

CANCER RESEARCH CENTER

3501 Berrywood Drive Columbia, MO 65201 (573) 875-2255 www.cancerresearchcenter.org

Spring 2002 Volume 31 Number 1

The Cancer Research Center held its 2002 Jim Kidwell Memorial Gala on April 6 at the Peachtree Banquet Center. More than 250 attended the gathering, which is named in memory of Jim Kidwell, lifelong Boone County resident and longtime dedicated supporter of CRC, who died of cancer in 1990. This year's event, with emcee Dan Corkery once again at the helm, honored not only Kidwell but also the Hartley Banks and Raymond Freese fami-

Ron Schmidt, CRC director of development,

spoke about the lasting impact these individuals and families have had on local cancer research.

In 1984, Mr. Kidwell was recruited by his good friend Mr. Freese to assist with the annual CRC banquet. Mr. Kidwell had been diagnosed with cancer, and was relentless in his efforts to raise funds for CRC's local cancer research. He was honored numerous times for having sold the most tickets to the annual dinner - regularly over 200 tickets singlehandedly. In 1990, Mr. Kidwell succumbed to cancer. In honor of his efforts, the CRC banquet was renamed the annual Jim Kidwell Memorial Gala.

Hartley Banks, retired bank president (First Bank of Commerce), investor, and real estate developer, has been a dedicated member of the CRC Board of Trustees since 1973. He served as secretary from 1975 to 1984; vice-president in 1985 and 1986; and president from 1987 to 1995. Mr. Banks, along with his wife, Nancy, have helped sponsor the CRC Gala continuously since 1995. Garry Banks, the son of Mr. and Mrs. Banks, began volunteering with the Gala in 1995, and has been a member of its planning committee for the past three years.

Raymond Freese, a local builder, developer, and president of Boone County Lumber Company, was a member of the CRC Board of Trustees for 21 years, beginning in 1973. He worked tirelessly to secure funding and support for various CRC projects and was especially devoted to the CRC Gala. He lost his own battle with cancer in 1994. His widow, Lee, has been a member of the CRC Board of Trustees since 1998. She has served on the Gala planning

Gala Honors Jim Kidwell and the Banks and **Freese Families**







Raymond Freese

Hartley Banks

since its inception, and has chaired the event several times. In addition, Mrs. Freese has been a CRC Gala event sponsor every year since 1995. Freese daughter, Ann Bozarth, has served as the chair of the Gala since 1998, and along with her husband, Jack, was honored as CRC's 2000 Volunteers of the Year. Another Freese daughter, Kathy Weishaar, has helped with several Galas in the past as well.

committee each year

Attendees enjoyed an \mathbf{of} evening hors d'oeuvres; raffles; live and silent auctions;

craps and blackjack; and musical entertainment by The Rocket. As in past years, Larry Atterberry, Sr. and his son, Larry Atterberry, Jr., graciously and energetically served as auctioneers.

An event of this magnitude could not have been pulled off without the leadership of Ann Bozarth, event chair, and her planning committee, which was comprised of Garry Banks, Emily Brady, Jim Cherrington, Lee Freese, Shirley Gossrau, Dulcenia Kidwell, Steve Lee, Lisa Medley, Carole Newman, Annette Ranger, Myrtle Rapp, Ron Schmidt, Tony Sublett, Marnie Tutt, and Barbie Whitt. Thanks is also extended to the Stephens College Junior and Senior Classes for their assistance at this event.

Special guests in attendance were Kidwell family members Barbara Kidwell, Jim's widow; Dulcenia Kidwell, Jim's first wife; daughters Rhonda Durham and Laura Kidwell; granddaughter Stacy Durham; and brother Duke Kidwell with his wife, Juanita.

Banks family members included Hartley and Nancy and son Garry Banks with his wife, Maury.

Representing the Freeses, in addition to wife Lee and daughter Ann, was grandson Ray Bozarth.

