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## **Curators meet behind closed doors as MU president search continues**

**COLUMBIA | A panel of University of Missouri curators plans to meet behind closed doors as the four-campus system's search for a new president continues.**

The curators' executive committee has scheduled a noon meeting Monday on the Columbia campus to discuss personnel matters with university lawyers. Out-of-town curators are expected to join the meeting by telephone or through a video conferencing system.

Former university president Gary Forsee stepped down in January to care for his ill wife.

The acting president is former general counsel Steve Owens, who has said he is not interested in a permanent job leading the university system.

## **Interim Rolla chancellor named**

By **MARÁ ROSE WILLIAMS**

**The University of Missouri System** has named Warren Kent Wray, provost at Missouri University of Science and Technology, interim chancellor of the Rolla campus.

System interim president Stephen J. Owens announced the posting Monday afternoon following a closed session meeting of the Board of Curators Executive Committee.

Wray, provost at Missouri S&T for five years, will begin his new duties Sept. 1. Current chancellor John F. Carney III retires Aug. 31.

Wray said his immediate plans include strengthening the campus's online offerings to reach more nontraditional students, redesigning some courses to make better use of technology and expanding recruitment efforts.

The search for a long-term Missouri S&T chancellor goes on at the same time a committee is looking for the 23rd president of the University of Missouri's four-campus system. After leading the system for three years, Gary Forsee resigned in January to care for his wife, who is battling cancer.

Wray has been S&T provost for five of the six years that Carney has been chancellor.

"During that time, Kent has directed a number of important initiatives, including our strategic planning process and the restructuring of our academic administration," Carney said.

Before coming to Missouri, Wray was provost at Michigan Technological University in Houghton, Mich.

While Wray serves as interim chancellor, Robert W. Schwartz, vice provost for academic affairs, will temporarily handle the provost duties.



## Missouri S &T gets interim chancellor

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ROLLA, Mo. • A provost at Missouri University of Science and Technology has been named interim chancellor of the school in Rolla.

The appointment of Warren Kent Wray was announced Monday.

Wray, a provost for five years, will start his new job Sept. 1. He replaces John F. Carney III, who retires Aug. 31.

He began working at Missouri S&T in August 2006 as provost and executive vice chancellor for academic affairs. Before that, he was provost at Michigan Technological University in Houghton, Mich.

The University of Missouri system launched a national search for a new chancellor in April.



## Sitting Is Deadly, Mounting Research Reveals

Published August 01, 2011

Did you hit the gym today? If so, you probably feel like you deserve a pat on the back. But your efforts may be in vain if you spend the rest of the day sitting down.

A growing body of research suggests sitting down for most of the day can be lethal. It has been linked to an increased risk of heart disease, Type 2 diabetes and death from any cause. And a daily jog may do little to negate the deleterious effects of too much time in a chair.

"The robotic lifestyle of just incorporating 30 minutes of physical activity into your day," and spending the other 23.5 hours idle, "does not produce the healthy profile we're looking for," said Mark Tremblay, director of healthy active living and obesity research at the Children's Hospital of Eastern Ontario Research Institute.

While much research has focused on the benefits of physical activity, little attention was paid to what people do the rest of the day. Researchers are just beginning to dissect our daily routines to learn how movement, and lack of it, affects our health, Tremblay said.

Being healthy is not just about increasing physical activity, but also decreasing inactivity, he said. People can take small steps in their daily lives to, well, take more steps.

Our culture of "let's sit down and talk about it" needs to become one of "let's walk and talk about it," Tremblay said.

An idle body

An obvious drawback to sitting is that you aren't moving, so the number of calories you burn will be lower than if you were, say, standing up or walking, Tremblay said.

And sitting makes it easy to eat.

"It's much more difficult to eat if you're playing tennis," Tremblay said.

A sedentary lifestyle can also have less visible effects. Sitting takes a load off your skeleton and muscles and over time, this may weaken them, Tremblay said.

**In addition, if you don't use your muscles after a meal, they don't take up sugar from the blood as they should, said Frank Booth, a professor of physiology at the University of Missouri-Columbia. This**

**means most of the sugar from your meal will stay in your blood. Over time, this may put you at risk for high blood glucose levels, a precursor to Type 2 diabetes, Booth said.**

Studies on humans and animals also suggest being idle can lead to harmful changes in your metabolism, Tremblay said, prompting higher blood fat levels and lower levels of "good" cholesterol.

Lethal consequences

A 2010 study of more than 120,000 people in Australia found that the more time people spent sitting, the more likely they were to die of any cause over the study period.

