



## How supplements affect muscle growth

Nutritional supplements are often associated with athletes and body builders, but a KU professor is conducting a research project to determine whether they are in fact, effective and if they might be able to help older individuals with muscle loss. Trent Herda, assistant professor of health, sport and exercise science, is principal investigator of a study to determine whether whey protein and leucine have a measurable effect on anabolism, or muscle growth, in muscles in resistance training.

[Full Story](#)

### TODAY'S HEADLINES



### CREES acting director named

Mariya Omelicheva has been named the acting director of the Center for Russian, East European & Eurasian Studies at KU. She will replace current CREES Director Edith Clowes, who has accepted a position at the University of Virginia.

[Full Story](#)

### TWITTER

[@KUNews](#) Summer road work on West Campus will begin next week. Scheduled road closures (PDF): <http://ow.ly/aZ2Ds> [#kustudents](#) [View all tweets](#)

### FEATURED MULTIMEDIA

### CAMPUS NEWS



### Law school honors top graduates

KU's School of Law honored more than 140 graduates at a hooding ceremony May 12. During the ceremony, seven students received awards for distinguishing themselves in scholarship, leadership and service.

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### Math department announces awards

KU's mathematics department recognized its undergraduate and graduate students and faculty for outstanding academic and teaching achievements at its 55th annual honors banquet

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### KU IN THE NEWS

Business Research Guide (May 17, 2012)  
[The top 10 best colleges and universities to work for](#)

USA Today (May 23, 2012)  
[Hot summer author: Laura](#)

[Moriarty](#)

The Economist (May 24, 2012)  
[Ichthyosaurs and the bends](#)

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