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Turmeric may help lower breast cancer risk

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Turmeric may help lower risk of breast cancer after exposure to hormone replacement therapy, U.S. researchers say.

The study, published in the journal *Menopause*, found curcumin -- a component of the spice turmeric -- delayed the first appearance, decreased incidence and reduced multiplicity of progestin-accelerated tumors in an animal model. Progestin is a synthetic progestagen that has effects similar to the hormone progesterone.

Curcumin also prevented the appearance of gross abnormalities in the mammary glands, the study says.

"Curcumin and other potential anti-angiogenic compounds should be tested further as dietary chemopreventive agents in women already exposed to hormone replacement therapy containing estrogen and progestin in an effort to decrease or delay the risk of breast cancer associated with combined hormone replacement therapy," study co-author **Salman Hyder of the University of Missouri in Columbia says in a statement.**

The researchers say curcumin inhibits progestin-induced secretion from breast cancer cells of a molecule called VEGF. In previous studies, the Missouri researchers found progestin accelerated the development of certain tumors by increasing production of VEGF.

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ST. LOUIS POST-DISPATCH

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Why Benton-Stadler and Ellis Fischel were not in UM bond issue

By: Kavita Kumar

As promised, I'm returning with an answer as to why the Benton-Stadler science building at UMSL and the Ellis Fischel Cancer Center and MU were not included in the University of Missouri's \$332 million bond issue. Those two buildings are apparently the school's top building projects, but have been in limbo for years as they await state funding. But they are not amongst the dozen projects being funded by this bond issue. (The Missouri General Assembly did approve funding for both buildings in the last session, but Nixon has frozen those funds to help fill a state budget shortfall. It's unclear if and when that money will be unfrozen.)

As I suspected, the reason these two buildings were not included is because they are not revenue-generating facilities and so the school would not have a source of funds to pay back the debt service on them. That's what Nikki Krawitz, the system's vice president for finance and administration, told me in an email.

She said that while the patient care provided at Ellis Fischel would generate some revenue, it would not be enough to support \$30 million in debt. She added that the health system does not have enough debt capacity to absorb it either.

But apparently an eight-floor hospital tower that is included in the bond issue will make enough revenue to pay back the debt service. That project is included in the bond issue. A new Ellis Fischel is to be on the first two floors of that building. Krawitz said that even though part of the shell of the center would be constructed when the patient tower is built, that the price tag for Ellis will remain at \$52 million — \$31 million of the university is hoping to get from the state.

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Building projects get boost

UM issues bonds for \$332 million.

By Janese Heavin

Published July 16, 2009 at 4:37 p.m.

Updated July 17, 2009 at 1:26 p.m.

The **University of Missouri System** has issued \$332 million in bonds to finance more than a dozen facility projects throughout its four campuses, with the majority of the money benefiting the Columbia campus.

The fixed-rate bonds — which comprise \$256.3 million in Build America Bonds and \$75.76 million in tax-exempt bonds — will fund new construction and facility upgrades.

Build America Bonds, part of the federal stimulus package, are intended to give local entities a chance to finance projects at lower borrowing costs. The bonds are taxable and give borrowers a 35 percent federal rebate on the interest paid. The overall interest cost of the university's bond issue is 3.843 percent.

"I can't think of a better time for the university to explore new and creative mechanisms than now, and the Build America Bonds are an ideal fit for the university," system President Gary Forsee said in a prepared statement. "Through the federal stimulus package, the university is able to use debt financing for revenue-generating facilities such as student housing and a new patient-care tower."

In Columbia, \$120 million from the bond package will help construct a new health care facility. The four-story Missouri Orthopedic Institute will provide surgery, diagnostic and treatment spaces, and an eight-floor patient tower will provide space for operating and patient rooms, as well as Ellis Fischel Cancer Center.

The university expects to issue another \$20 million in bonds to continue that project and is relying on donations and state funds as well. Lawmakers allocated \$31 million for Ellis Fischel this past legislative session; however, Gov. Jay Nixon has since frozen that appropriation.

