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To improve your health, get moving, expert tells BGSU

The number one reason cited by Americans when asked why they do not exercise is a lack of time—we're simply too busy, they say. And yet when asked how much time they spend watching television, they report about three hours a day on average.

"Three hours a day of TV but no time for three, 10-minute walks"—all the time it takes to raise one's fitness level and dramatically improve one's health, said Dr. Steven Blair, president and CEO of the Cooper Institute, one of the world's leading research and medical facilities for preventive medicine.

Blair was on campus Jan. 12 to discuss "Physical Inactivity: The Major Public Health Challenge of the 21st Century," as the first speaker in the 2005 President's Lecture Series.

Citing data from the institute's Aerobics Center Longitudinal Study, which, since 1970 has followed more than 80,000 patients, Blair told a standing-room-only audience that "being fit is really good for you, folks. And how do you get to be fit? Regular, moderate physical exercise.

"Avoiding low fitness is very important to avoiding common chronic diseases and improving mortality rates," he emphasized.

"Unfortunately," he said, "we live in a toxic environment in which we've engineered activity out of everyday life."

Unlike in other countries, for example, American buildings tend to have stairways that are hard to locate and unattractive. Remote controls, processed foods, leaf blowers and other devices all contribute to our increasingly sedentary lifestyle. We need to modify our environment to encourage physical activity, he said.

"We have a big burden in the United States" of health problems related to lifestyle, he said. Twenty-five percent of adults are sedentary—that's 40-50 million adults. "That's why I say physical inactivity is the greatest public health challenge we face."

The recommendation from the Cooper is that all adults should accumulate 30 minutes of at least moderate physical activity at least five times a week. This equates to three, 10-minute walks, or going about a mile and a half at a rate of three-four miles per hour. One could also jog, do aerobics or simply do vigorous household chores.

"It doesn't matter what you do, as long as you're moving and spending the energy," Blair said.

A specialist in cardio-respiratory fitness (CRF), Blair shared data showing that "most of the protective advantage of fitness occurs in getting out of the low-fitness category."

A dedicated runner for many years, Blair said he formerly believed that people "really had to have a very vigorous exercise regime in order to be fit. But we have learned that moderate levels of fitness—achieved by moderate levels of exercise—offer huge benefits in the preservation of health."

While most of the studies he has conducted deal with CRF, others measuring muscular fitness have shown very much the same results. "We're going to learn over the next decade how important musculoskeletal fitness is in the preservation of health in addition to cardio-respiratory fitness," he said.

It's not simply living long that is important, he added, but living well. "I've never heard anyone tell me they want to end their years frail, feeble, incontinent and in a nursing

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home.” It is important to be able to live alone and care for oneself. In one Cooper study, Blair said, women who had been tested at the center were sent a follow-up questionnaire a number of years later asking them to rate their current ability to engage in personal care, household and recreational activities. Startlingly, many of those aged 40-49 who had low levels of musculoskeletal strength already reported a loss of some function, comparable to those aged over 60 but of high fitness.

Those with high strength had a 45 percent lower chance of losing functionality. Both CRF and strength preserve function and independence as people move into the later years of life, Blair said, adding that this holds true for people of any size or background.

Even with diabetes, fitness improves one’s chances of living longer and more healthily. And fitness also trumps such negatives as smoking, high blood pressure and high cholesterol. A fairly recent development in medicine categorizes anyone who has at least three of five factors—high blood sugar, high triglycerides (a form of cholesterol), low levels of high-density cholesterol, high blood pressure (more than 130 over 85) or large waist girth—as having “metabolic syndrome” and likely to have a shortened life expectancy. But studies show high cardio-respiratory fitness “provides protection and eliminates associations across all body mass indexes,” Blair said. In addition, high muscle strength appears to delay the onset of metabolic syndrome.

In epidemiological studies, moderate fitness produces a gain of six years in longevity, while high fitness yields an average of nine years. “For epidemiologists, these are huge numbers in terms of longevity,” he said.

