many want to avoid the potential negative social consequences of cohabitation.

"As soon as couples live together, it becomes more difficult to break up," Jamison said. "At that point, they have probably signed a lease, bought a couch and acquired a dog, making it harder to disentangle their lives should they break up. Staying over doesn't present those entanglements."

Jamison found couples with a stayover routine were content, but did not necessarily plan to get married or move in together.

The study, published in the Journal of Social and Personal Relationships, found many college-age adults are students who will face a transition and most students do not have a definite plan for where they will live or work so stayovers are a way for couples to have comfort and convenience without a commitment or long-term plans.

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Read more: [http://www.upi.com/Health\\_News/2011/07/26/Young-adults-staying-over-not-cohabiting/UPI-15411311714788/print/#ixzz1TJLgIV00](http://www.upi.com/Health_News/2011/07/26/Young-adults-staying-over-not-cohabiting/UPI-15411311714788/print/#ixzz1TJLgIV00)

# THE TIMES OF INDIA

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## Stayover relationships more attractive

By N. S. Srinivasan, 14/07/14

***A University of Missouri researcher*** has revealed that a growing trend of dating habits could explain the decline in marriage rate, particularly among young adults.

**Tyler Jamison, a doctoral candidate in the Department of Human Development and Family Studies**, has found that people in their 20s are redefining dating by engaging in "stayover relationships", spending three or more nights together each week while maintaining the option of going to their own homes.

"Instead of following a clear path from courtship to marriage, individuals are choosing to engage in romantic ties on their own terms - without the guidance of social norms," said Jamison.

He found that "stayover relationships" are a growing trend among college-aged couples who are committed, but not interested in getting married or move in together.

"A key motivation is to enjoy the comforts of an intimate relationship while maintaining a high degree of personal control over one's involvement and commitment," **said Larry Ganong, professor in HDFS.**

"We see this interest in personal control nationally in more single adult households, and in the growing phenomenon of 'living apart together' (middle-aged and older monogamous couples who maintain their own households). It may also help explain why marriage is on the decline, particularly among young adults," he added.

The study is in the current issue of the *Journal of Social and Personal Relationships*.

# Missourinet

(Broadcast through more than 60 radio stations throughout the state)

By ALLISON BLOOD on JULY 26, 2011

## People are having sex earlier, marrying later, and staying over in between

People are waiting longer to get married and having sex earlier in life. **A University of Missouri researcher says** this creates a space in people's twenties where they are engaging in a relatively new behavior that she's calling "staying over."

"Staying-over" is a pattern couples start fairly early in their relationships, **says University of Missouri doctoral candidate Tyler Jamison**. She says this kind of behavior didn't exist fifty years ago. She heard from several couples on college campuses that they were routinely staying over at a partner's house three or more times a week.

She studied 22 people ages 18 to 27. She said the reasons these people were setting up this routine were mostly convenience and interpersonal: this way the couples could spend time together without having to go out. But also, this gave couples a lot of control over how much time they spent together. She says they could spend some time together, sleep in the same bed, and get up and go about their separate lives the next day.

She says because people are looking for a serious relationship, but may not be ready to be married, staying over is a solution. She says most people have had sex by the time they are twenty, but the average age for marriage for women is 27 and for men is 28. She says that leaves a huge time for people wanting commitment and partnership, but maybe not marriage. Many of her subjects said they didn't know where they would be in a year, and didn't want to make a commitment. Signing a lease and sharing living costs makes it more difficult for couples to break up. Many of these students who were in college said they didn't know if they would follow their partner if he or she got a job in another state.

Jamison says some of the couples say they didn't tell their parents they were staying over, and didn't want to move in together so they didn't have to admit their parents they were cohabitation. She says sometimes it was a "don't ask, don't tell" situation between parents and the twenty-somethings.

Jamison says she doesn't think this will have a broad effect on national statistics on marriage or divorce. She did a study of only eleven couples in one area. She says this behavior probably occurs in pockets of society. She says she would like to do another follow-up study with those couples or couples like them to see how and if it effected their relationships.

July 26, 2011

## The scoop on ice cream innovations: Can the frozen treat be healthy?

By WENCY LEUNG

*Food scientists look for ways to make it healthier, but tinkering has its challenges. Will we still scream for ice cream when it contains fish protein?*

Would you prefer to eat good ice cream, or ice cream that's good for you? Scientists and food manufacturers are exploring ways to make products that are both.

While there's nothing like indulging in a rich, creamy, full-fat scoop, the hitch with traditional ice cream is there's only so much of it you can eat before it negatively affects your health. To tackle this predicament, researchers around the world have been working to turn the old-fashioned dairy treat into a functional food. They're creating formulas that are lower in fat, fortified with fibre, rich in antioxidants, enhanced with probiotics and even boosted with fish protein.

In May, the Gourmet Ice Cream Company in Dunedin, New Zealand, introduced a new probiotic ice cream, developed with local bacteria producer BLIS Technologies to help protect against sore throats, cure bad breath and aid digestion. The ice cream is lower in fat to boot, containing around 10.4-per-cent milk fat, compared with the 28-per-cent milk fat of the company's traditional recipe.

Company owner Mark Scorgie says the new product has been a hit at retirement homes, boarding schools and hospitals, and his company is now working on releasing it as a retail product. He swears it doesn't taste like cough syrup.

