Sports nutrition adds to collegiate arms race, but does Missouri bring enough to the table?
MISSOURI OFFENSE VS. PURDUE DEFENSE

16 DAMAREA CROCKETT RB
3 DREW LOCK QB

10 JASON REESE TE
77 PAUL ADAMS RT

75 TRE’VOUR SIMMS RG
55 TRYSTAN CASTILLO C

12 JOHNATHON JOHNSON WR
6 J’MON MOORE WR

MU SPECIAL TEAMS

OFFENSE
Kicker: 19 Tucker McCann

DEFENSE
Punter: 26 Corey Fatony
Long Snapper: 86 James Workman

PURDUE OFFENSE VS. MISSOURI DEFENSE

25 TARIO FULLER RB
11 DAVID BLOUGH QB

21 ANTHONY MAHOUNGOU WR
88 COLE HERDMAN TE

70 DAVID STEINMETZ RT
79 MATT MCCANN RG

53 KIRK BARRON C
75 SHANE EVANS LG

10 GREGORY PHILLIPS WR
33 JACKSON ANTHROP WR

28 LOGAN CHEADLE CB
16 MARCELL FRAZIER DE

90 MARKELL UTSEY NT
5 TERRY BECKER JR. DT

24 TEREZ HALL LB
47 CALE GARRETT LB

22 ANTHONY SHERRELS SS
20 KALEB PREWETT LB

11 JORDAN ULMER FS

* Boilermaker’s coach Jeff Brohm said he wouldn’t name a QB until Saturday
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Be wary of playing Usher around Missouri left guard Kevin Pendleton. He may break out some moves you didn’t know were possible for a big guy.

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**STAFF**

Sports Editor: Pete Bland
Assistant Sports Editor: Brooks Holton
Director of Photography: Brian Kratzer
Creative Director: Morgan Seibel
Photo Editors: Emil Lippe, Claire Rounkles
Reporters: Peter Baugh, Tyler Kraft, Anne Rogers

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t’s Week 3, and the Missourian’s Impossible Quiz returns yet again to test your knowledge of Missouri’s upcoming football opponent.

This week features the visiting Purdue Boilermakers and their hometown of West Lafayette, Indiana. From the wide receiver who caught former Purdue/Kansas City Chiefs quarterback Len Dawson’s lone touchdown pass in the 1970 Super Bowl to the year The Boilermaker Special, Purdue’s operational train mascot built on a truck frame, made its debut and the state tree of Indiana, this quiz will leave you stumped and hopefully teach you a few things about the Tigers’ Big Ten opponent.

So, how well do you know Purdue?

1. Purdue QB Len Dawson started the 1967 and 1970 Super Bowls for the Kansas City Chiefs. To whom did he throw his only TD pass of the ’70 game against the Minnesota Vikings?
   A) Frank Pitts  
   B) Otis Taylor  
   C) Mike Garrett  
   D) Wendell Hayes

2. Purdue’s official mascot is the Boilermaker Special, a Victorian-era locomotive built on a truck frame. When did the mascot make its debut?
   A) 1890  
   B) 1908  
   C) 1931  
   D) 1940

3. West Lafayette, Indiana, was originally named after a family of wealthy land speculators from Philadelphia in 1866 before being changed to West Lafayette in 1888. What was the town’s original name?
   A) Franklin  
   B) Drayton  
   C) Gratz  
   D) Chauncey

4. Purdue graduated the first man to walk on the moon (Neil Armstrong, 1969) and the man to walk on it last, in 1972. Who was that man?
   A) Eugene A. Cernan  
   B) Charles “Pete” Conrad  
   C) Alan L. Bean  
   D) Edgar D. Mitchell

5. The Purdue football team was dubbed “The Boilermakers” in 1891 by a newspaper in Crawfordsville, Indiana, after a shutout win over which school?
   A) DePauw University  
   B) Wabash College  
   C) Indiana University  
   D) Butler University