“Fitness is incredibly important as a determinant of health and longevity,” Blair said.

“Is it possible to be fat and fit?” he asked. The data show that unfit men are twice as likely to die young than fit men, “even among the fat group,” Blair said. “The fat, fit group had a better chance than the thin, unfit group.

“There is a correlation between fitness and weight,” he acknowledged. “Thin people tend to be more fit,” but “low fitness is a stronger predictor of mortality than overweight or Class 1 obesity.”

He said that, realistically, people who are obese cannot expect to lose a lot of weight and keep it off, despite their best efforts—research shows this to be unlikely. However, that should not deter them from pursuing physical fitness. Rather than being discouraging, “I consider this a message of hope and encouragement. You can’t make yourself look like a movie star or a model, but you can take an action that has important health benefits whether or not you lose weight. We have to get comfortable with what we have control over—our behavior. I can be in control of my health,” Blair said.

Simply by choosing more active behaviors over more sedentary ones—such as getting up to change the channel instead of using the remote control—adults can burn calories and build fitness, Blair said. “Remember to walk the dog every day, even if you don’t have one,” he joked.

Buffington co-authors encyclopedia of contemporary Mexico

Latinos are now the largest minority group in the United States, and a “significant majority” of them are Mexican-Americans, says Robert Buffington, history.

In addition to people, Mexican goods are moving freely across the border—as are U.S. companies, going south. “Our economies are linked at this point,” he adds.

These, Buffington says, are among the good reasons why Americans should learn more about Mexico, the subject of an encyclopedia he has co-authored with colleagues from Texas Christian University and the University of the Pacific. Published this fall by ABC-CLIO, the volume covers the last 100 years of Mexican history and culture.

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“Mexican food can become the only thing Americans know about Mexico,” notes Buffington, saying that he hopes his encyclopedia entries about Mexican society and culture will build upon what the reader may know and make it more complex. In addition to food, his topics included film, literature, sports, music, poetry and theater.

With the book meant to be “more a general-use encyclopedia” than an academic volume, he considered what material would be interesting and challenging, yet also accessible to a general audience, he explains.

Along the way, he had to deal with stereotypes, such as the negative notion that siestas are frequent, and encouraged. The truth, though, is that people in Mexico work hard just to get by, often 14-16 hours a day and for low wages, he points out.

“It’s a very diverse country,” Buffington says, citing differences between people and regions of Mexico and in the historical experiences of its indigenous groups. But the influence of native Indian culture is felt strongly throughout the country, despite its mix with European culture brought by the Spanish explorers who exploited the native population, he adds.

In addition to those “antagonistic forces”—a cultural mix but at the hand of foreign conquerors—another inherent contradiction in Mexican society is its strong Catholic tradition but traditionally anti-clerical government, Buffington notes. The government has enforced separation of church and state since the mid-19th century, when the Liberal Party became a dominant political force, he says.

An expert on Mexican and Latin American history, he was approached about the encyclopedia by its principal organizer, Dr. Don Coerver, a history faculty member and associate dean of the AddRan College of Humanities and Social Sciences at Texas Christian. Coerver was seeking someone to write social and cultural entries and was familiar with Buffington both through his writing and mutual acquaintances.

With only three authors—Dr. Suzanne Pasztor of Pacific is the other—the book differs from most similar publications, which recruit many writers to produce essays, according to Buffington. Instead, each of the encyclopedia’s authors wrote roughly one-third of its more than 150 entries, or about as much as a full book apiece within the 621 pages.

Roughly five years in the making, the encyclopedia also features a profile of each Mexican state, biographies of leading political and cultural figures, coverage of recent events—including the election of current President Vicente Fox—and a look at the ups and downs of U.S.-Mexican relations.

Yolanda King to speak in celebration of father’s legacy

Her mission is to encourage personal and social change through her artistic endeavors.

