



Doug Mills / Associated Press

kiss the casket of her husband, CIA officer Johnny Micheal "Mike" Spann, at He was killed in a Taliban prison uprising Nov. 25. See story, Page A4

the National Academy of Sciences was unable to link any of these complaints to a specific cause associated with military service.

"There was massive denial and obfuscation for years," said Tom Donnelly, whose son Michael, an Air Force fighter pilot in the Gulf War, is paralyzed with Lou Gehrig's disease.

"I think there were people who

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OSU raising toast to soy bread

■ A food researcher and a student baker have devised a bread they say is good and good for you.

By Misti Crane
Dispatch Medical Reporter

Combining scholarly practice with the art of baking, food scientists at Ohio State University soon may give soy seekers a good excuse to toss the tofu.

Not that there's anything wrong with tofu. But abundant evidence points to American reluctance to embrace a soy-rich, Asian-influenced diet that is good for the heart and could help defy some types of cancer.

Betting that bread will be more easily accepted than traditional soy foods, the university is poised to license a recipe that would be the first soy bread to pack enough of the bean to carry a heart-healthy claim.

To reap the benefits of soy, people have to eat at least 25 grams of soy protein daily, according to the Food and Drug Administration.

For a soy product to be considered heart-healthy, a serving needs to provide 6.25 grams of soy protein as well as be low in fat, saturated fat and cholesterol.

The bread, which meets those claims, is the product of the work of



Jeff Hinckley / Dispatch

Dr. Yael Vodovotz helped develop soy bread, still undergoing tests such as the one being conducted by Ohio State research assistant Yuchu Zhang.

researcher Yael Vodovotz, assistant professor in the school's Food Science and Technology Department, and Cory Ballard, a student, baker and businessman.

Vodovotz began looking at soy bread while working at the NASA Johnson Space Center in Houston. There, she was involved in developing a plan for sustaining human life on another planet.

At Ohio State, Vodovotz has shifted from working on bread for Earthlings-turned-Martians to bread for health-conscious PB-and-J lovers.

The yellow-hued, chewy, mass-marketable bread never would have come about without a partnership with Ballard, an undergraduate and senior food technologist for Chef-Con, a research, consulting and food-manufacturing company, Vodovotz said.

When the carbohydrate chemist came to the university, Ballard attended a lecture she gave on the properties that make bread stale.

"We kind of joked because she was baking bread in bread ma-

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WORD OF MOUTH

"It's just strange to walk in your house and find a man dead."

Steve Lowry

of Springfield, Ohio, on a would-be burglar who had a heart attack

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Earnie Grafton / San Diego Union-Tribune

armored vehicles moved within view of the leader, Mullah Mohammed Omar.

launch an all-out assault on al-Qaida's last hold in Afghanistan. battle seemed likely to be difficult and

when the Russians were fighting at this spot, and not capture it in 10 years," said Moham- ahir, a 25-year-old tank gunner, of the Sovi- on's failed struggle to subdue Afghanistan. only reached it once, but were defeated."

air and other Afghan soldiers said they think abs are determined to set up their own to-the- showdown with the United States by resisting enough to compel the Bush administration to n U.S. troops to finish the job.

Washington, Wolfowitz offered no sign that action was imminent, though he cautioned: the war in Afghanistan is not won. We may nting Taliban and al-Qaida in Afghanistan hs from now."

formation from The Washington Post was in this story.

s and ers to reduce class size.

"Right now, we're funding two teachers in our district" with federal dollars, she said. "If we don't have that funding, that will come out of our general fund."

John Grossman, president of the Columbus Education Association, said juggling money and creating more tests have proved ineffective in helping children.

"People know the answer is not more tests," he said. "It doesn't mean our children are learning more. It means they are better prepared to take the test."

Marshall said federal interven- tion could create more headaches for already-overburdened local school officials.

"What the districts are com- plaining about is we've already got a system in place, and here the feds come along and try to change it," he said.