Another study, published in January, found that people who spent more than 4 hours sitting in front of a TV or computer each day were 125 percent more likely to have heart problems over a 4-year period.

And in both of those studies, the amount people exercised made no difference.

Some preliminary evidence suggests sedentary behavior may have an impact on our mental health as well as our physical health. Studies of children have found less sedentary kids have better academic scores and higher self-esteem, Tremblay said.

Other work suggests a link between inactivity and depression in adults. However, more rigorous studies need to be done to validate the link. For instance, it's not known whether adults who exercise for 30 minutes a day, but sit down for the rest of the time, would also be at greater risk of depression, Booth said.

And researchers need to find out if the type of activity you do while sitting makes a difference, Tremblay said. Studies suggest tasks that require a high level of cognitive engagement, such as reading or playing a board game or a musical instrument, have less adverse health outcomes, Tremblay said. While it's not clear why this might be, he noted there's less opportunity to snack if your hands are occupied.

Can you get rid of your chair?

Revising our culture of sitting may be difficult.

"We fundamentally go to what's easiest and most convenient," Tremblay said. "What we need to do is introduce inconvenience."

Booth said people might not have control over whether they can have a standing desk at their office and might not be able to walk or bike to work if they live too far away, or in a bad neighborhood.

"You can tell someone that they need to not sit all day," Booth said. "But the rules may not allow them to get out and do it."

Tremblay said a message of "sit less" may be more palatable to some than one of "move more."

"This is a softer sell — something they can build into their lifestyle," Tremblay said.

To decrease your chair time, Tremblay recommends you look at your day and ask yourself: "Is it necessary to sit?"

"Could you bike or walk to work? When you're at work, are there opportunities to stand?" If you can't get a standing desk, you might make a reminder to yourself to get up and move every 15 minutes or so, Tremblay said.

"There are a variety of things that can be done," Tremblay said. "First and foremost is we need to bring this to people's attention."

# MISSOURIAN

## Wireless device usage forces MU to adopt new technology

Monday, August 1, 2011 | 10:47 a.m. CDT

BY GLYN COAKLEY

COLUMBIA — Devices using wireless connections at MU will soon be able to connect more consistently.

The university will migrate the way it handles the assignment of Internet protocol addresses to a new system on Sunday. That will increase the number of addresses available to people using their wireless devices such as laptops and iPads.

Internet protocol addresses, commonly called IPs, are how computers identify one device from another. When a device connects to a network, the network assigns it an IP, which allows the device to talk to other devices on the network. Without a network-assigned IP, a device can't communicate on the network.

When MU originally purchased a block of IPs for its own use, it assigned certain "blocks," or ranges of IPs, to different kinds of connections. However, recently the block assigned to handle wireless devices campus-wide has been in danger of running out of IPs, causing some users to have problems connecting to the network.

The solution for MU was Network Address Translation, or NAT. Terry Robb, a spokesman for the Division of Information Technology at MU, likened the technology to old hotel phone systems: You would call the hotel's number and then ask the operator to transfer you to a specific room.

With NAT, the system essentially functions as the operator. The devices are the individual rooms, with their own system IP; when something from inside the system requests something from outside the system, the system recognizes the request and translates the internal IP into a public IP, which devices outside the system can recognize.

This technology increases the number of devices the wireless block can support to 65,000 since multiple devices inside the network can be run through one IP to outside networks. This is not normally possible without this technology, since normally, each device must have a unique IP that only it can use.

Robb said he didn't know exactly how much money the system would cost to implement but said most of the expense would be in staff time, not money.

# Missourinet

## July 2011 proves 6th hottest; summer could rival 2011

by Mike Lear on August 2, 2011

Unofficial numbers show July 2011 indeed going down as the 6th hottest in Missouri since 1895. Now a state climatologist is wondering if this season will rival last summer as one of the hottest ever in the state.

**Doctor Pat Guinan with the University of Missouri says the average temperature for last month was about 83 degrees based on preliminary data from weather stations across the state. He notes June readings were above normal as well, so depending on what happens in August, this season could top the summer 2010.**

Guinan says last summer was the hottest on record in southeastern Missouri. He says the difference this year has been that the entire state has been impacted by extremely hot temperatures.

July was also noteworthy not just for high high temperatures, but also for high low temperatures. Guinan says overnight readings often did not fall out of the 70s. That exacerbates stress on crops by denying plants a much-needed cool down period.

Guinan also notes the whole state could use some rain, but says the greatest drought conditions exist in southwestern and west-central Missouri. The early projections for the rest of August are not promising for any relief.