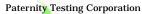
CRC Board of Trustee members in attendance included: Steve Lee, president; Sara LeMone, secretary/treasurer; Hartley Banks; Jim Cherrington; Lee Freese; Dr. Herb Goldberg; Duke Kidwell; Dr. Paul Lineberry; and Dr. John McEntire.

Over \$35,000 was generated and will be added to the Raymond Freese Memorial Fellowship at CRC, enabling local cancer research projects to continue without interruption.

OUR SINCEREST THANKS

to the following event sponsors for their contributions and participation in the success of this year's Gala:















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Visit our improved website at www.cancerresearchcenter.org to

learn more about CRC's history, services, research, and late breaking news. There are also archives where you can view photos from past events and recent issues of The Mirror.

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he Cancer Research **▲** Center of Columbia, Missouri is an internationally recognized institution serving the public since 1962. CRC is devoted to the field of cancer research, early detection, and education. While our work is scientific, our incentive stems from a genuine concern for cancer patients and the abuse of human dignity they endure.

CRC is involved in the most advanced, innovative, and effective cancer research. Despite the many obstacles that exist in the study of cancer, dedicated institutions like CRC have made significant progress.

Cancer, unlike many diseases, is highly individual, making it very difficult to detect and treat. In an effort to overcome this, CRC is developing a



multitude of diagnostic tools.

Relying on the latest technology, CRC tailors diagnostic programs for individual cancers and has received worldwide recognition. CRC scientists believe it is possible to fight cancer by strengthening the body's natural disease fighting processes. We seek ways to detect cancer at its most basic stages and to deliver the benefits of science to individuals in their own communities.

Cancer-Fighting Partnership Announced

of Missouri Health Care and the Cancer Research Center announced a partnership to help both organizations achieve their common goal - finding a cure for cancer. The two have officially agreed to work together on research issues related to cancer.

The University of Missouri and its health-care system, specifically Ellis Fischel Cancer Center, serve as a primary cancer research center in mid-Missouri and are working toward the goal of achieving designated Comprehensive Cancer Center status from the National Cancer Institute. CRC has a primary goal of helping patients with cancer by providing resources to support research and cancer education.

"We are pleased that we have been able to reach this agreement with the University," said Randall Johnston, former CRC Board of Trustees' president. "This is not only a mutually beneficial working relationship for the two of us, but is one that we think truly will benefit those who have cancer."

"We both share a common humanitarian goal - we want to help people who

On September 4, 2001, University have cancer," added Daniel Winship, M.D., vice chancellor for health affairs at MU Health Care. "Working together and pooling the research resources of both our organizations should help advance our work in cancer research.'

> According to Ron Schmidt, CRC director of development, "This partnership is basically the codifying of the working relationship our groups have enjoyed for the past few years. I see this formalized agreement as a step towards MU becoming a Comprehensive Cancer Center."

> One of the requirements to receive this classification is to have a comprehensive, all-encompassing cancer research program. For the past couple of years, CRC has made contributions toward ensuring that the University of Missouri becomes a Comprehensive Cancer Center in the near future.

> 'Since 1998, CRC has awarded over \$350,000 to MU scientists to help fund their cancer research projects. This not only is an efficient use of our resources, it also significantly demonstrates to NCI that MU is working collaboratively to create and operate an extensive, wellrounded cancer research program."◆



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CRC Loses a Friend

William C. "Bill" Whitlow July 31, 1918 - October 4, 2001





The Cancer Research Center lost a longtime leader and supporter when William C. "Bill" Whitlow, a retired attorney in Fulton, MO, passed away last fall.

From 1955 to 1962, Whitlow was deeply involved in the efforts to establish CRC as a non-profit cancer research center. He was a co-founding member of CRC's Board of Trustees and served as its president for 19 years

(from 1962 until 1981).

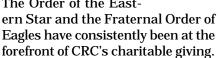
In 1981, Whitlow became CRC's president emeritus. He was given this honorary title in recognition of his outstanding dedication and leadership throughout his long and distinguished tenure at CRC.

According to Dr. Ned Rodes, former CRC administrative director, "Mr. Whitlow's well-documented concern with the development of a cancer program of excellence was a driving force in the state of Missouri."