"They are saying, 'Tell us what you want and leave us alone. Don't keep changing the rules on us every year.'"

rsternberg@dispatch.com

SOUTHERN AFGHANISTAN — To help the teams searching for al-Qaida leaders, the Marines yesterday set up a staging area near the terrorists' former stronghold of Kandahar.

A dozen helicopters took weap- ons, vehicles and other supplies to a rocky desert site considerably closer to Kandahar than the outpost known as Camp Rhino, about 70 miles south of the city.

"It feels very good to be here," said Maj. Tom Impellitteri, 32, of Pennsylvania, who was among the Marines in the helicopter force.

The site will make it easier to re- supply the roving "hunter-killer" teams. The squads of Marines in fast- attack Humvees armed with TOW missiles and 50-caliber machine guns are searching for al-Qaida fighters around Kandahar.

Last week, a Marine team con- fronted vehicles that were being driven toward them by suspected Ta-

The stepped-up hunt was popular at Camp Rhino, where each night brings concerns about attacks by fighters from the Taliban and Osama bin Laden's terrorist network.

"We're tired of playing defense; we'd rather go on the attack," said Jose Lopez, 20, of Los Angeles, a Navy corpsman assigned to a Marine infantry unit.

Restlessness is inherent in the Marine Corps culture, and much of the talk at this desert compound, which the Marines seized Nov. 26 and later dubbed Camp Rhino, has focused on when the troops would be moving toward Kandahar in greater numbers.

The new staging area is a tempo- rary venue, possibly for only a few days.

Camp Rhino will remain as the Marine base with its vehicle-repair troops, command structure and field hospital.

SOY from A1

chines, and I like to bake bread a more traditional way," he said.

Next thing you know, the duo were concocting a formula for a tasty soy-rich bread that could be re- produced in a factory.

Ballard's baking wizardry was key: Adding that much soy to bread can be disastrous, at least according to American bread standards, Vodo- votz said. "It can taste beany or grassy.

"It's been a very difficult process to be able to incorporate enough soy into your product."

Ballard and Vodovotz believe they've cleared the obstacles. Trans- lation: Even kids have actually said they like this stuff.

In a comparison at The Hills Mar- ket in Sharon Township north of Worthington, 70 percent of taste-tes- ters liked the soy bread better than wheat, Ballard said.

And it caught the attention of at least one well-positioned set of taste buds — those of OSU President Wil- liam E. Kirwan. Having sampled the bread, he fired off an e-mail to Vodo- votz, asking why it wasn't on the market.

More concerned with science than stocking store shelves, Vodo- votz still blushes a bit and shrugs her shoulders when retelling the story.

"I'm not here to become a million- aire off of this," she said with a laugh. "I just want money to do my research."

But Kirwan's push has resulted in

negotiations to license the recipe to bakeries, which will put the bread on grocery shelves. Ohio State — and both Ballard and Vodovotz — would make money in the deal.

Neither is willing to guess when consumers might be able to try a loaf, but Ballard said he's certain that day will come.

Grocery-store loaves might not be the end of the road: Ballard talks of soy bread in school lunches and sub shops and of such treats as soy-en- hanced English muffins and dan- ishes.

On the scientific end, university researchers are interested in testing the bread's cancer-control potential, said Steven Schwartz, a professor and the Carl E. Haas endowed chair in the food industries.

Although some studies point to potential benefits, "There's still a great deal of work that has to be done," Schwartz said.

On a similar front, a \$1.27 million grant OSU received recently from the U.S. Department of Agriculture will pay for research into the poten- tial benefits of soy-enhanced tomato- based foods, such as tomato juice.

Lycopene in tomatoes and isofla- vones in soy have been linked to can- cer prevention. A combination of the two could work to attack two differ- ent targets within a cancer cell.

Who knows — maybe one day it will be commonplace to sit down to a grilled cheese sandwich and a bowl of tomato soup and fight cancer and heart disease at the same time.

It might even taste good.

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