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TIME

Ranking the Residences: Georgia State Tops Nation's Best College Dorms

By: Zoe Fox

For most people, recalling their college dorm elicits some strong emotions. For some, it's where they drink their first beer. For others, it's the inescapable scent of the never-vacuumed carpets.

Now, a new dorm review website DormSplash.com has ranked the nation's best and worst. [See the complete lists here.](#)

Colleges dorms come in all shapes and sizes. But if you're looking for the best, Georgia State University takes the cake. Other schools following closely include University of Missouri-Columbia, Winona State University and Loyola University in Maryland.

The individual winner of best dorm in the country was St. Basil's Court (La Salle University), followed by Lucas Hall (Winona State University), Farley Hall (Villanova University) and University Commons (Georgia State University).

Do you remember your college home as miserable or dilapidated? Garner Hall (University of Illinois-Urbana Champaign) tops the list as worst dorm in the country. Similarly dreadful conditions can be found at Commonwealth Hall (George Mason University), Darnall Hall (Georgetown University) and President's Park (George Mason University).

If you're looking for a party, Briscoe-Shoemaker (Indiana University-Bloomington) tops the nation's on campus residences. Also flipping cups and tossing pong balls are the residents of Riepe College House (University of Pennsylvania), Lucas Hall (Winona State University) and Bobb-McCulloch (Northwestern University).

The nation's hottest students live in Hurst Hall (Mississippi State University). Other halls noted for their looks include Ragans Hall (Florida State University), Welsh Hall (Villanova University) and Wildwood Hall (Florida State University).

Beyond looks and amenities, the study ranked resident assistants (RAs). Rice University came in first, followed by Yale University, Kansas State University and North Carolina State University at Raleigh.

ST. LOUIS POST-DISPATCH

Detecting colon cancer without colonoscopy

BY CYNTHIA BILLHARTZ GREGORIAN • cbillhartz@post-dispatch.com > 314-340-8114
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Several years from now, researchers at the University of Missouri say, fewer people may have to endure the discomfort and indignity of a colonoscopy.

Instead, doctors and laboratory technicians will study feces.

And we'll have a couple of veterinarians to thank for it.

Craig L. Franklin, associate professor of veterinary pathobiology in the MU College of Veterinary Medicine in Columbia, and a team of colon cancer researchers, have found biomarkers in mouse feces that predict the same types of colon cancer associated with some inflammatory bowel diseases such as Crohn's disease and ulcerative colitis.

The team's original mission in 2008 was to test cancer treatments on mice. Franklin's job was to give a bacterium to the rodents that would induce colon cancer in them.

At the same time, he was participating in a parallel project with Dr. Matt Myles, assistant professor of veterinary pathobiology, and Linsey Krafve, an undergraduate student, that was looking for biomarkers for their inflammatory-bowel-disease mouse model.

"But then we got this idea that maybe we could back up and find markers in their feces which would tell us which ones would ultimately get colon cancer," Franklin said.

Three weeks after giving bacteria to the mice, the team was able to identify several markers that predicted which ones would get colon cancer and which wouldn't.

"The novel thing was most people don't think of looking at feces because bacteria and other things can rapidly degrade RNA," Franklin said. "But we said we'll try anyway. And it worked fabulously."

Technology has improved immensely in recent years, allowing them to better preserve the RNA, which encodes genetic information. Some viruses use RNA instead of DNA as their genetic material.

Franklin said their studies might be applicable to humans if researchers can find a similar marker or series of them in human feces.

The studies were the result of the university's Comparative Medicine Program which couples residency training in laboratory animal medicine with biomedical research training.

He said there's a dire need for more veterinarians in biomedical research that centers on human disease.

"They bring a unique perspective to the table, because they generally approach scientific questions with a comparative mind set and they know the animal," he said. "Since animals are commonplace in studies of human disease, the latter is critical. Several publications in the past decade have highlighted this need and the National Institutes of Health actually have targeted funds to support the training of veterinarians in biomedical research."

Aaron Ericsson, a veterinarian and post-doctoral researcher at the University of Missouri and a member of the research team, notes that many people put off colonoscopies longer than they should because of their invasive and unpleasant nature.

"That unpleasantness is negated with this test," he said. Experts recommend people get routine colonoscopies starting at age 50.

Experts don't know what causes colon cancer, but believe that certain genes and certain inflammatory bowel diseases make some people more susceptible than others.

There's also a theory, Franklin said, that an inflammatory event can kick off or contribute to some forms of cancer.

As Franklin sees it, studies on humans would mean collecting fecal samples on a regular basis from those who are either genetically susceptible to colon cancer or have an inflammatory bowel disease.