CRC's Board of Trustees and its entire staff are deeply grateful for Mr. Whitlow's many years of untiring efforts and counsel.

O.E.S. and Eagles Out In Front

Throughout the Cancer Research Center's 40-year history, two groups have generously led the way in giving to fund its local cancer research. The Order of the East-



On August 30, 2001, CRC received \$30,000 from the Eagles. This increases the total amount donated to CRC by the Eagles to nearly \$460,000. On November 30, 2001, Dr. Abraham Eisenstark, CRC research director, gave Eagles' representatives a tour of CRC's facilities and explained how their charitable donation would be used.

At a reception on April 17, 2002 in CRC's William Whitlow Conference Room, Missouri Order of the Eastern Star Past Worthy Grand Matron, Janice Bledsoe and Past Worthy Grand Patron, Bruce **Hubbard presented CRC Board of**



Trustee member and fellow O.E.S. member, Paul Lineberry with a check for \$24,278.83. This brought the Eastern Star's grand total given to CRC to nearly \$600,000. Linda

Landon, postdoctoral fellow at the University of Missouri-Columbia, gave a presentation at this reception illustrating how CRC support is allowing her laboratory to identify and develop therapeutic and diagnostic peptides and antibodies.

CRC's extensive cancer research is funded in large part by organizations, which like the Eagles and the Eastern Star, desire a solution to this lethal disease. According to Ron Schmidt, CRC director of development, "We are very appreciative of the Eagles and the Eastern Star. Many of our cancer research advances are due directly to their contributions." CRC would like to thank these groups for their many years of continued support.◆

CRC Turns 40!



We would like you to help us celebrate four decades of local cancer research.

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Research Director's Note



I would like to express my personal appreciation to our donors for their support of our local cancer research. Because of their generosity, scientists in Columbia, Missouri have been able to enhance their research programs. The results of their contributions will have an impact on reducing cancer deaths.

Please note the following column, "Your CRC Donations Lead to Reduced Cancer Deaths." This briefly describes the research being conducted by

some of our supported cancer scientists, with "Bottom Lines" showing their significance.

With your help, we can reduce the number of cancer deaths and thus improve the quality of life of our citizens.

Sincerely,

a. Eisenstark

Your CRC Donations Lead to Reduced Cancer Deaths...

A number of promising new strategies are being developed by Columbia scientists for the prevention, diagnosis, and treatment of cancer.

The Cancer Research Center provides additional funds for their projects.

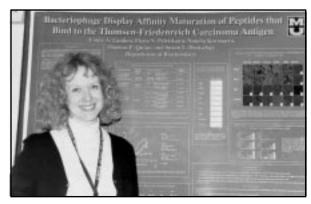
THE SCIENTISTS AND THEIR STRATEGIES INCLUDE:

1. RADIOPHARMACEUTICALS TO TARGET AND DESTROY TUMORS. IN THIS STRATEGY, DEVELOPED AT THE UNIVERSITY OF MISSOURI, DRUGS ARE LINKED UP WITH RADIOACTIVE METALS THAT SPECIFICALLY ATTACH TO TUMOR CELLS. FIRST, THIS CAN PROVIDE A VISUAL IMAGE TO PINPOINT THE TUMOR. NEXT, THE ENERGY EMITTED FROM THE RADIOACTIVE METAL CAN THEN DESTROY TUMOR CELLS.

1A. Prostate Cancer

Dr. Susan Deutscher, CRC award recipient and Dr. Linda Landon, Postdoctoral Fellow

Prostate cancer cells have a specific molecule on their surface known as the Thomsen-Freidenreich antigen. This may serve as a target for killing of the cancerous cells without harming the surrounding



normal cells. The molecule also serves as a marker for prostate cancer cells and can be used as the basis of diagnostic tests.

<u>~Bottom Line:</u> Linking radioactive isotopes with drugs should lead to earlier diagnosis as well as destruction of tumor cells.