6. Purdue was founded in 1865 by money generated from the Morrill Land-Grant Colleges Act. In what year was said act made effective?
   A) 1857  
   B) 1860  
   C) 1862  
   D) 1864

7. Former NFL QB Kyle Orton played in 43 games through four years (2001-04) at Purdue. Where does he rank in school career passing touchdowns, and how many did he throw?
   A) 3rd, 67  
   B) 4th, 63  
   C) 5th, 45  
   D) 7th, 37

8. Drew Brees played at Purdue (1997-2000) after only receiving scholarship offers from two schools. Aside from the Boilermakers, what other program offered him one?
   A) Kentucky  
   B) Baylor  
   C) Illinois  
   D) UTEP

9. What is the state tree of Indiana?
   A) Flowering dogwood  
   B) Oak  
   C) Eastern White Pine  
   D) Tulip poplar

10. Who of the following did not graduate from Purdue?
    A) Herman Cain  
    B) Orville Redenbacher  
    C) Tim Allen  
    D) Cuonzo Martin

Answer key: 1 (B); 2 (D); 3 (D); 4 (A); 5 (B); 6 (C); 7 (B); 8 (A); 9 (D); 10 (C)
Hours

North -
M - W 11am - 10pm
Th - Sa 11am - 10:30pm
Sunday 11am - 8pm

Downtown -
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PURDUE VS. MISSOURI

BOILERMAKERS WELCOME CULTURE CHANGE UNDER BROHM

Purdue has not named a starting quarterback for the Missouri game, but its offense has been strong during the first two weeks

STORY BY PETER BAUGH

Purdue football beat writer Mike Carmin has noticed a culture change since Jeff Brohm took over as the Boilermakers’ coach this past December.

Carmin — who works for the Journal & Courier of Lafayette, Indiana — saw it in the spring, and he saw it during fall camp. There is more effort. Players are buying in. They’ve embraced their new coach in West Lafayette, Indiana. “They’re tired of losing,” Carmin said. “They’re tired of getting embarrassed.”

With that said, the writer does not necessarily think Purdue is a team on the verge of winning six games and making a bowl. The Boilermakers have won only nine games since 2014, and there is a lack of depth on their roster. They don’t have SEC-level talent, Carmin said.

The game still poses an interesting challenge for Missouri. Purdue kept up with No. 14 Louisville in a 35-28 Week 1 loss, and the Boilermakers beat Ohio soundly, 44-21, in their second game. “I guess the question is, ‘Can Purdue keep up with Missouri if they’re scoring?’” Carmin said. “And while their offense has looked good in the first two games, I’m not sure that Purdue can do that right now.”

Two quarterbacks, David Blough and Elijah Sindelar, have split snaps for the Boilermakers in their opening games. Brohm is throwing a wrinkle in Missouri’s preparation ahead of Saturday’s game and said Monday he will not announce the team’s starting quarterback until game day.

Carmin said he expects the quarterback competition to continue at least through the first month of the season. Blough had stronger numbers against Ohio — throwing for 235 yards compared to Sindelar’s 60 — but Brohm’s vagueness means the Tigers will have to prepare for both. “David did a very good job (against
Ohio),” Brohm said during a Monday teleconference. “He stepped in, and he was very efficient, took care of the ball, produced points, got us into the end zone. Unfortunately for Elijah, we had some drops when he was in there, but I thought he played very well, also.”

Carmin said the Boilermakers have run an up-tempo offense so far in 2017.

"If I get the guts enough to call them, we're probably going to call them,” Brohm said.

"We haven't produced as many sacks as I would like,” the coach said. “Our secondary is going to be tested this week, and I think you'll find out after the game where we're at in that aspect.”

After running a trick play to perfection against Ohio, Brohm suggested more special play calls could be on the way.

Against Ohio, Blough handed the ball to his running back, who gave it to receiver Jackson Anthrop. Anthrop ran toward Blough and lateraled the ball to the quarterback. Blough found a tight end streaking down the sideline, and Purdue scored a touchdown.

