

# Sodexo introduces healthy options

BY CAMILLE SMITH  
Staff Reporter

Through a partnership with MyFitnessPal, Sodexo is attempting to help Truman State students track what they eat on campus.

Truman Sodexo director Lora Cunningham said the Mindful program first was introduced at the beginning of the semester. She said Mindful foods are available for all Sodexo customers. Introducing it at Truman partially was a response to student satisfaction surveys, which indicated students wanted healthier options, Cunningham said.

Cunningham said one of the Mindful program's new features is the addition of barcodes to many of the food displays in the dining halls. She said if a student downloads the MyFitnessPal app to their phone, they will be able to scan any of the barcodes directly to the app, keeping an accurate tally of what is being eaten.

"This is one way for everyone to actually be able to keep track of how many calories you consume," Cunningham said. "We're trying to introduce this to everyone to let them know that there are lots of avenues to be able to monitor what you're eating."

Cunningham said Sodexo is placing brochures in all of the dining halls and Mainstreet Market to introduce the program to Truman and educate the student body about new Mindful program features.

Brian Thompson, Assistant Director of Food Services, is responsible for developing recipes that fit with Mindful program requirements, as well as for marketing and testing responses to the new recipes. He said so far, Mindful foods have been well-received, and the Mindful program won't produce a radical change in

the types of foods available to students.

"We want to be mindful of the intake," Thompson said. "Part of the purpose is looking at the core ingredients of our programs, making sure we choose the right ingredients. When you think of 'Mindful,' even though it's healthy for you, it still has a very appealing taste."

Thompson said participating universities are ranked gold, silver or platinum in accordance with how many Mindful options they offer. He said Truman's Mindful program hasn't received a rating yet.

"As the program starts to take off, we want to start adding more and more to that, to hopefully reach the platinum-level status," Thompson said. "That means the majority of your menu items are all mindfully-based. Ideally, we'd like to get to the platinum status as quickly as possible."

Cunningham said one of the main goals of Mindful is to cut back unhealthy components within the food. For example, she said to be considered Mindful, a soup must be below the required calorie count per serving in addition to having less than 35 percent of its calories from fat, less than 10 percent of its calories from saturated fat, zero trans fat and less than 25 milligrams of cholesterol and 700 milligrams of sodium.

Junior David Amrhein said he was impressed with Sodexo offering nutritional information with a smartphone app.

"I knew they'd put out new fliers about nutrition and eating healthy, but I didn't know you could track it in an app," Amrhein said. "I think it's interesting because with how Sodexo has it set up, in a buffet, you never know how many calories you're eating."

## NORTON | Truman alumnus starred in movies and commentated bouts after successful boxing career

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the 1976 film "Drum". He also worked as a television and radio sports commentator. He continued making radio and television appearances until 1986, when he suffered injuries from a near-fatal car accident that left him with permanently slurred speech.

Morton said even during his boxing career, Norton remembered his time at Truman fondly. He said Norton would

come to Kirksville for the Homecoming football game when he could. Norton said he had fond memories of his time as a Bulldog.

To this day, Morton said he still has a picture of his old friend hanging on the wall at his home. Though Norton has died, Morton said his friend has not been forgotten.

"When I look up at the wall, I see Kenny all the time," Morton said.

## PETS | New organization aims to provide medical resources for Kirksville's pets

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for free by bringing the pet's rabies certificate to the police station.

Thomas said the fourth goal is to encourage people to adopt pets from two local shelters, the Adair County Humane Society and Field of Dreams Rescue.

She said KV-POP plans to organize an adoption drive with the Humane Society, Field of Dreams and local businesses that cater to pet owners.

"[Both shelters] have wonderful animals, and we're not going to compete with them," Thomas said. "We just want to make sure people know those are really great options for getting a

new dog or cat."

Laci Cook, owner of local animal specialty store Pawsitive Animalworks, said her business is a corporate member of KV-POP, and she plans to assist the organization any way she can.

"It's a really positive thing," Cook said. "It's much needed in Kirksville. It's an outreach program that everyone can work together. Everyone is out for the same good — taking care of animals. This will help everyone collaborate for the same good."