"Then we could look back and see what was happening, months, even years, before the onset of cancer and identify markers that spiked," he said.

The next step is to find collaborators in gastroenterology departments and work with them on designing experiments for humans, Franklin said.

"This type of study would be quite large, expensive and long in duration, so we need to find people on the human side of the fence to see if there's interest," he said.

The team published their findings in *Neoplasia*, an international journal about cancer research, and plan to work with the gastroenterology department at the University of Missouri.

Franklin is pleased with the study's findings because the test determines in advance which mice will get cancer. That way, researchers won't need to use as many mice when testing treatments.

Plus, the fecal test isn't as stressful. Tiny rodents don't like colonoscopies any better than humans, he said.

ST. LOUIS POST-DISPATCH

Can new ice cream lick health problems?

BY EDWARD M. EVELD • McClatchy Newspapers | Posted: Wednesday, March 9, 2011
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Let's admit it: Attempts to make ice cream healthier by deleting fat and sugar didn't work. At least not for true ice cream lovers.

But rather than taking stuff out, what if you could add an array of healthy ingredients to ice cream without wrecking it in the process?

Researchers at the University of Missouri-Columbia are in the final throes of taste-testing their "multifunctional ice cream," a name that makes it clear these are food scientists, not marketing wizards.

University food chemist Ingolf Gruen knows he and his team are in touchy territory, this tinkering with ice cream. Americans love ice cream and eat a lot of it. But by adding four components — antioxidants, dietary fiber, probiotics and prebiotics — the scientists think they have hit on something.

Adding probiotics or "good" bacteria to food products is hot right now, although experts caution that some health claims need to be scrutinized.

Whether their fruit-flavored, full-fat ice cream concoction ever goes commercial isn't known, but it might be available this summer at Buck's Ice Cream Place, the College of Agriculture's shop famous for its "Tiger Stripe" flavor.

While there are some decent low-fat and no-fat ice creams, Gruen said, they aren't preferred.

"Food is all about taste," he said. "If something doesn't taste good, people don't come back. We do a lot of sensory studies in our department."

Those trials are led by Ting-ning Lin, a doctoral candidate who got hooked more than two years ago on the idea of ice cream with a larger purpose.

Lin is aware of potential criticism, that good-for-you ice cream could promote over-consumption. The other way to look at it: If you're going to occasionally indulge, a treat might as well have healthy additions.

"Ice cream is high-fat compared with other products, so moderate eating is still very important," Lin said.

The challenges of adding function to ice cream have been many. Turns out ice cream is easy to mess up. Besides taste, there's texture and even the way it behaves in your mouth.

"You want a clean melting profile," Gruen said. "It can't be sticky or gummy or gooey. On the flip side, you don't want it to be too watery, to melt too fast."

Adding dietary fiber wasn't too difficult, except to determine how much could be included without altering flavor and texture. The proper amount seemed to be equivalent to 15 percent of the recommended daily intake. Many Americans consume about half the recommended fiber in a day.

Adding antioxidants was a bit thorny. Last year, the U.S. Food and Drug Administration said only Vitamins A, C and E could be called antioxidants, so the ice cream needed a fruit addition that would fit the bill. Acai, a trendy Brazilian fruit, was the choice.

"It's a little bit exotic and has given us some flavor challenges," Gruen said. "It's not a flavor people recognize — chocolaty and woody. It's different."

What about blueberries?

"Good point," he said. "We might, in fact, switch. We're playing around with it."

'GOOD' BACTERIA

Adding probiotics proved the toughest challenge. The term refers to "good" bacteria, live microorganisms that have been tested for health benefits, such as countering gastrointestinal problems, diarrhea and irritable bowel syndrome.

The researchers chose *Lactobacillus rhamnosus*. The bacteria couldn't be grown in ice cream, but, after their inclusion, they needed to survive the hard freeze of ice cream storage. Researchers learned they could keep the bacteria alive in frigid temperatures, but then another issue arose. The bacteria like to clump together, which became a texture problem, a little bit crunchy, like biting into ice crystals.

Ice cream add-ins such as candy bar bits and cookie crumbs can have texture, but the ice cream itself must be smooth, Gruen said.

"We had to get those clumps into smaller pieces without destroying the cells," he said.

Besides probiotics, you also can add prebiotics to your diet. Prebiotics are food for the beneficial bacteria living in the colon. Gruen and Lin chose inulin; humans can't digest it, but those beneficial microorganisms love it.

Inulin is a laxative at certain levels, and a laxative is not something most people want in their ice cream. Getting the amount right was crucial.