"If I get the guts enough to call them," Brohm said.

"We're going to face a team that's in the SEC,” Brohm said. “They're used to playing good competition every week, and they have good athletes. ... We're going to have to take that next step in order to be able to compete and win the football game.”

IF I GET THE GUTS ENOUGH TO CALL THEM, WE’RE PROBABLY GOING TO CALL THEM.

JEFF BROHM, Purdue coach, about making more special play calls

The team's running game opens up the passing attack, which means Cale Garrett and the Missouri linebacker corps will be tested.

Defensively, Brohm said pressuring Missouri quarterback Drew Lock will be key. He wants his defensive line to obstruct Lock’s vision and disrupt his rhythm.

"We haven't produced as many sacks as I would like," the coach said. “Our secondary is going to be tested this week, and I think you'll find out after the game where we're at in that aspect.”

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“If I get the guts enough to call them,” Brohm said.

The Boilermakers’ coach said Barry Odom’s Missouri team poses a test. Brohm's been pleased with Purdue's effort so far but said a road victory won't come easily.

“We're going to face a team that's in the SEC,” Brohm said. “They're used to playing good competition every week, and they have good athletes. ... We're going to have to take that next step in order to be able to compete and win the football game.”

Supervising editors are Brooks Holton and Pete Bland: blandp@missouri.edu.

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FAST FIVE
QUESTIONS WITH JORDAN HAROLD

1 WHAT'S YOUR DREAM CAR?
“If I can have anything (and don’t) have to pay for it? A Bugatti.”

2 WHAT'S YOUR FAVORITE MEAL?
“My favorite meal period in the world — I’d just say hot wings.”

3 WHO'S THE FUNNIEST GUY ON THE TEAM?
(Harold laughed and nodded towards fellow defensive lineman Tre Williams.) “That’s the most funny looking.”

4 WHAT'S YOUR FAVORITE BOOK?
“I’ve got a couple favorite books. ... I’ve got ‘The Souls of Black Folk’ by W. E. B. Du Bois.”

5 WHAT'S YOUR FAVORITE CLASS YOU'VE TAKEN AT MIZZOU?
“I recently took a sociology class. I’m not sure what it’s called, but it’s close to the one I’m in now. The one I’m in now is Sociology: Race and Ethnicity. That’s probably my favorite class right now.”

Missouri senior defensive lineman Jordan Harold gets set during a drill on Faurot Field on Aug. 17, at Memorial Stadium in Columbia. EMIL LIPPE/Missourian
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t’s 6:15 a.m. on Aug. 18, and as groggy Missouri football players walk into the Mizzou Athletics Training Complex to begin another day of fall camp, I’m following director of sports nutrition Claire McDaniel as she fast-walks between her office in the MATC weight room and the student-athlete dining hall at such a pace that it’s surprising she hasn’t worn a tread into the tile flooring.

She’s made a tray of blueberry smoothies and transports them into the dining hall, stopping only to admire the bright orange clementines sitting on ice at the fruit bar. Now, she’s visiting football players’ tables to comment on breakfast choices and remind those with sickle cell anemia to fill out forms to monitor their daily eating habits. Walking down the hallway toward the weight room again, McDaniel lets out a “BEEP BEEP” to get a couple of linemen walking in front of her to let her through before complimenting redshirt senior linebacker Eric Beisel on his light blue Nike T-shirt as the two cross paths. In a supply room next door to her office in the weight room, she surveys plans for a new salad bar that’s to be installed in the MATC dining hall with manager Jeff Melegrito. Minutes later, she’s going into the training room to make sure a member of the athletic training staff is in the locker room to weigh players before they head out to the practice fields.

“I’m always going in different directions,” McDaniel said. “All the football position coaches know to stay out of my way.”