1B. Pancreatic Cancer

Dr. Tim Hoffman, CRC award recipient, Dr. Charles J. Smith, Postdoctoral Fellow and Dr. Hermogenes Jimenez, Postdoctoral Fellow

While pancreatic cancer is the fourth leading cause of cancer mortality in the U.S., there are still limitations in the effective diagnosis and treatment of the disease. Cancerous pancreatic cells have a distinctive marker on their cell surface that serves as the basis for detection and treatment of cancer. Drugs, including radioactive molecules, can be targeted to cancerous cells.

<u>~Bottom Line:</u> This selective targeting approach should lessen the toxic effects of drugs that are in current use.

1C. Malignant Melanomas

Dr. Thomas Quinn, CRC award recipient and Dr. Vladislav Glinskii, Postdoctoral Fellow

Melanoma is one of the most common cancers. While prompt diagnosis and removal of skin lesions offer the best outcome, some tumors go undetected and spread to other organs. This research focuses on targeting the cancerous cells for both detection and treatment without killing normal cells.

<u>~Bottom Line:</u> Linking radioactive isotopes with drugs should lead to earlier diagnosis as well as destruction of tumor cells.

1D. Diagnosis and Treatment of Cancers

Dr. Kattesh Katti, CRC award recipient and Dr. Kanchan Kothari, Postdoctoral Fellow

There is a need for more specific tests for the diagnosis of cancers. Most cancerous cells have some type of identifiable molecule on their surface that is related to their cancerous state. Radioactive compounds can be targeted to these markers. These molecules could be called "magic bullets" due to their ability to distinguish between cancer and normal cells.

- <u>~Bottom Line:</u> This targeted therapy linking radioactive isotopes with drugs should lead to earlier diagnosis as well as destruction of tumor cells.
- 2. BASIC UNDERSTANDING OF WHAT TRIGGERS CHROMOSOME DAMAGE AND THE REPAIR OF THAT DAMAGE. CANCERS ALL HAVE ONE THING IN COMMON. ALL TUMORS ARE INITIATED BY DAMAGE TO DNA. FORTUNATELY, CELLS HAVE REPAIR MECHANISMS FOR REPAIR OF THIS DAMAGE. HOWEVER, IN SOME CASES, DAMAGE IS TOO GREAT OR REPAIR IS INADEQUATE, THUS CANCER DEVELOPS.

2A. Study of Targets for Prevention of Cell Division During Cancer

Dr. Heide Schatten, CRC award recipient, Dr. Allison Wiedermeier, Postdoctoral Fellow, Dr. Geoffery Gobert, Postdoctoral Fellow, and Dr. Quing-Yuan Sun, Postdoctoral Fellow

Cancer is a result of unregulated cell growth. One drug that inhibits this growth is Taxol. There are some unpleasant side effects associated with the use of Taxol, so the goal of this project is to understand the mechanism of cell division more thoroughly in order to develop alternatives to drugs like Taxol. A mouse model for prostate cancer has been developed to help with this problem and the findings may be applicable to other types of cancer as well.

~Bottom Line: This should lead to new and more effective drugs.

2B. Cancer: A Balance Between DNA Damage and Repair

Professor Stephen Alexander, CRC award recipient and Dr. Christopher Foote, Postdoctoral Fellow

Cancers result from DNA damage. Fortunately, cells of all organisms have the means to repair damaged DNA. However, little is known about how cells sense this damaged DNA in order to start repairs. The identification of these protective mechanisms will allow many possibilities for developing new diagnostic tools and treatments for this type of cancer.

~Bottom Line: By knowing how DNA damage is repaired, superior drugs can be developed.

2C. Genes for Synthesis of Anti-Oxidant Enzymes that Repair Cancer Cells Professor Abraham Eisenstark, Associate Professor Miriam Golomb, Associate Professor Michael Calcutt, and Dr. Kelly Edwards, Postdoctoral Fellow

Oxidants are like molecular bullets that can damage DNA and begin the process of tumor formation. Normal cells are capable of producing anti-oxidants that can both destroy oxidants and repair damaged DNA. Certain foods that contain anti-oxidants such as vitamins C and E and selenium are important for countering the damaging effects of oxidants. This research project focuses on the intricate mechanisms that control this process within the cell. Vitamin preparations emphasize the anti-oxidant vitamins and sunscreens now contain anti-oxidant compounds.