"Obviously, the bonding is just a portion" of the total, "so we're depending on supplemental funding from the state for Ellis Fischel to pay for that part of the project," UM Health System spokeswoman Mary Jenkins said.

The bond package also will pay for other projects on the Columbia campus, including:

- Energy management improvements and additions, \$62.1 million.
- Renovation of Hudson Hall and Gillett Hall residential facilities, \$33.1 million.
- Construction of a new 526-bed residence hall and renovating Defoe and Graham residence halls, \$4.3 million.

Additionally, the university will use \$35 million from the bonds to make repairs and renovations at several buildings throughout the four campuses.

The system pays about \$65 million in annual debt service on roughly \$836 million in outstanding debt. The new bonds will increase that debt to almost \$1.2 billion and annual debt service to \$85 million.

Reach Janese Heavin at 573-815-1705 or e-mail jheavin@columbiatribune.com.

Housing crunch continues at MU

Applications increase as renovations persist.

By Janese Heavin Friday, July 17, 2009

Even with three new residence halls opening on campus this fall, the **University of Missouri** will again lease space from two private apartment complexes to accommodate a large incoming class and more returning students wanting to live in campus housing.

With Hudson and other residence halls either closed or closing this year for renovations, the net gain on campus will be 350 beds, Residential Life Director Frankie Minor said. Originally, officials thought an additional 400 beds at Campus View apartments — a cluster of spaces referred to as Tiger Diggs — would be sufficient. But later in the spring, the university decided to lease another 200 beds at Campus Lodge, otherwise known as Mizzou Quads.

This year, the incoming class is expected to be slightly smaller than last year's record-breaking freshman class. About 5,700 freshmen, 100 fewer students than last year, are expected to show up on opening day, according to July 1 estimates from Ann Korschgen, vice provost for enrollment management.

Although 40 percent more returning students have applied to live on campus this fall, Minor said he doesn't expect all of them to actually move in. Some, he said, secure campus housing but over the summer months "convince Mom and Dad to let them move off campus."

The Tiger Diggs and Mizzou Quads choices are popular for students wanting to transition from life in residence halls to off-campus living. Two miles from campus, the apartments provide extra amenities such as kitchens and washers and dryers, but MU policies prohibiting smoking and drinking still apply.

"They're a good halfway point between campus and independent living," Minor said. "And in many cases, it's the only way parents will let them live off campus."

University of Missouri Police responded to calls from the extended campuses last year, but nothing significantly different from the calls from other residential facilities, Capt. Brian Weimer said.

"There was nothing greatly skewed or out of line that caused us problems or concerns," he said.

Minor said a Residential Life priority is to provide a range of living options for students. For instance, the new residence halls — Hawthorn, Dogwood and Galena — offer traditional rooms as well as four-person single suites, which connect single bedrooms with shared entryways and restrooms. Minor thinks those options and the newer facilities make on-campus living more attractive for returning students.

“Students have become very good consumers,” he said. “They know they’ve got options, and they explore what’s best for them.”

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Crawford found guilty again

Jury rejects theory of bullet's ricochet.



Photo by Parker Eshelman

From left, murder victim Charley Blondis' uncle, Robert Krzeminski, and parents, Tom and Alba Blondis, thank Boone County Assistant Prosecutor Andrew Scholz, far left, Thursday after Taron Crawford was found guilty of second degree murder and armed criminal action in the 2003 shooting death of Blondis.

By Joe Meyer

Published July 16, 2009 at 8:57 p.m.

Updated July 17, 2009 at 1:24 p.m.

Taron Crawford is a convicted murderer for the second time.



Photo by Parker Eshelman

Crawford, standing between defense co-counselor Sara Watson and public defender Tony Manansala, listens to the jury's verdict Thursday.



Blondis

After less than two hours of deliberations, a Johnson County jury yesterday convicted Crawford, 26, of Kansas City, Kan., of second-degree murder and armed criminal action in the shooting death of **University of Missouri student Charley Blondis.**

A previous conviction and 25-year prison sentence were vacated because Boone County Circuit Judge Gene Hamilton ruled that Crawford's trial attorney had been ineffective.

The second trial was not easier for the family of Blondis, a 20-year-old who died from a gunshot wound to the heart outside a house party in north Columbia in 2003.