As for the health effects of probiotics, consumers are getting bombarded with claims. Fermented foods can be good sources of live cultures — everybody knows about yogurt.

Among the reasonable conclusions from research so far: Some probiotics can decrease gastrointestinal side effects from antibiotics. Some can decrease the duration of infectious diarrhea. Some can help with irritable bowel syndrome and intestinal regularity. Some can improve the reaction of your immune system.



Student accused of assaulting journalism professor

By **JANESE SILVEY**

A junior journalism student at the University of Missouri was arrested yesterday after he allegedly pushed an assistant professor and attempted to choke a fellow student.



Jay-Dee Bush

Jay-Dee Bush was charged with simple assault, a misdemeanor violation of a city ordinance, and posted \$500 bond, MU police Capt. Brian Weimer said.

The incident took place at 2 p.m. in a computer lab at the Reynolds Journalism Institute. Weimer would not confirm the victims' identities, but a student involved in the skirmish, David Teeghman, identified himself and the assistant professor, Karen Mitchell, on his blog, J-School Buzz.

Mitchell was walking by when she saw Bush, 32, holding a beverage, which isn't allowed in the lab. Weimer said.

"She asked him to remove it, and he got upset with her and told her to get out of his face," he said.

Weimer said Bush then set the drink on the floor and asked whether that was good enough, but it was still in violation, so Mitchell picked it up and threw it away. That's when Bush "grabbed hold of her and shoved her into a table," Weimer said, and when Teeghman tried to intervene, Bush grabbed his neck.

Teeghman said a couple of other students then pulled Bush off him.

Teeghman was shaken up over the incident. He said he walked back to his apartment crying and called his parents, who then reported the incident to MU police. He said he is not looking forward to running into Bush again on campus — Teeghman is a teaching assistant and said he has helped Bush in the past.

"I'm going to see him working or be placed in the interesting situation where I have to check out equipment to him or help him with an assignment," Teeghman said. "I'm not really looking forward to that."

On his own blog, titled "My thoughts on J2150," Bush describes himself as a "very ambitious up and coming journalist."



Senate redistricting panel seeks feedback

Columbia pitched as core of a district.

By **RUDI KELLER**

JEFFERSON CITY — Columbia deserves to be the population core of a congressional district, the Senate Redistricting Committee was told last night.

Missouri is losing one of its nine seats in the U.S. House of Representatives. That will mean adding large numbers of people to each of the remaining eight districts, and the resulting boundaries are sure to have at least two current members of congress living in the same district

Sen. Scott Rupp, R-Wentzville, would not give reporters any clues about his ideas for redrawing the districts, but he did say he had spoken to each member of congress and asked them to submit suggestions. He also said he has contacted Gov. Jay Nixon's office for ideas.

The committee will set priorities that include districts that are compact and "keep communities of interest" together.

Republicans have hired attorney Michael Carvin of the Jones Day law firm in Washington, D.C., to help with the redistricting plan. Carvin was a lead lawyer for then-Gov. George W. Bush in a court fight over the 2000 presidential election results in Florida, and he has handled redistricting court cases in the past.

Carvin and his firm will be paid up to \$75,000 for the help. Rupp said. "We looked outside the state" because "we didn't want anyone with ties to the committee or our congressional members."

With major changes already in store, the time is ripe for a congressional district that combines the communities of Central Missouri, Robert Weagley of Columbia told the committee at a public hearing

Weagley, an associate professor of personal financial planning at the University of Missouri, was one of two people who spoke during the hearing. The other was Eric Morris, an instructor and debate coach at Missouri State University.

Weagley said he moved to Columbia in 1984 after growing up in Clay County. In his time in the city, he said, it has grown both in population and as a center of influence in the middle of the state. "It is a city Missouri looks to for health care, education and technology," he said

But Columbia is on the edge of the Ninth District, combined with affluent suburban St. Charles County and rural counties on the Iowa border. With population losses to the north, and a growing Central Missouri, Weagley said it is time to take the counties that are now on the fringe of several districts and combine them.

"It would be nice to have a representative for Central Missouri rather than have Central Missouri split up among several parts of the state that are quite different from Columbia and Boone County," he said.

Boone County, with 162,642 people, grew at three times the rate of the state during the past decade. It has just more than one-fifth of the population for an ideal district of 748,616 people. Adding the seven counties on Boone's immediate borders would bring the total to 377,259, or just more than half the people needed for a district.

Morris told the committee that keeping communities with "a sense of shared interest" together was a good place to start.