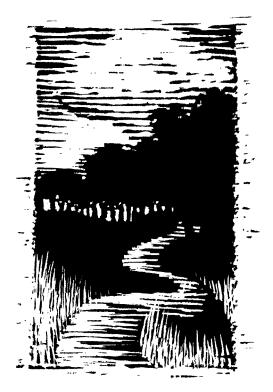
<u>~Bottom Line:</u> Basic knowledge of the damaging effects of oxidants and the role of anti-oxidants should lead to the reduction of cancer incidents.

2D. Finding Key Proteins that Regulate Tumor Growth and Tumor Death Dr. Mark Hannink, CPC award recipions and Dr. Donna Thang, Postdoctoral Follo

Dr. Mark Hannink, CRC award recipient and Dr. Donna Zhang, Postdoctoral Fellow

Within cells, a complex system governs the balance between life and death through a series of proteins that interact in very specific ways. A greater understanding of the function of key proteins will lead to a better understanding of what happens to initiate the unregulated cell division that is associated with most cancer.

~Bottom Line: This research will lead to a better understanding of how regulation of specific proteins can interfere with the development of cancer cells.



"There are no such things as incurables; there are only things for which man has not found a cure."

-Bernard M. Baruch



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Development Director's Note



The Cancer Research Center is a 501(c)3 nonprofit organization, thus all donations given to us are tax deductible.

CRC is not affiliated with any national organizations, so we are not obligated to forward any portion of the contributions we receive to any governing body. All gifts stay in Columbia, Missouri and assist our scientists in their battle against cancer. This allows our donations, no

matter how big or small, to make a greater difference than they might elsewhere.

As our scientists learn more about tumors, they turn that knowledge into a weapon. For years there were three ways you could address a cancer. You could poison it with a drug (chemotherapy), you could kill it with energy (radiation), or you could cut it out (surgery).

Because of the comprehensive studies that are being conducted at CRC, we are going way beyond poisoning, radiating, and cutting out cancer cells. We are developing procedures to stop cancer before it ever starts and techniques to treat it that avoid destroying or removing good cells.

These research advances were made possible through donations from those individuals, businesses, and organizations listed throughout this newspaper. On behalf of the Board of Trustees and the entire staff at CRC, I would like to express our appreciation for their generous support.

Together, we can put an end to cancer and the devastation it causes!

Sincerely,

Ron Schmitch

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Many fine minds have contributed to cancer research. At the Cancer Research Center, we honor the memory of one of our own — Dr. Pamela Dunn. Dr. Dunn died in 1983 from the very disease she sought to conquer through her work in microbiology. She had participated in several important breakthroughs in cancer research. Her work was both scientific and humanitarian, with a genuine concern for the cancer patient and the trauma he or she experienced.

In 1981, Pamela Dunn was diagnosed as having a rare form of breast cancer. For many months, she was both research subject and scientist,

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adding to our knowledge of the disease which had perversely selected one of its prime opponents.

Despite all possible measures, she lost her personal battle against cancer. However, her work continues through the Pamela Dunn Legacy of Hope. The Pamela Dunn Legacy of Hope was established to honor her commitment in the fight against cancer. This special fund provides the financial backing necessary to ensure that her work can be completed. The gifts to the fund remember and honor not only Dr. Dunn, but the thousands of Missourians who die each year of cancer.

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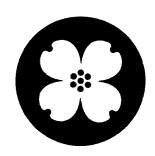
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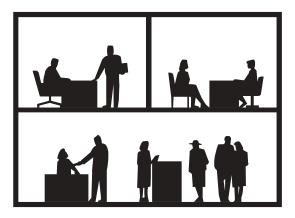


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Ellis Fischel's faculty also teaches the next generation of researchers and doctors. This cornerstone of research, teaching and patient care is the foundation of Ellis Fischel's commitment to you. Ellis Fischel...all we do is fight cancer.