"It's very early days yet, but it's going down very, very well," he said by phone from New Zealand, noting that the taste and texture is no different from regular ice cream. "We've even got some top restaurants buying it."

There are plenty of other examples of ice-cream innovations. Food scientists at the multinational giant Unilever, headquartered in London and Rotterdam, have in recent years come up with a new ice-cream ingredient called "ice structuring protein," prepared from a genetically modified baker's yeast. As the company claims on its website, the protein allows it to make ice cream that's lower in fat, sugar and calories, and includes more fruit and doesn't melt as easily.

**Earlier this year, University of Missouri food chemist Ingolf Gruen** told The Associated Press that his team of researchers is in the final phases of testing a "multifunctional" ice cream that includes antioxidants, dietary fibre, probiotics and prebiotics, or nutrients that encourage the growth of naturally occurring bacteria in the intestines.

And in May, Journal of the Science of Food and Agriculture published a study from scientists in Iceland that concluded fish-protein powder "could be an effective way to enhance [the] nutritional and functional value of ice cream." The researchers, however, discovered the quality of the fortified ice cream deteriorated after two months of storage. The result seems hardly appealing. According to an abstract: "Colour faded, cohesiveness decreased,

sandiness/coarseness increased, sweetness decreased and fish flavour and off-odour increased."

One of the greatest challenges of tinkering with ice cream is getting the texture right, says professor Doug Goff, an internationally renowned dairy scientist who teaches an acclaimed ice-cream technology course at the University of Guelph. Altering the contents and ratios of ingredients can result in an icy, watery or gummy product.

Dr. Goff's latest work involves examining ways to create a frozen dessert that's lower in saturated fats than conventional products. Although he favours traditional ice cream, he says much of what Canadians consume these days isn't actually classified as ice cream, but "frozen dessert" made with non-dairy fats. Manufacturers have increasingly turned to palm oil, palm kernel oil and coconut oil because they are significantly cheaper than milk fat. (Frozen desserts still contain milk solids, which are the proteins and lactose, but in Canada, only products made with milk fat can be labelled as ice cream.)

However, since these alternative, plant-based fats are saturated fats, of which health experts advise people should limit their intake, Dr. Goff has been experimenting with partially replacing them with unsaturated fats, like sunflower oil and canola oil. It's no simple feat, since saturated fats help give frozen desserts good structure and texture.

While it's unclear whether the end result would be healthier than real ice cream, Dr. Goff's research could, at least, lead to an improved frozen dessert.

"If we can find a way to modify that ratio of saturates to unsaturates - and reduce the saturates and increase the unsaturates - that should make them healthier," he says.

His research would also allow manufacturers to decrease their dependence on imported tropical oils in favour of domestically produced sunflower oil and canola oil.

Although Dr. Goff has worked on various projects over the years, including fortifying ice cream with dietary fibre, he questions whether, ultimately, there's a demand for functional ice cream.

"Honestly, I think at the end of the day, people eat ice cream for pleasure and enjoyment," he says. "With some exceptions, I don't think they think very much about the nutritional context of it."

### **Cool facts**

The best temperature for ice cream depends on how much sugar it contains. Professor Doug Goff of the University of Guelph says -12 to -14 degrees Celsius is typically a good serving temperature, but if the ice-cream mix contains more sugar, the optimal temperature range will be lower. That's because sugar depresses the freezing point, so the more sugar that you have, the softer it will be at any temperature, he says.

When storing ice cream, the industry standard is to freeze it down to at least -20 degrees Celsius in a blast freezer, within about four hours after it's made, then to move it to an even colder storage freezer.

Stabilizers, such as guar gum and locust bean gum, help slow the formation of ice crystals, which can lead to coarse and icy texture over time. However, the warmer the temperature the ice cream is kept, the more prone it is to developing that coarse texture, Dr. Goff explains. Ice cream is therefore typically stored at a minimum of -25 degrees Celsius. At such a low temperature, the rate of recrystallization is essentially stopped.

# BUSINESS JOURNAL

## Missouri health care IT effort hits key benchmark

Date: Tuesday, July 26, 2011

Missouri's lead agency for helping health care providers make the switch to electronic patient records has met its federally set goal for signing up members — only the fifth state to do so. The Missouri Health Information Technology Assistance Center said Tuesday that it had enrolled 1,167 primary-care providers for its services. Massachusetts, Mississippi, Maryland and South Carolina are the other states that have met their benchmark for signing up providers.

As part of the health reform law, the U.S. Department of Health and Human Services' Office of the National Coordinator for Health Information Technology last year created 62 organizations throughout the country to help physicians offices and hospitals make the transition from paper records to software-based electronic health records. The MO HIT Assistance Center was established at the **University of Missouri School of Medicine** with a \$6.8 million grant.

The organizations are designed to provide expertise to physicians who may lack the technical background to choose or install an EHR system and instruct them on ways to incorporate the technology into their practices. Supporters say EHRs provide comprehensive patient information that can improve care, reduce medical errors and cut costs from duplicated tests.

The next benchmark for the MO HIT Assistance Center is to get a majority of its enrolled health care providers on an EHR system and then get those clinics and hospitals compliant with federal laws for how the records are used.

"By rapidly embracing electronic health records, Missouri providers are improving the quality, safety and efficiency of patient care across our state," Lanis Hicks, the center's leader, in a release.