Cook said anyone interested in becoming a KV-POP member or volunteering with the organization should go to kv-pop.org or find the organization on Facebook.

# Affordable Care Act enrollment opens

New healthcare law beginning next year offers healthcare options to students

BY AUSTIN HORNBOSTEL  
Staff Reporter

A new online Health Insurance Marketplace was launched Oct. 1 in preparation for the beginning of the Affordable Care Act which will directly affect Truman State students.

The Affordable Care Act, which aims to make general healthcare insurance more accessible and affordable for Americans, will become effective Jan. 1, 2014. The law also will make health care insurance a requirement for all Americans. The online Health Insurance Marketplace will allow Americans to compare different health insurance policies. Those

who do not possess an insurance plan will be fined yearly.

Brenda Higgins, director of student health, University Counseling and Disability Services, said the online Marketplace will help those without insurance to find coverage. The timeframe to purchase insurance from the Marketplace runs from Oct. 1, 2013 to March 31, 2014.

Higgins said one of the biggest advantages of the new health insurance policies will allow Truman students to stay on their parents' insurance plans until age 26. Additionally, students with pre-existing illnesses and chronic conditions will have the ability to obtain their own insurance plans if their families do not have one.

"Hopefully, students or young people who maybe do not have coverage through their employ-

ment may be able to buy into these exchanges at a more reasonable rate where they may not have been able to before," Higgins said.

Higgins said the Health Insurance Marketplace will allow customers to view potential plan choices, which are available at four different levels of varying price and coverage. One of its goals is to provide an easier and more affordable way for the uninsured to become insured.

According to information from the Northeast Regional Medical Center and the Missouri Hospital Association, there were approximately 3,419 uninsured individuals throughout Adair County during the 2012 fiscal year. Raneé Brayton, chief executive officer at NRMCA, said many of these individuals might be eligible for plans

and not know it. Brayton said the hospital is interested in helping those who do not have insurance to access.

Even though most Truman students will not have to worry about obtaining personal health insurance plans because of coverage from parents' plans, Brayton said students still should be informed about the Affordable Care Act.

Brayton said health care can be expensive for students who suffer an unexpected injury or accident.

"The costs of an uninsured hospital stay can potentially ruin your credit rating or burden you an expense before you're even able to pay for it through a full-time job," Brayton said.

Higgins said information about the bill and the online Marketplace is scarce. She said cus-

tomers throughout the nation will know more after interacting with the Marketplace themselves and seeing what types of coverage they are eligible to receive, which varies by state.

"It seems that Missouri is a little bit behind," Higgins said. "There's a lot of hesitancy in the general public and in people who are selling insurance because they don't really know the specifics yet."

Despite the lack of concrete information, Brayton said the act will have a major impact for students.

"It's a benefit that has not currently been made available, specifically to Truman students in their age category," Brayton said. "There are benefits to you to at least explore the information and see if it's a fit for you."

# Truman's Lincoln Contest Global Slavery

## Art, Essay, and Oratory Contests

Fred & Ethel Schwengel established the Lincoln Contests in art, essay, and oratory to pay tribute to Abraham Lincoln. This semester the collegiate essays will be judged by Professor Monica Barron and the speeches by Professor Barry Poyner. The art contest will be judged by Professor Rusty Nelson.

**By Oct. 31**, submit a 1000-1500 word, 3-5 page essay in response to the prompt to Barry Poyner, Barnett Hall 1110. Provide a list of "works cited" as appropriate. On a cover sheet, provide contact information, and clearly indicate if entering the essay or oratorical contest, or both. Finalists in the Oratorical Contest will deliver their speeches before the National Communication Association Student Club later in the semester. Communication Club members will assist Dr. Poyner in judging. **Essay and Oratory Prizes for 1st and 2nd places will be \$200.00 and \$100.00, respectively.**