McDaniel, who swam for the University of Georgia from 2003-07, is passionate about sports nutrition because of the positive impact it had on her athletic career. After making minor contributions to the team her first season with the Bulldogs, she said she decided to become more conscious about her health. It paid off in the form of receiving women’s All-American honors during her final three seasons, winning the 2006 NCAA title in the 800-yard freestyle relay and posting a Georgia top-10 time in the 500 freestyle.

“The (UGA) coaches love that story, because I worked my ass off and I have no regrets because I did everything I could to be as good as I could,” said McDaniel, who moved to Columbia with her husband, a Missouri native, after working at the University of Denver as a sports dietitian and swim coach. She wasn’t planning on taking the director job at Missouri but saw the opening posted online and described the feeling as, “weird, eclipse-type, meant to be.”

Just over a month into her first stint as a collegiate director of sports nutrition, which oversees every one of Missouri’s 18 varsity sports, McDaniel’s plate stays full. As the only full-time staff member in MU’s sports nutrition department, she said she spends 70 to 80 hours a week in the MATC working with a rotating staff of 23 unpaid student interns to efficiently fuel and educate all Tiger athletes on proper nutritional habits. While some coaches will get their offseason at the end of the fall, the director of sports nutrition gets a new set of athletes and coaches to work with and new routines to keep.

But McDaniel won’t make it that far. Twelve days after shadowing her during Missouri fall camp, I’m called back to the MATC and enter McDaniel’s office inside the weight room. It’s midafternoon, and the director of sports nutrition is quietly sitting at her desk. McDaniel had acknowledged the reservations she had about the job’s time commitment during our first encounter, but it’s evident now that long weeks spent in the MATC — a place she jokingly compared to New York City because “it never sleeps” — have been wearing her down.

McDaniel announced her resignation as the director of sports nutrition, effective Friday, on Aug. 29 to Missouri Athletics. Despite pointing out that the Tigers are outmanned by other SEC sports nutrition programs,
McDaniel praised the athletic department for allowing her to make the headway she could in such little time and said she simply wasn’t the person for the position. “I totally think that if someone else had come into this position, they could have duded it out,” McDaniel said. “I just have different priorities in my life. The work-life balance is more important than a career, so for me, when I say, ‘I’m not the right person for the position,’ that’s very much on me.”

College athletic programs are in the midst of a facilities arms race the likes of which have not been seen before — see Clemson’s $55 million football operations center that includes a barber shop and wiffle ball field or Iowa and Iowa State’s football teams combining to allocate $3 million to supply meals, snacks and supplements for their players for the 2017 fiscal year. Sports nutrition adds yet another landscape for schools to gain a competitive edge in both preparing student-athletes for peak performance and appealing to recruits looking to make their collegiate decisions. McDaniel may have built a solid foundation for Missouri’s program to build upon with the mindset of doing more with less, but, with a skeleton crew compared to the rest of the SEC, whoever takes over as the Tigers’ next director of sports nutrition will continue to have his/her work cut out for him/her.

A job of all trades

One of the biggest surprises McDaniel faced when she took the job was just how many responsibilities fell under her jurisdiction. She had plenty of experience working with individual student-athletes and teams as a dietitian and coach, but the director job added administrative duties, such as the ordering and arranging of meals and supplements, ordering more Gatorade dispensers for the MATC and coordinating the department’s student intern program.

And, with the NCAA Legislative Council’s decision to grant student-athletes, both walk-ons and those on scholarship, unlimited meals and snacks in April 2014, the director of sports nutrition has also had to continue playing a hands-on role in the department’s daily operations.

Fueling stations in the MATC weight room containing a plethora of grab-and-go snacks — from Ritz peanut butter crackers, to Fig Newtons and every sort of protein/performance bar imaginable — need frequent stocking and upkeep. Ingredients needed to make Hydration Jell-O’s, the popular pre-practice choice of Drew Lock and the Missouri men’s basketball team, are always going more quickly than they are bought. Post-practice spreads, which include iced-down Gatorades, freshly cut watermelon and the beloved Sqwincher Sqweeze hydration freeze pops, need to be at the ready to quench the thirsts of devoted followers Damarea Crockett and J’Mon Moore, who put back four to five freeze pops after a day’s work on the field.