"It was very difficult for all of us to relive this trial," said the victim's mother, Alba Blondis of St. Louis. "Our son is dead, and every day we live with that reality."

During two days of evidence in the retrial, Crawford's defense argued that the shooting was in self-defense and that the fatal bullet ricocheted before it struck Blondis early Nov. 16, 2003, outside a duplex on Riva Ridge Court.

Sticking to claims he told police and testified to during the first trial, Crawford told jurors he fired the .22-caliber handgun straight into the air to break up a fight. Crawford's original defense did not argue the ricochet theory.

"I think the reality and truth arose from that fog and prevailed," Alba Blondis said, adding that "the very idea of a ricocheted bullet was ludicrous."

Boone County Assistant Prosecutor Andrew Scholz said after the verdict that a thorough police investigation made it easier to make arguments the jury could believe. During a closing argument, Scholz highlighted Crawford's statement to police that he shot the gun and his actions after the shooting of fleeing and throwing away the weapon.

"He has admitted his own guilt in this case, ladies and gentleman," Scholz said. "Essentially, he has confessed to this. He's shown you what he did. He's shown you with his actions that he's guilty, and you should find him guilty."

Public defender Tony Manansala told the jury that damage to the bullet meant it ricocheted before hitting Blondis.

"Taron, he did not mean to shoot this person," Manansala said. "The physical evidence supports what he's saying. It's not a murder."

Manansala declined to comment after the verdict but said the defense would file an appeal. Hamilton scheduled sentencing for Aug. 17; Crawford will face between 10 years and life in prison for murder and at least three more years for the weapons charge. The jury did not make a sentencing recommendation because Crawford was tried as a prior offender.

Alba Blondis said she would welcome a longer sentence for Crawford than the one he originally received. The victim's father, Tom Blondis, pointed to Crawford's previous felony convictions and the fact that he was on probation at the time of the shooting.

"I think he really represents a danger to our society," Tom Blondis said. "His lies are endless."

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The Tribune's View

City economy

The retail phenomenon

By Henry J. Waters III

Sunday, July 19, 2009

A recent study by the city of Columbia and the University of Missouri compared our city's 2002-2006 economy with 24 comparable communities around the nation. We were first in one category: retail job growth.

We ranked sixth in manufacturing job growth and 17th in technology.

Columbia's retail strength produces a lot of sales tax revenue, a major source for the city, but at \$21,568, the average annual compensation for Missouri retail jobs, high-tech jobs at \$66,505 a year look better. We're holding our own with medical and insurance employment, other estimable categories.

The proper reaction to all of this is we want more of the above. Retail provides an important source of entry-level jobs. High-tech activity should get a big boost from recent moves by the university and the city to create high-tech enterprise.

For years Columbia and MU lagged in economic development activities. Give former UM President Elson Floyd credit for pushing the envelope. Causing considerable trauma within his own organization, Floyd broke the mold by moving aggressively to build political and physical infrastructure to promote economic development. City and state governments responded with projects such as the overpass at Discovery Ridge. Private industry provided grants.

The relationship between private industry and public university research is tricky and bears careful monitoring, but if all the legitimate goals are accommodated, the payoff can be great for research and teaching as well as community economic benefit.

In the last 10 years, competent development officials have been added to university staff pursuing big-dollar research and development. It can't happen overnight, but our high-tech job component will respond. Our future is not in manufacturing auto parts, though we will do all that we can do advantageously. It is in arcane areas most of us never heard of. To be positioned for that future is promising, indeed.

Leaders have two important characteristics.

First, they are going somewhere.

Second, they're able to persuade other people to go along with them.

This article was published on page D2 of the Sunday, July 19, 2009 edition of The Columbia Daily Tribune.

Niche: A weekly peek at an area artist

James Miller

James Miller



Photo by Parker Eshelman

By Aarik Danielsen

Sunday, July 19, 2009

The essence of James Miller's art is his ability to capture the essence of others.

COMING UP FRIDAY

A reception for Jim Miller will be held from 5 to 7 p.m. Friday at the **Bingham Gallery at A125 Fine Arts Center on the University of Missouri** campus as part of the Artrageous Friday event.