2E. Role of Estrogens in Breast Cancer Control

Professor Dennis Lubahn, CRC award recipient, Dr. Brian Morin, Postdoctoral Fellow, and Dr. Ed Curran. Postdoctoral Fellow

Breast cancer is one of the leading causes of death. It has been known for some time that certain types of breast cancer require estrogens to grow. Some treatments have been based on this observation and use an estrogen blocker. This may result in tumors that become estrogen resistant. Identification of all the receptors involved in the estrogen response is fundamental to developing a means to overcome this obstacle to treatment. A mouse model of this interaction has given valuable insights to the problem of estrogen resistant tumors.

<u>~Bottom Line:</u> This targeted therapy would be effective in the fight to control breast cancer and other estrogen responsive tumors.

3. DESTRUCTION OF TUMOR CELLS WITH NOVEL DRUGS AND TOXINS.

3A. Determination of the Role of Estrogen in Colon Cancer Development Using Estrogen Receptors in Knock Out Mice

Dr. Ruth S. MacDonald, CRC award recipient and Dr.Ju-Yu an Guo, Postdoctoral Fellow

There is increasing evidence that estrogens and phytoestrogens (from plants) affect colon cancer risk. Some evidence suggests that these compounds protect against colon cancer while other evidence suggests they promote colon cancer. This research project will use a mouse model of colon cancer to determine if estrogen or other estrogen-like compounds alter the tumors in the mice. The response to conjugated estrogens, similar to those used in hormone replacement therapy for women, will also be tested.

~Bottom Line: Specific plant foods may have a significant role in prevention of cancer.

3B. Characterization of the Gene that Controls Cancer Cells in Spreading from the Site of the Original Tumor

Dr. William Folk, CRC award recipient and Dr. Kimberly A. Lieber, Postdoctoral Fellow

Skin cancer often results from overexposure to ultraviolet light causing DNA damage in skin cells. Fortunately, cells of all organisms have the means to repair damaged DNA. However, little is known about how cells sense this damaged DNA in order to start repairs. The identification of these protective mechanisms will allow many possibilities for developing new diagnostic tools and treatments for this type of cancer.

<u>~Bottom Line:</u> The identification of these protective mechanisms will allow development of new diagnostic protocols, as well as novel therapeutic drugs.

3C. Deciphering Signals of Breast Cancer

Dr. Tim H.-M. Huang, CRC award recipient and Dr. Huidong Shi, Postdoctoral Fellow

Cancer is a complex disease resulting from multiple genetic mutations. There is a lesser-known type of mutation that has been observed in breast cancer. Sophisticated robotic technology had been adapted to look at DNA to find this specific type of mutation with a high degree of accuracy and sensitivity. This type of technology will lead to more accurate diagnosis of cancer from biopsy and other tissue sources as an alternative to traditional pathology.

<u>~Bottom Line:</u> This study will pave the way for molecular diagnosis and classification of tumors, and thus better diagnosis and treatment.

3D. Does Exposure to Environmental Estrogens Increase Risk for Prostate Carcinogenesis?

Dr. Frederick S. vom Saal, CRC award recipient and Dr. Catherine Richter, Postdoctoral Fellow

Exposure during fetal life to estrogen related compounds has been shown to result in prostate cancer in animal studies and has been related to vaginal cancer in women. For the purposes of this study, mouse fetuses will be exposed to estrogen like chemicals that leach out of plastic bottles and food containers and the effects of this exposure will be monitored in the mice. This study will be the first to examine the possibility that fetal exposure to estrogenic chemicals results in prostate cancer development.

<u>~Bottom Line:</u> This study will identify whether certain chemicals alter estrogen in fetal life and lead to prostrate cancer in adults.

3E. Novel Ways to Inhibit the Growth of Cancer Cells

Dr. Gary Weisman, CRC award recipient and Dr. Patricia Theiss, Postdoctoral Fellow

A major emphasis in the development of new cancer treatments is to devise new ways to inhibit the growth of cancer cells. This project will study a family of proteins known as nucleotide receptors. Some members of this family work to promote the death of cancer cells. One member of this family of proteins accelerates the growth of blood vessels that aid in tumor expansion by providing blood supply to the growing tumor. Thus, this family of proteins offers promising new targets for cancer therapy.