Between stocking fueling stations when she arrives at the MATC around 6 a.m. and overseeing the football team’s evening snack when film sessions wrap up around 9 p.m., Missouri’s director of sports nutrition must also take the role of teacher. McDaniel began scheduling one-on-one meetings with every MU student-athlete to help set personal nutrition and fitness goals for the fall. During fall camp, she would give brief nutrition talks to the football team after players wrapped up their afternoon lifts. On Aug. 30, she addressed the entire Missouri swimming and diving team at the Mizzou Aquatic Center.

“There’s all these different things a department does, and a department of one cannot do it very well,” McDaniel said. “And I only do things very well, so I’m tired, because I can’t just say, ‘Oh, I’ll do it tomorrow.’ Some things I have to push back because there just aren’t enough hours of the day.”

At mealtimes, she circulates the MATC dining hall and will often walk players through how to prepare optimal plates: from protein-packed bowls of oatmeal for breakfast to colorful, healthy salads at lunch and dinner.

“Sometimes you have to go to three places in the dining hall to get one good, healthy meal,” McDaniel said. “It’s not always all in one place.”

The director of sports nutrition, like a coach, also

“I JUST HAVE DIFFERENT PRIORITIES IN MY LIFE. THE WORK-LIFE BALANCE IS MORE IMPORTANT THAN A CAREER, SO FOR ME, WHEN I SAY, ‘I’M NOT THE RIGHT PERSON FOR THE POSITION,’ THAT’S VERY MUCH ON ME.”

CLAIRE McDANIEL, director of sports nutrition

Missouri’s program to build upon with the mindset of doing more with less, but, with a skeleton crew compared to the rest of the SEC, whoever takes over as the Tigers’ next director of sports nutrition will continue to have his/her work cut out for him/her.
A survey of the SEC's sports nutrition landscape is lined out in a PowerPoint presentation put together in March 2017 by members of the sports nutrition staff at the University of South Carolina. At the time, MU director of sports nutrition Ryan Reist (salary of $85,000 according to the MU 2016-17 salary database) oversaw two department employees: clinical dietician Samantha Therry (salary of $50,000) and intern Nicolette Newquist (hourly rate of $20.60). The department of three, along with Vanderbilt’s, were the only programs in the conference to chose not to participate in the survey.

Reist, who had been with Missouri Athletics since 2015, and Therry were fired this summer. Newquist kept the department afloat until McDaniel was hired in late July and now works as the New York Jets’ team dietician.

With the department overhaul, the Tigers’ program is below the SEC average of 2.4 full-time sports dietitians working in athletics. Florida leads all schools in the conference with six. Georgia is the only other program close, with five.

The Gators even have a sports dietician dedicated solely to working with their football team. McDaniel believes Missouri should follow a similar strategy in the future, because the team significantly outnumbers the 17 other varsity sports in terms of roster size.

“Every team should have (its own nutritionist), just like every team has their own strength and conditioning coach,” McDaniel said. “Maybe that coach works with a couple of different teams, because you only lift once a day, where you eat five or six times a day.”

Missouri is one of five SEC programs — Arkansas, Kentucky, Mississippi and Mississippi State — that employs one full-time sports dietician in its athletic department. But the Razorbacks, Wildcats and Rebels all employ two part-time sports dietitians, while the Tigers and the Bulldogs leave one full-time employee...
McDaniel has had nothing but good things to say about the way MU student-athletes have welcomed her into the new position. That doesn’t change MU’s whopping 1-to–approximately-500 ratio of sports dietitians to student-athletes. It’s the largest in the conference by far, with Mississippi State posting the next-highest ratio at 1-369, according to the presentation put together by South Carolina’s staff.