A University of Missouri theater professor with credits on more than 100 musicals, Miller has used a wide array of creative tools to equip his actors, inspiring them as they bring a playwright's words to life. Of those tools, perhaps none is more necessary to achieving his vision as a director than his ability to cast his vision onto a piece of paper.

Miller has been celebrated as a costume designer by the Speech and Theatre Association of Missouri and the American College Theatre Festival. His designs have been featured in the International Exhibit of Design for the United States Institute of Theatre Technology. However, for all the praise, the most significant aspect of Miller the designer is his use of a feature many other designers leave blank: the face.

"The face was always the most interesting thing to me about a rendering," he said. In his drawings, as much attention is given to the face of the character as the costume. Being able to draw the character for the actor, even sketching the character to resemble the actor is "the biggest directing tool in the world," doing more to create an identity than talking about character analysis for days, he said.

"An actor's face is the biggest part of his costume," Miller said.

A long-deserved sabbatical — Miller requested his first respite from the university after 28 years rather than the typical seven — provided Miller three months to apply the same skill he uses in depicting a character's face to completing a far more intimate task: putting a face on his hometown.

Applying the first rule of writing — write what you know — to his art, Miller set out to capture the essence of Woodville, Miss., the historic town once inhabited by Confederate president Jefferson Davis and composer William Grant Still. Miller returned to Columbia with 150 character studies — capturing nearly 10 percent of the small town's residents — enough material to compile what one colleague called "a visual 'Our Town.'" His exhibit, "Facing Home: Paintings and Drawings from Mississippi," runs through Aug. 6 at the Bingham Gallery on the MU campus. The exhibit shows the translation of Miller's talents from all the world as a stage to the real world.

"A costume design is an attempt to help an actor create a character," he said. "Painting a person as a figure study or as a character study is just capturing what's already there."

Miller, 60, has not lived in Mississippi for 36 years, yet its effects on him are unmistakable. When referencing Woodville, he consistently speaks of the town not just as where he was raised but where he was "formed."

A true son of the South, his full name — James Madison Miller V — has the ring of gentility and tradition, a name befitting a man whose family has inhabited the region for six generations. As

such, the artifacts of his sabbatical are naturally and inextricably linked to the work of other Southern artists and writers.

Yet there are more universally recognizable themes at the heart of "Facing Home." In a written introduction to the show, Miller recalls the words of MU theater colleague Weldon Durham, who "always said that you spend the first half of your life trying to get away from home and the second half trying to get back — either physically or metaphorically."

Artists with small-town roots often leave home to see the world, to view paintings and buildings and all manner of glorious things, Miller said. Yet the wisdom and maturity that accompany age helped Miller see those very things had been present in Woodville from the beginning.

"It's not like I had to go away to be influenced artistically," he said. "I just had to go away to confirm what I had been given and what I had seen and what I had grown up with."

The other prevailing theme of "Facing Home" is human dignity. Miller sought out to portray Woodville residents of all different backgrounds and socioeconomic statuses. His intentions are evidenced in the diversity of his subjects: bankers and local bureaucrats, gardeners and restaurateurs, a jazz musician displaced by Hurricane Katrina. Miller's subjects are truly equalized by the moment in which he caught them, as he captures the town's mayor in a sweatshirt and a grocery clerk dressed as if she were "a New Orleans society woman."

Perhaps it is the face of "Facing Home" that most personifies Miller's desire. The portrait used to advertise the exhibit is of a mentally challenged man Miller grew up with, now the town custodian. In Miller's eyes, the man becomes "a monumental figure of strength and simple human dignity."

Walking through the exhibit with Miller, it's clear that he has a storyteller's eye for detail. His great affection for the people of Woodville cannot be contained as he walks from one end of the gallery to another, sharing a personal detail or point of connection about almost every picture. Someday, Miller hopes to write a book to complement his paintings and drawings, but for now the exhibit contains almost no biographical details about his subjects. Just a name and a profession. Just enough to allow passers-by to create their own narratives. Just enough to get the essence.

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