Yolanda King, eldest daughter of Martin Luther King, Jr., and Coretta Scott King, will address the University, celebrating the legacy of her father at 7 p.m. Jan. 27 in the Lenhart Grand Ballroom in Bowen-Thompson Student Union.

King’s discussion is one of the many University events that will mark Black History Month. She has promoted human rights and peace across the United States and in Europe, Africa and Asia.

The human rights activist frequently gives presentations at colleges and universities. She has been a keynote speaker for numerous professional conferences, as well as top corporations. She has been acclaimed for her ability to inspire, motivate and empower people.

King graduated with a bachelor’s degree in theatre and African-American studies from Smith College. She later earned her master of fine arts degree in theatre at New York

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University, where she performed in and directed plays.

King has been honored with many awards and presentations by organizations around the country, including being named one of the Outstanding Young Women of America. A director of the Martin Luther King Jr. Center for Nonviolent Social Change, she also serves on the Partnership Council of Habitat for Humanity, is a member of the Southern Christian Leadership Conference and holds a lifetime membership in the National Association for the Advancement of Colored People.

Help host guests at Presidents' day open house

Many volunteers are needed for the 10th Presidents' Day campus open house on Feb. 21, say organizers Kay Campbell and Adrea Spoon, admissions counselors.

At this annual event, prospective students and those who have been accepted for the fall are invited to tour campus and learn more about the University.

The Office of Admissions needs help hosting the more than 6,000 visitors expected. Volunteers will be placed in strategic areas across the campus to assist guests throughout the day. Volunteers may be asked to greet visitors, provide directions and information or help with check-in procedures.

Volunteers are asked to work at least a two-hour shift in order to assure continuity throughout the day. Events will begin at 8:30 a.m. and will run until 4 p.m.

Thirty-minute training sessions for volunteers will be held Feb. 16-18. All training will be held in the Assembly Room on the second floor of McFall Center. There is also a 5 p.m. slot for those wishing to help but who are unable to attend a session during regular work hours.

At the training sessions, volunteers will learn about the scope and mission of the program and the day's agenda and will receive printed material with the information needed to answer visitors' questions. They will also receive their work assignments.

Training sessions are mandatory because details change from year to year, say Campbell and Spoon.

A separate training session has been scheduled for those volunteers assigned to the shuttle and bus runs. They will be contacted soon to confirm their assignment. Bus and shuttle riders are asked to attend a special session from 8:30-9 a.m. Feb. 18.

Those interested in volunteering should complete the volunteer form by Jan. 28. Visit www.bgsu.edu/offices/admissions/volunteer. General information for volunteers is also found at the site.

Questions may be directed to Adrea Spoon, 2-9872 or adrea@bgnnet.bgsu.edu.

IN BRIEF

PCA, CITE begin 2005 with day of events

Partnerships for Community Action and the Center for Innovative and Transformative Education will present the 2005 grant launch, symposium and artist's residency with the theme of "Reclaiming and Revitalizing Public Education: Threats, Rights and Responsibilities" from 11 a.m. to 10 p.m. Feb. 9 in the Bowen-Thompson Student Union.

The day will be full of activities bringing the campus and community together to celebrate

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partnerships, reflect on critical issues facing public education and explore strategies to revitalize the understanding of educational rights and responsibilities in society.

A number of guests and speakers including Chicago school reformers Susan and Michael Klonsky, and civil rights activist Grace Lee Boggs, have been invited to discuss their experiences and knowledge related to the day's theme.

Michael Rohd, founding artistic director of Sojourn Theatre in Portland, Ore., and members of his theatre company will present pieces from their ongoing collaborative project, "Witness Our Schools."

Announcement of the 2005 winners of PCA and CITE grants will take place at noon.

Spam filtering and your BNet account

In October 2003, Intelligent Inbox technology was introduced to BNet users, allowing the filtering of email messages such as spam messages on an opt-in basis. Since its implementation, some BNet account holders have activated this technology to assist in monitoring their incoming email. However, spam messages continue to be a large part of the BNet email received each day.