“Mizzou — you try to do more with less. That’s like the motto, right?” McDaniel said. “But then you have people working really long hours.”

An open records request showed Missouri athletics allocated $404,594 of its $90,455,909 revenue budget for the 2017 fiscal year to the sports nutrition program. The department is projected to allocate $408,915.10 to the department for the 2018 fiscal year. The Missourian reached out to associate athletic director Brian Brown, who oversees the department, for comment, but Brown declined to comment until a replacement for McDaniel has been named.

McDaniel said she hoped her short time in Columbia combined with her departure would serve as a catalyst for MU to move the department in the right direction. If the athletic department decides to not bring on additional department members to alleviate the workload that falls to the new director of sports nutrition, it could mean that whoever gets the job will face the same demanding schedule that burnt McDaniel out of the gig before she could get three full months under her belt.

McDaniel stressed the need to enlist grad students in the internship program and to further empower interns to pursue bigger projects. Specifically, she hopes MU can ramp up the department’s social media presence to advertise the changes that have been made to the MATC dining hall and provide another outlet for student-athletes to learn proper nutrition.

“That’s what you want, because then the athletes are coming in, they’re interacting with other athletes, and it’s just a family,” McDaniel said. “It’s a powerful experience.”

Building a foundation

Toward the end of my Aug. 30 interview with McDaniel — the day after she announced her resignation — she describes the role the director of sports nutrition plays in the buildup to Missouri’s season opener against Missouri State. She realizes that, barring an unforeseen team-wide case race Friday night or players eating five Big Macs for breakfast Saturday, she’s done about all she can do to prepare the Tigers for game day.

“Part of it, I’m like, ‘They’re going to be out there playing their hearts out no matter what food is in their body,’” said McDaniel, who will be moving to Canada with her husband to pursue her private dietitian practice. “In my opinion, what’s been done one week, three weeks, five weeks, six months before the game is going to affect their performance more than (what they’re doing the week of), except if they’ve totally messed up.”

Her run in Columbia may have been short-lived, but what McDaniel leaves behind is a solid foundation made through simple changes in program culture. She’s educated student-athletes with the nutritional information they need to understand why they should make healthier decisions. She’s worked with the nutritional information they need to understand why they should make healthier decisions. She’s worked with the MATC staff to upgrade the unlimited dining hall so it provides fresh and tasty options on a consistent basis. She’s empowered student-athletes with hands-on learning and by showing a genuine excitement toward steps being made in the right direction.

In return, McDaniel has seen the student-athletes buying in.

“When they see you excited about it, just like in coaching, it’s contagious,” McDaniel said.

Football players will always love to pig out, but talk with members of Missouri’s offensive line — average weight of 326 pounds — and you’ll see healthy eating is catching on. Where members of the position group admitted to avoiding the vegetable section of the MATC dining hall last season, opting instead for pizza and to-go boxes stuffed with the brim with macaroni and cheese, Kevin Pendleton and Tyler Howell said the group has been embracing the healthier options in the MATC recommended by McDaniel: cinnamon in oatmeal and flax seeds, chia seeds and chickpeas as salad toppings.

“Try it. That was her whole approach. ‘You never know until you try it,’” Pendleton said. “She tries to make it relatable, have guys talk about stuff like, ‘Hey, there are some olives over at the salad bar.’ Just little stuff.”

“They’re fresh,” adds Howell, who flashes his best TV-commercial smile to amplify the olive co-sign.

When McDaniel leaves the MATC for the final time on Friday, she’ll leave behind a group of nutrition-conscious athletes. The question is, will Missouri athletics capitalize on the movement while it’s fresh on their minds?

Supervising editors are Ron Davis and Pete Bland. bland@missouri.edu.
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TODDLERS TO TIGERS
KEVIN PENDLETON

Before he became a starting left guard, a young Pendleton danced his way to the center of attention.

In the immediate aftermath of the release of “U Remind Me” by Usher, Kevin Pendleton was dancing.