<u>~Bottom Line:</u> This strategy of blocking blood vessel growth increases the probability of destroying tumor development.

4. DEVELOPMENT OF SYNTHETIC VACCINES AND ANTIBODIES.

4A. Chemical and Biochemical Reactions of Dithiolethiones in Certain Foods *Dr. Kent Gates, CRC award recipient and Dr. Donna Zhang, Postdoctoral Fellow*

We are seeking to understand the chemical and biological mechanisms by which synthetic and naturally occurring compounds (such as those found in foods like broccoli and cauliflower) can prevent cancer in humans.

<u>~Bottom Line:</u> An understanding of how these "anti-carcinogenic" compounds prevent cancer will ultimately allow us to rationally design cancer-preventive diets and dietary supplements.

4B. Ultrasonic Detection and Characterization of Endocrine Responsive Cancers Dr. Steven P. Neal, CRC award recipient and Dr. Thad Wilson, Postdoctoral Fellow

In collaboration with Dr. Boote from the Radiology Department at the University of Missouri-Columbia, Dr. Neal has used the Cancer Research Center Fellowship to support the investigation of ultrasonic scattering processes in cancerous and benign prostate tissue. The long-term goals of the research include improving the effectiveness of ultrasound guided needle biopsies of the prostate and ultrasound based screening for prostate cancer.

<u>~Bottom Line:</u> This innovative technique will lead to improved diagnostics, as well as to reduce anxiety of the patient.

4C. Development of Effective Immunological Diagnostic Peptides

Professor George Smith, CRC award recipient and Dr. Leslie Matthews, Postdoctoral Fellow

This research project takes a new approach to understanding the body's response to cancer. The principal assumption is that some type of "marker" or sign is generated by the immune system in response to disease, even in diseases that are not infectious or inherited. If this assumption is true then these markers must exist for cancer. These signature substances can then serve as the basis for highly sensitive diagnostic tests that may detect changes in the body before clinical signs appear. These markers may also serve as anti-cancer vaccine components.

<u>~Bottom Line:</u> The use of small peptides as antigen-antibody components, in place of large, natural, immunological components, should lead to earlier diagnosis and more effective treatment. ◆



Nutrition is one of the most positive messages related to cancer. What you eat may reduce your risk for cancer. You have the ability to take control of areas of your health by eating more fruits, vegetables, beans and grains — and eating lighter and leaner.

A few helpful hints:

Eat 3 of your grain servings a day from whole grains .

Look at the label to make sure you're getting 100% juice.

Fill a jar with a variety of dried fruit and keep it handy. The natural sweetness satisfies candy cravings.

Reduce the amount of oil in a recipe by replacing it with an equal amount of milk, water, chicken broth or fruit juice.

Search out recipes that combine beans and grains.

Reap the benefits of soy products. Studies show they may reduce the risk of breast cancer in women.

Frozen vegetables are easy to keep on hand and easy to add to any meal.

Staff Update



Last summer, Jim Cherrington, a valued employee of the Cancer Research Center since 1987, left his position of administrative director to

become the associate executive director of schools and business services for the Missouri School Boards' Association. In January 2002, he accepted CRC's nomination to join its Board of Trustees.



CRC announced that Marnie Tutt had rejoined CRC as its administrative director last fall. Tutt formerly was the development director for

CRC from 1994 to 1999. From 1999 to 2001, she worked at William Woods University as the alumni director and student involvement director. Tutt also served as a member of the CRC Board of Trustees from 1999 to



In December 2001, **CRC** hired Damon Young to fill the position of administrative assistant. Young's duties include donation tracking, main-

taining CRC's website, and providing administrative support. Young enjoys helping others and previously worked at Phoenix Programs and Boys & Girls Town of Missouri.◆



CRC has a great new soccer game that is available for area children's festivals, fairs, & carnivals.