When Missouri last lost a district — after the 1980 census — Boone County was grouped with a district that stretched deep into the Ozarks. The county shifted to being part of a district that stretched from the Missouri River to the Iowa border and east to suburban St. Charles County.

In a delegation dominated by Republicans in rural areas, the perceived liberalism of Columbia might make it an unwanted part of any district. But so far, Rupp said, "No one has said they don't want it."

Lawmakers have until the end of the session on May 13 to produce a district map

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Seven demographic trends to buy now

Commentary: Watch oil, soaring debt and rising middle class in China

By Jeff Reeves

ROCKVILLE, Md. (MarketWatch) — Smarter men than I have noted that a successful long-term investment relies on demographic trends as much as a company's balance sheet or management.

Shifts in shopping habits, population and technology are big drivers for some of the biggest names on Wall Street, from veterans like Warren Buffett to the next generation of traders like James Altucher.

As lives get longer, modern medicine becomes increasingly valuable to the elderly. China's middle class and cities are growing at breakneck paces. There are a lot of hungry people in the world creating massive strain on food supplies and significant inflation.

These are just some of the trends that define our current global economy, and thus define the stock market. It's not rocket science — just pay attention to the headlines, and then apply what you've learned to your investments.

To show you what I mean, here are seven demographic shifts under way in the global economy right now — and the investments that could help you prosper as a result.

Too many people, not enough food

Agflation headlines abound these days. You know things are bad when it's seen as an improvement that India's food prices are up "only" 10% over the previous year.

The shortage and subsequent inflation across everything from onions to palm oil to corn can only logically be fixed one way — by growing more food. That's where fertilizer powerhouse Potash Corp. (NYSE:POT), biotech seed giant Monsanto Co. (NYSE:MON) and farm-equipment icon Deere & Co. (NYSE:DE) come in, or the diversified Market Vectors Agribusiness ETF (CONSOLIDATED:MOO). What's more, not only will higher crop yields reduce prices and feed more people, but also it is actually in the best interest of farmers to produce more. According to new data released to Congress by the University of

Missouri this week, soaring food prices should result in record farm income during 2011.
So growing more means selling more at higher prices.

Massive U.S. debt

Whether you are a member of the apocalyptic camp that predicts we will all be trading in gold bullion and canned goods by 2015 or whether you are just a regular Joe who sees evidence of rapid inflation (see item No. 1) and is looking to hedge your bets, precious metals make sense right now.

Debate over no-fly zones in Libya

Western nations haven't reached a united front on the use of no-fly zones in Libya.

Specifically, physical gold or silver investments like the SPDR Gold Trust ETF (CONSOLIDATED:GLD) or the iShares Silver Trust ETF (CONSOLIDATED:SLV) make sense. The bottom line is that as long as fear and inflation are moving up, gold and silver will too. [Read about an investment worth 150 elephants' weight in gold on InvestorPlace.com.](#)

Generic drug boom

If you're looking to get in on the next big blockbuster drug to will treat Alzheimer's or cancer, biotechs are your best bet. But if you're looking to cash in on already proven medications that are simply getting cheaper and more readily available, consider generic drug powerhouses Perrigo Co. (NASDAQ:PRGO) , Dr. Reddy Labs (NYSE:RDY) and Teva Pharmaceutical Industries (NASDAQ:TEVA) . While you may recognize Teva's name on some of your prescriptions in the U.S., don't discount Perrigo's Mexico operations or India powerhouse Dr. Reddy. An emerging market footprint could help these generic drug stocks benefit big time by finding a broader customer base to serve.

Wealthy urban Chinese traveling more

The growing middle class in China is fertile ground for stock pickers of all stripes. So allow me to propose a demographic trend that could mean big business in the years to come. The crowded state of big-city life, the restriction on travel visas in the People's Republic and the strong sense of nationalism all point to big domestic tourism in China.

What's more, at the end of last year, the New York Times reported that, "On average, China's 1.3 billion people each take just 1.3 trips a year. By 2015 the figure is projected to rise to 3.3." So how can you ride this booming China travel trend? An aggressive play would be Ctrip.com International (NASDAQ:CTRP) , China's version of Priceline.com Inc. (NASDAQ:PCLN) . With a market growing at 9% year, travel growth in China naturally means an in-kind boost in travel booking. Other long-term plays on this trend include China Eastern Airlines Corp. (NYSE:CEA) and China Southern Airlines Co. (NYSE:ZNH) — though rising crude is certainly a threat to these carriers.