It didn’t matter who came over to the house or how long they had been around him — Pendleton made sure to show off his moves. Eventually, the 5-year-old was able to memorize all of the lyrics and combined them with his dancing, doing his best to impersonate the R&B singer.

“He would do that for everybody that came to the house,” Amy Walker, Pendleton’s sister, said. “You had to watch Kevin dance.”

Pendleton’s displays were usually done to catch the eye of anyone who might be looking.

As one of the middle children of the house, with three elder and four younger siblings, there wasn’t always enough attention to go around. Walker, who is 10 years older than Pendleton, remembers Pendleton as always vying for everyone’s eyes.

“He always loved to be the center of attention,” Walker said. “He loved music and sports. He was a little ham; he wanted everybody to pay attention to him.”

When he wasn’t dancing, Pendleton could be found playing football. By the time he was a toddler, he was already throwing a football with his dad.

He may have been playing backyard football whenever he could, but Pendleton didn’t actually start playing organized football until he started middle school. With so many kids already on her hands, Pendleton’s mother, Barbara Heizman, didn’t emphasize joining organized sports when her kids were younger.

When he did finally put on pads and a helmet, his coaches immediately knew they had a lineman on their hands.

“He was always a bigger kid,” Walker said. “I feel like he learned how to use his size to his advantage. … I think he tried a couple different positions. He tried defense at first, and then he kind of moved around the offensive line.”

Once he had his first taste of football, Pendleton always wanted more. His family never had a problem getting him to go to practice or games. If anything, they had to peel him away from the gridiron from time to time.

“I think he always looked forward to it,” Walker said. “Even in high school, he was always so hyped up for the games and has always been motivated to do it.”

Pendleton’s focus on football paid off, as the big kid turned into a big recruit, garnering attention from schools such as Arkansas, Kansas State and Nebraska. During his senior season of high school, he helped lead Lee’s Summit West to a Missouri Class 5 state championship along with current Missouri defensive back Logan Cheadle.

Now Missouri’s starting left guard, Pendleton still enjoys grabbing attention. When not practicing, he can often be heard cheering on teammates while they are talking to reporters or seen racing his fellow linemen off the field at the end of practice.

The only thing missing from his antics have been his dance moves. Missouri’s DJs typically stay away from Usher’s early-2000s hits, but if they ever decide to throw it back, look for big No. 71 laying everything out no matter who is watching.

 Supervising editors are Brooks Holton and Pete Bland: blandp@missouri.edu, 882-5729.

Missouri offensive lineman Kevin Pendleton (71) puts pressure on Arkansas defensive lineman Taiwan Johnson in the final quarter of the Tigers’ Nov. 25 game against the Razorbacks at Memorial Stadium. Missouri won 28-24. LIV PAGGIARINO/Missourian

Surrounded by sports equipment, baby Kevin Pendleton poses for a portrait. Photo courtesy of AMY WALKER
‘HYDRATION JELL-O’S’ FUEL ATHLETES

STORY BY BROOKS HOLTON

What’s the one thing Missouri quarterback Drew Lock can’t go without before he takes the field for a day of practice? A purple Jell-O shot.

“I started doing it, put a good practice together. Did it again, and put another good practice together,” Lock said. “It became one of those things where I’m like, ‘All right, I gotta have a Jell-O shot before I go out to practice. Because if not, it’s going to be a bad day.’

It’s not what you think — promise.

The Jell-O shots, dubbed “Hydration Jell-O’s” by Missouri director of sports nutrition Claire McDaniel, have become a staple of Tigers athletics since she arrived in Columbia and took over the position in July. Rows upon rows of the colorful — and sometimes clear — miniature plastic cups are a familiar sight to Missouri football players both on a counter outside the Mizzou Athletics Training Complex dining hall before practice and on foldout tables near the ice baths afterward.

“The goal, Baar writes, is to prevent the musculoskeletal injuries — injuries involving soft-tissue muscles, tendons and ligaments — that account for more than 70 percent of injury time away from sports.