CRC's "Help Us Kick Cancer" soccer game is a great addition to your group's event. Russell Blvd., Fairview, and West Blvd. elementary schools, the Sedalia-Pettis County United Way, Southwest Play School, and Columbia United Church of Christ have already used it, and so can you.

To schedule your use of CRC's "Help Us Kick Cancer" soccer game, contact Ron Schmidt at (573) 875-2255.

CANCER RESEARCH CENTER REFLECTIONS

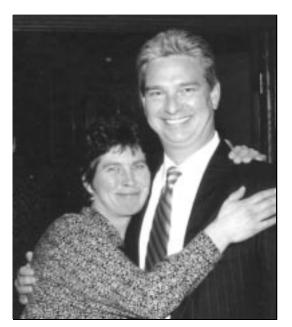
2001 Volunteers of the Year **Honored**

More than 60 friends of the Cancer Research Center attended the annual appreciation reception November 12, 2001 at Peachtree Banquet Center where Lisa Medley and Tony Sublett were recognized as the CRC 2001 Volunteers of the Year, an honor CRC has bestowed on individuals since 1997 in appreciation of their dedication and generosity in furthering cancer research.

Former CRC Volunteers of the Year in attendance were Billy and

Myrtle Rapp (1998); Carole Newman (1999); Steve Lee (1999); Jack and Ann Bozarth (2000); and Emily Brady

Lisa Medley was accompanied by her husband, Paul,



and Tony Sublett enjoyed the company of his wife, Julie.

Both Lisa and Tony have been instrumental in the past success of the annual Jim Kidwell Memorial Gala, CRC's major fundraising event.

Lisa, the daughter of Billy and Myrtle Rapp, brought unparalleled enthusiasm and energy to this event. Everyone at CRC is thankful she joined her parents in a leadership role with the Jim Kidwell Memorial Gala.

Tony was instrumental in helping CRC come up with several different Gala components; helped open many new doors; and brought a business perspective to its planning team.

Besides the honored volunteers, it was stressed by speaker Ron Schmidt, CRC director of development, that everyone in the room was key to the success of local cancer research.◆

Area Hoopsters "Slam Dunk"Cancer

Nearly 100 basketball players participated in the Stephens College Senior Class' "Slam Dunk Cancer" 3-on-3 basketball tournament on February 2002 in Stephens Silverthorne Arena.

The teams were coached by Jeff Ausmus, Tom Burkett, Art Cox, John Dubinski, Bill Frye, Kate

Hollrah, Steve Leutgen, Kerry McDonald, Steven Neal, Cara Ross, Don Schmidt, Ron Schmidt, Charles Smarr, and Tom Wanserski.

The participation and enthusiasm



generated ceeded expecta-tions. "We were thrilled with the interest level," stated event coordinator Ron Schmidt. According to Cara Ross, coach of two teams, "It was nice to be able to help such a good cause, while at the same time give our players a chance to compete in a fun activity."

A special thanks is extended to the

Harry, Chuck Henderson, Sean Stephens College Athletic Department and its Senior Class. "Without the support and assistance of Stephens College, specifically Deb Duren and Breca Tracy, this event would not have been possible," said Schmidt.◆



"Annie" Aids **Cancer Research**

The Cancer Research Center's second annual Theatre Night was an entertaining way for nearly 150 of its friends to help fight cancer.

On September 12, 2001, the Columbia Entertainment Company produced "Annie," the beloved musical version of Harold Gray's "Little Orphan Annie" comic strip, specifically for CRC and its supporters.

In addition, CRC hosted a reception following this entertaining musical production, which was sponsored by Hy-Vee. Randall Johnston, CRC Board of Trustee member, generously donated wine for the reception. In addition, Lindsey's Rentals, The Well Fed Chef, and My Secret Garden contributed towards the success of the evening. •

All proceeds from these events went to support CRC's Student Fellowship Program. Through this program, local college students are able to obtain valuable hands-on experience in a research laboratory setting by actually conducting cancer research.

