

Latest Research: Eat a colorful variety every day

John Priest
Assistant Features Editor

Mothers aren't the only ones telling people what to eat — the government also is jumping on the bandwagon.

Most people probably already know that a healthful diet includes a variety of fruits and vegetables. Most vegetables are lower in calories and higher in fiber than other foods.

They help people feel fuller faster and stay satisfied longer, which means eating fruits and vegetables instead of high-fat foods also might make it easier to control weight.

The Centers for Disease Control and Prevention has released new guidelines for eating fruits and vegetables. When it comes to fruits and vegetables, eating more often is better.

To get a healthful variety, think color. Eating fruits and vegetables of different colors gives the body a wide range of valuable nutrients such as fiber, folate, potassium and vitamins A and C. Nutrient-packed vegetables include green asparagus, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon or white onions. For more variety, try new fruits and vegetables regularly.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthful diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer and perhaps heart disease and high blood pressure.

Instead of the typical food guide pyramids on the sides of cereal boxes, the CDC is changing its approach to food recommendations. Because people are different, the CDC recommends they eat different things in different amounts.

How many fruits and vegetables people need to eat each day can vary depending on a person's age, weight and height.

The CDC recommends people include fruits and vegetables throughout the day in little ways — for snacks, toppings, side dishes or in the main meal. Whether they're frozen, fresh, canned or dried, all fruits and vegetables (including beans) count toward the daily amount.

For more information and to research fruit and vegetable needs, visit www.cdc.gov.



Missouri Hall Reconstruction
photo by Adam Kabins

Workers continue renovations on Missouri Hall as they take down the nameplate Sept. 12. Missouri Hall is the first of several residence halls that will be renovated in the next few years.

Daily Web page jolts into activity with new employees

Julie Williams
Staff Reporter

Truman State has found a jolter.

The Daily Jolt, an interactive Web site created for students by students, used to be a popular procrastination tool on Truman's campus until losing its readers, bloggers, and most importantly, the students in charge of the site, known as jolters.

The site's status will soon change, however.

For students are unfamiliar with the Web site, the Daily Jolt features resources such as restaurant reviews, current weather, transportation information (such as the La Plata train schedule and taxi companies), as well as links to several Truman sites like the Study Abroad Program and Patty's University Bookstore.

Students also can interact with each other on the Daily Jolt by

posting messages in forums and posting their favorite professor quotes. Current happenings, such as concerts in the area and entertainment, such as crossword puzzles also are available.

The Daily Jolt is a nationwide Web site that students can personalize at their college. According to www.dailyjolt.com, the site was developed by two students at Amherst College in Amherst, Mass., during the fall of 1998.

One of their friends at Brown University in Providence, R.I., then picked up on the idea and the Daily Jolt began to spread. Now 95 schools around the country have a personalized Daily Jolt site.

The Daily Jolt site still can be accessed at Truman, but it is noticeably devoid of campus activities, forum postings, poll questions and other signs of life.

Jason Lynn, a sophomore who just signed on as a jolter to update the site, said he was looking on

Daily Jolt Features

- truman.dailyjolt.com
- Professor Quotes: submit funny quotes from professors
- Forums: jobs forum Truman forum
- Ride board
- Housing board
- Restaurant reviews: Slowly updating

line for a new job and saw that the Daily Jolt was in search of a jolter at Truman. He said he is excited to bring the Web site back because it helped him in the past.

"I'd used it before ... and I thought it was really cool, but obviously we haven't had anybody

updating it for a little while," Lynn said.

Lynn said he has barely started work on the Daily Jolt, although he has created a new poll and let everyone know that he and his friend sophomore Tyler Menz are now updating the site.

He said he ultimately would like to include more features on the site and do something different than just the standard template. Lynn said he has a lot of ideas about what changes he wants to make, although at this point they remain just ideas in the works.

"The main thing is, I just want to first generate more traffic to the site," Lynn said.

Chris Miller, a Truman alumnus and former jolter, said he thinks the Daily Jolt fell out of the spotlight at Truman because there was nobody to work the site.

"I think all the aspects are there, and I know a lot of their other campuses do very well,

especially on the East Coast," he said.

Jolters are a lot like an editor in chief of a newspaper. Mark Miller, director of the Daily Jolt, said they are responsible for doing some writing for the site, moderating the forum, creating editorial content for the news box and getting people to post events. The jolter also recruits other students to work with him or her.

"The great thing about the Daily Jolt is it has all these different elements that were developed over the years in response to what students wanted," Mark Miller said.

Chris Miller said he worked on the Daily Jolt for one semester after a friend of a friend who worked on the site contacted him. He stopped because of other obligations, even though he said it was a paying position.

"It was fun to be involved in something that reaches out to the campus as a whole," he said. "There's a lot of good information

in place for students to access."

Most of the content on the Daily Jolt was user driven, Chris Miller said. As a jolter, he said he spent 15 or 30 minutes a day updating the Web site, which consisted of screening students' submissions for objectionable content before posting it on the site.

Mark Miller said the Truman site should be up and live shortly now that two Truman students have control of it.

"It's got a life that's pretty neat in that there's this technology platform that's given to this group of students on each campus," Mark Miller said.

A May 2003 survey revealed that college students spend 270 minutes each week reading the Daily Jolt compared to just 35 minutes each week reading their campus newspaper, according to www.dailyjolt.com. Half the students who use the Daily Jolt have the site as their browser's home page, according to the Web site.

Round Barn Blues

SATURDAY SEPTEMBER 24, 2005

KIRKSVILLE, MO

2 MILES EAST OF KIRKSVILLE ON ROUTE P



Carl Weathersby

Carl Weathersby is a musician with a purpose and a mission. Carl once said, 'The Blues has got to change, or it is going to die.' Carl strives to produce the sweetest and most pure musical sounds. Make sure you see this man perform. You are sure to never see or hear the same thing twice. - J.W Blues

The Bel Airs

"A knockout blend of excellent musicianship, solid vocals and pure showmanship whenever the BelAirs take the stage."
Kansas City Times

BLUE VOODOO

"First Place Winner"
2004 & 2005 Tri-State Blues Challenge
Quincy, Ill.

Gates Open 3:00 - Music Starts 4:00

Tickets \$15 - Available at the Gate

Hickory Smoked BBQ, "MO" Taters & Beverages Available

the morning...

IF YOU'RE AN EARLY RISER...



AND YOU NEED TO KNOW WHAT'S UP ON CAMPUS,



HAVE THE LATEST NEWS WAITING FOR YOU...



RIGHT IN YOUR INBOX.



www.trumanindex.com/register