And, because the irony isn’t lost on McDaniel that she’s fueling student-athletes with a concoction commonly used to fuel boozy nights out on the town, she let’s the team know where she stands on alcohol use from the get-go.

“If Jell-O just isn’t your thing, it’s OK — you’re not alone. Missouri coach Barry Odom said during fall camp he didn’t know the Jell-O existed and that he’ll “stick to good old H2O.”

What Odom did endorse, however, was the job McDaniel has done since taking over as the director of sports nutrition. She’s very knowledgeable, and I admire her work ethic and the way that she works to build relationships,” Odom said.

“I make it very clear that alcohol will never be used from the get-go. I go out to practice. Because if not, it’s ‘All right, I gotta have a Jell-O shot before I go out to practice. Because if not, it’s going to be a bad day.’

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McDaniel, however, announced her resignation from the position in late August, and Friday will be her last day in office. Rest assured, though — the 23 student interns who help with the department’s supervision from the position in late August, and Friday will be her last day in office. Rest assured, though — the 23 student interns who help with the department’s supervision.

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MILLER JR. KEEPS MISSOURI FOOTBALL LOOKING FRESH, ONE ‘SLICE’ AT A TIME

Missouri freshman linebacker Aubrey Miller (40) walks past teammates before the Tigers’ Sept. 2 game against Missouri State at Memorial Stadium. Miller started cutting teammates’ hair when he arrived in Columbia this summer. JESSI DODGE/Missourian
Aubrey Miller Jr., Missouri freshman linebacker from Memphis, Tennessee, labeled himself the “team barber” after arriving in Columbia this summer ahead of fall camp. He said he was available to cut his new teammates’ hair, and they’ve taken him up on that.

Miller’s Twitter is full of marketing videos that show off haircuts he’s given to friends and family. A lot of the tweets feature what appears to be his barber catchphrase: “Come get sliced.” “A lot of people had seen those videos when I came to Mizzou,” Miller said. “I just convinced people that I could do a good job, and now everyone wants me to do it.” Miller’s most frequent client on the team is redshirt sophomore wide receiver Johnathon Johnson. Johnson saw Miller’s haircut videos on Twitter before Miller joined the team, and after the first football meeting of the summer, Johnson approached the newcomer. He wanted to get sliced.

“I told him, ‘You’re cutting my hair; let’s go,’” Johnson said. “He thinks he’s a barber, for real. But he’s pretty good, actually.”

Johnson said he usually gets an even haircut all over with a taper, which means a gradual trim that results in decreased hair length around the ears and back of the head.

Miller got his start in the haircutting business when he was in middle school. He said his mom didn’t want to pay to go to the barber, so Miller set up shop at home. His first haircut was on his brother, and Miller laughed when he reminisced about it years later. “I messed him up,” Miller said. “I had his lines slanted and everything. I cut his hair with some shaving clippers, so his lines were dull. It was horrible. As I went on, though, I got better. I think I’m one of the best barbers now.”

As Miller became more confident in his haircutting, he began to experiment with different styles and developed his own techniques. For example, his “drop fade” is like a mohawk, except the hair at the back of his head fades. “My favorite style would probably be the drop fade or burst tape,” Miller said. “I like to experiment around with everything. You have to check it out on my Twitter.”

In addition to becoming more confident technique-wise, Miller, Johnson said, is hilarious when he cuts hair, talking shop like a barber. Johnson said he won’t go to anybody else anymore for a haircut. “(Miller) always puts on a comedy show,” Johnson said. “It’s like a real barber shop. He’ll be cutting your hair and talk super quickly and be like, ‘Look at this. You like this? I’m gonna fade your sides,’ or something like that. He’ll always put the mirror on you and ask you questions and (be) making sure you like what he’s doing. He’s good at what he does.”

Supervising editors are Brooks Holton and Pete Bland: blandp@missouri.edu, 882-5729.
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