Expensive oil

Speaking of rising crude prices, let's talk about a specific way to play the oil surge. To me, the most logical play on the current crude oil surge and economic uncertainty is in oil trusts like the BP Prudhoe Bay Royalty Trust (NYSE:BPT) or the Permian Basin Royalty Trust (NYSE:PBT). These "depletion" trusts will eventually run out of oil, but not for over a decade. In the meantime, investors can enjoy hefty profit-sharing as the oil is pumped out. Take the Prudhoe Bay Trust, which yields about 8% in dividends, and has appreciated over 20% in share price over the last 52 weeks. With the end of royalties predicted to occur sometime in 2024, there's a lot of juice left in this stock for the squeezing. [Read about five funds to play the crude oil boom on InvestorPlace.com.](#)

Unrest in the Middle East

With each passing day, the chances of the United States staying out of the massive political unrest sweeping across the Middle East becomes smaller and smaller. As the prospect of peacekeeping or all-out occupation forces seem likely in Libya or Bahrain or Egypt, any serious cuts in defense spending become less practical.

As a result, blue chips in the sector like Boeing Co. (NYSE:BA), Raytheon Co. (NYSE:RTN) and Lockheed Martin Corp. (NYSE:LMT) have all doubled the market's returns since the first of the year. ETFs like the PowerShares Aerospace & Defense Portfolio (CONSOLIDATED:PPA) and the Dow Jones U.S. Aerospace & Defense Index ETF (CONSOLIDATED:ITA) have also outperformed the market year-to-date. [Read about three high-income investments for uncertain times on InvestorPlace.com.](#)

Humans are filthy

The smartest investor knows that even if you're rich, your trash stinks, too, and somebody has to clean that trash up. Garbage giant Waste Management Inc. (NYSE:WM) has underperformed the market in the last several months, thanks to the impact of expensive oil, but in the long run this company is only going to see bigger business in the U.S.

For a specific play on the growing medical waste business, Stericycle Inc. (NASDAQ:SRCL) is an even better bet for those looking to play the trash trend. SRCL has seen shares surge almost 60% in the last year, and with no major competitors, it is unlikely to see any challengers to its current perch on the top of the trash heap. [Read why investors can clean up with Stericycle stock on InvestorPlace.com.](#)



Eighth Street spruce-up planned

Costs should be about \$625,000.

By **WILL GULDIN**

Part of a nearly two-decade effort to beautify Eighth Street received unanimous approval from the Columbia City Council on Monday night.

The project, expected to cost around \$625,000, would expand the style of landscaping and architecture around the new City Hall Addition to the other corners of Broadway and Eighth. Over time, this would expand north and south on Eighth. New lighting, brick crosswalks, limestone-veneer walls and plantings are planned.

The goal is to link the two sets of columns at each end of the street with a unified design. One set, on Francis Quadrangle, is all that remains of the **University of Missouri's Academic Hall**, which burned down in the late 1800s. The other set is from the second Boone County Courthouse.

The space between the two historic columns doesn't have as many shops or businesses as other parts of downtown — something Carrie Gartner, executive director of the Special Business District, hopes the improvements will help change.

"It will not be Ninth Street, but it'll have its own energy and vitality," she said.

Mary Wilkerson said she can remember when this effort began around 1992. She has served on several committees since then and has seen the plan develop along the way. This progress culminated with a master plan in 2005. Work didn't begin then, though, because the plan said an anchor project would have to help spur the rest of the improvements. That project was the City Hall Addition. The surrounding improvements were supposed to happen alongside that, but a high bid delayed them.

Wilkerson said the anchor project is a way to draw development to the area. Without that, she said, it wouldn't be worth the time or money to beautify the street. Now, though, she's excited the project is under way.

"Eighth and Broadway is really the heart of Columbia," Wilkerson said. "To do something special here says a lot about us as a community."

The council's comments were brief but supportive of the project. Fifth Ward Councilwoman Laura Nauser, who will leave the council in April, said it was interesting how this would be one of the first and last issues that she voted on. She voted on the 2005 master plan when she was new to the council.

"I think it goes well with our new improvements that we've made in the area, and it plays along, too, with a lot of the interest in development of our downtown," Nauser said.

Assistant City Manager Tony St. Romaine said the city hopes to have the project finished by summer's end.



Missouri wine research institute hosts tasting

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COLUMBIA, MO (AP) - A University of Missouri wine institute wants the public's help in selecting new wines that will be featured in the school's 2011 selections.

The university's Institute for Continental Climate Viticulture and Enology is hosting a pair of tastings on March 22 and April 5 of its latest batch of new grape cultivars.

The five-hour University Club events cost \$49 and include lunch. The registration deadline is March 17.

Missouri was 1 of the nation's leading wine producers before Prohibition and has seen a resurgence of vineyards in recent years.