Currently, all incoming BNet messages that do not originate from a BNet sender are scanned and evaluated for spam characteristics and assigned a confidence score. Users may then use this confidence score to filter the email messages they receive. Testing has shown that the messages marked with a 100 percent confidence score can account for as much as 60 percent of inbound mail. The product used to generate the confidence score has grown in sophistication and has allowed confidence in the decision to filter spam by blocking email messages that have been assigned a 100 percent confidence score beginning Wednesday (Jan. 19).

Details about your BNet email account and spam, about how messages are marked with a confidence score, examples of messages marked with a 100 percent confidence score, and information on how to further filter your incoming email may be found at www.bgsu.edu/offices/cio/page7677.html.

PeopleSoft software install to begin for BG@100

A software installer from PeopleSoft will be on site this month to install the software for financials and student administration. This installation was purposely delayed until now so it would be possible to take advantage of the most recent upgrades to the Student Administration software release 8.9.

BG@100 HCM Phase 1 is scheduled to "go live" on June 27, and the financial area will be the next focus for implementation, followed by student administration. Project information is available at the BG@100 Web site www.bgsu.edu/BGat100.

CALENDAR

Monday, Jan. 17

Martin Luther King Day celebrated.
Classes canceled, offices closed.

Tuesday, Jan. 18

Dissertation Defense, "Synthesis, Photochemistry and Applications of Photoactive

Perfluorophenyl Borate Salts," by Priya Hewavitharanage, photochemical sciences, 10 a.m., 154 Overman Hall.

Faculty Senate, 2:30 p.m. McFall Center Assembly Room.

Movie, "Ray," 9:30 p.m., Bowen-Thompson Student Union Theater.

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Wednesday, Jan. 19

BG@100 Open Forum, 9 a.m., 314 Bowen-Thompson Student Union.

Brown Bag Lunch, "Fad Diets—Consumers Beware!" with Tonya Hefner, Wellness Connection, noon-1 p.m., Women's Center, 107 Hanna Hall.

Women's Basketball vs. Miami, 7 p.m., Anderson Arena.

Faculty Artist Series, featuring Katherine Oliver, bassoon, 8 p.m., Bryan Recital Hall, Moore Musical Arts Center.

Thursday, Jan. 20

Harlem Globetrotters, 7 p.m., Anderson Arena. Tickets are \$18 for general admission and \$24 for reserved seats. Call the Athletic Ticket Office, 2-2762, for more information.

International Film Series, "A fei jing juen (Days of Being Wild)," 1991, Hong Kong, directed by Kar Wai Wong, 7:30 p.m., Gish Film Theater, first floor, Hanna Hall.

Friday, Jan. 21

Movie, "Ray," 7 p.m., Bowen-Thompson Student Union Theater.

Symphonic Band Concert, part of the 47th annual Band Music Reading and Directors Clinic, directed by Bruce Moss, featuring guest conductors James Croft and Frank Ticheli, 8 p.m., Kobacker Hall, Moore Musical Arts Center. Tickets are \$5 for students and senior citizens and \$8 for other adults. To reserve, contact the center box office at 2-8171.

Movie, "Ray," 9:30 p.m., Bowen-Thompson Student Union Theater.

Saturday, Jan. 22

School of Art Tours and Presentations, digital arts presentations at 10:30 a.m. and 12:30 p.m., graphic design presentations at 11:30 a.m. and 1:30 p.m., Fine Arts Center.

Women's Basketball vs. Western Michigan, 3 p.m., Anderson Arena.

Men's Basketball vs. Toledo, 6 p.m., Anderson Arena.

Sunday, Jan. 23

Faculty Artist Series, featuring Andrew Pelletier, horn, assisted by Roger Schupp, percussion, 3 p.m., Bryan Recital Hall, Moore Musical Arts Center.

Movie, "Ray," 9:30 p.m., Bowen-Thompson Student Union Theater.