**For the art contest**, entries should be submitted to Rusty Nelson, OP 1221 by Oct. 31 and observe the following criteria: artwork of any media is acceptable, traditional or digital output/projection - 2D and 3D. No larger than 18 x 24" for 2D work and 3ft in the round for 3D work. Projected work should be formatted for 16:9 screen ratio. Winning art will be added to the Schwengel Lincoln Collection in Special Collections at Pickler Memorial Library. **Art Prizes for 1st and 2nd places will be \$200.00 and \$100.00, respectively.**

While it is true that institutional slavery was ended in the U.S. during the presidency of Abraham Lincoln in 1865, slavery still exists in various forms both nationally and globally. According to the website <http://www.endslaverynow.com/> world-wide estimates suggest that as many as 27 million people are enslaved! Taking Lincoln's relentless campaign to pass the 13th Amendment to the U.S. Constitution as your inspiration, depict a contemporary form of slavery and then present your campaign for its abolition.

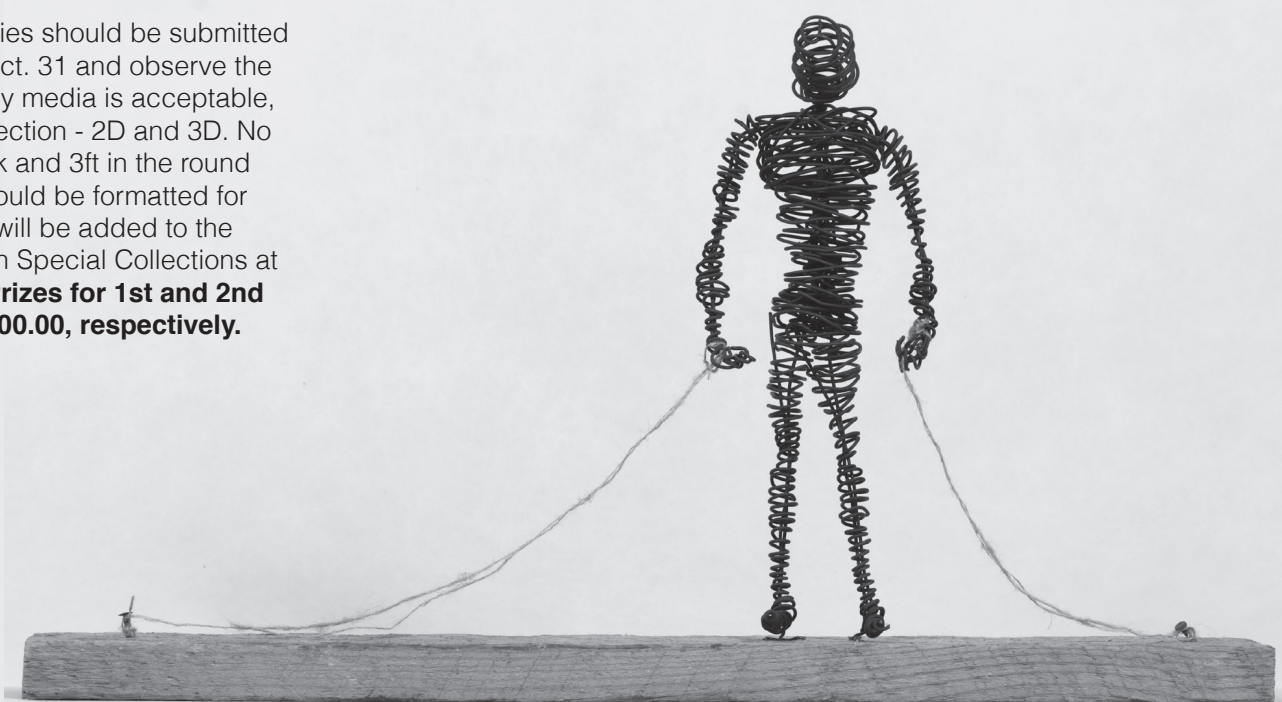
*You are the generation to end slavery.*

*Let's get slavery out of our system.*

*Find out how your life can be used to change the world.*

*Get your footprint and make some noise.*

<http://slaveryfootprint.org>



Artwork courtesy of Jeremy Garringer, 1988 Honorable Mention award winner of Schuyler Co. R-1 School