Monday, Jan. 24

Center for Family and Demographic Research Speaker Series, "Family Structure Transition and Adolescent Well-Being," with Susan Brown, sociology, noon-1 p.m., 207 Bowen-Thompson Student Union.

Continuing Events

Through Jan. 18

Art Exhibition, 55th annual Faculty and Staff Exhibition, Dorothy Uber Bryan Gallery, Fine Arts Center. Gallery hours are 10 a.m.- 4 p.m. Tuesday.

Through Jan. 18

Art Exhibition, "Design Migrations: UniGraphics' Best," by Paul Obringer, director, designer and instructor, UniGraphics, Willard Wankelman Gallery, Fine Arts Center. Gallery hours are 10 a.m.- 4 p.m. Tuesday.

Jan. 18-Feb. 16

Art Exhibition, "Student Enameling Exhibition," Little Gallery, BGSU Firelands. Gallery hours are 9 a.m.-5 p.m. Monday-Friday.

Jan. 21-22

47th Annual Band Music Reading and Directors Clinic, Moore Musical Arts Center. For further information, call 2-2186.

Jan. 21-March 4

Planetarium Show, "Skywatchers of Africa." Showings are at 8 p.m. Tuesdays and Fridays, at 7:30 p.m. Sundays and at 2 p.m. Saturdays (Feb. 5 and March 5). \$1 donation suggested.

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FACULTY

Graduate College. Director, Center for

Regional Development. Call Deb Smith, 2-0433. Deadline: Jan. 31.

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School of Art. Instructor. Call Rebecca Green, 2-2786. Deadline: Feb. 28.

Contact the Office of Human Resources at 419-372-8421 for information regarding classified and administrative positions. Position vacancy announcements may be viewed by visiting the HR Web site at www.bgsu.edu/offices/ohr.

Employees wishing to apply for these positions must sign a "Request for Transfer" form and attach an updated resume or data sheet. This information must be turned in to Human Resources by the job deadline.

CLASSIFIED

View job descriptions at:
www.bgsu.edu/offices/ohr/employment/BGSU_only/

The deadline for employees to apply for the following position is 1 p.m. Monday, Jan. 24.

Administrative Assistant 1 (C-002-Vf)—College of Arts and Sciences. Pay grade 8. Twelve-month, full-time position.

The following position is advertised on and off campus:

Police Officer 1 (C-144-Re)—Public Safety. Collective Bargaining Unit—\$15.06/hour. Two positions available. Twelve-month, full-time positions. Deadline: Jan. 21.

ADMINISTRATIVE

View job descriptions at:
www.bgsu.edu/offices/ohr/employment/adm_staff/

Wood County Corps Program Manager (R-002)—Provost's Office. Administrative grade 14. Deadline: Jan. 28.

Instructional Design and Educational Specialist (R-004)—Continuing and Extended Education. Administrative grade 13. Deadline: Feb. 4.

Instructional Design and Multimedia Specialist (R-005)—Continuing and Extended Education. Administrative grade 13. Deadline: Feb. 4.

Manager, Student Immigration Services (V-003)—Center for International Programs. Administrative grade 15. Deadline: Feb. 14.

Psychologist (V-147)—Counseling Center liaison to the College of Arts and Sciences. Administrative grade 14 (unlicensed) or 17 (licensed). Review of applications will begin Feb. 18 and continue until the position is filled.

Psychologist (V-147)—Counseling Center liaison to the Office of Residence Life. Counseling Center Outreach Coordinator. Administrative grade 14 (unlicensed) or 17 (licensed). Review of applications will begin Feb. 18 and continue until the position is filled.

Manager, University Dining Services (V-119)—Division of Student Affairs (re-advertised). Review of applications began Nov. 15 and will continue until the position is filled.

Coordinator for Greek Affairs (V-145)—Division of Student Affairs (Re-advertised). Administrative grade 12. Review of applications began Aug. 6 and will continue until the position is filled.

OBITUARY

There were no obituaries this week.