



MAR 17 2011

Dog Walkers Get More Exercise

By [Hans Villarica](#) Wednesday, March 16, 2011 | [81 comments](#)

If you've been thinking about getting a pet dog, here's another reason to do it. A [study](#) in the *Journal of Physical Activity and Health* shows that dog owners are 34% more likely than non-owners to get the exercise they need.

Using data from the 2005 Michigan Behavioral Risk Factor Survey, researchers tracked the exercise habits of 5,900 people, 2,170 of whom owned dogs, and found that among the dog owners who took their pets for regular walks (defined as at least 10 minutes long), 60% met minimum federal requirements for moderate or vigorous exercise. Nearly half of dog walkers exercised 30 minutes a day for at least five days a week. Among people without dogs, only a third exercised that regularly.

What's more, the dog walkers got more exercise overall — above and beyond dog walking — compared with people without dogs. They participated in physical activity like dancing, gardening and playing sports in their leisure time, and got an average 30 minutes more exercise a week. "Obviously you would expect dog walkers to walk more, but we found people who walked their dog also had higher overall levels of both moderate and vigorous physical activities," Mathew Reeves, study author and associate professor of epidemiology at Michigan State University, said in a press statement.

The findings support results from previous research that found health benefits to dog ownership. In a post on the New York *Times*' Well blog, which rounded up the recent findings, Tara Parker-Pope [reported](#) this week:

A study last year from the University of Missouri showed that for getting exercise, dogs are better walking companions than humans. In a 12-week study of 54 older adults at an assisted-living home, some people selected a friend or spouse as a walking companion, while others took a bus daily to a local animal shelter, where they were assigned a dog to walk.

To the surprise of the researchers, the dog walkers showed a much greater improvement in fitness. Walking speed among the dog walkers increased by 28 percent, compared with just 4 percent among the human walkers.

Dr. Johnson, the study's lead author, said that human walkers often complained about the heat and talked each other out of exercise, but that people who were paired with dogs didn't make those excuses.

Still, as the Michigan study found, not everyone who owned dogs walked them, and even many dog walkers would do well to ramp up their activity. Although two-thirds of dog owners walked their dog, about half of the walkers didn't walk frequently enough or long enough to accrue at least 150 minutes of walking per week — the minimum recommendation for moderate physical activity. Some people didn't walk their dogs at all, mostly because their dogs ran free outside on their own.

The researchers also found that younger or better-educated people were more likely to walk their dogs than those older than 65 or with less than a college degree. People walked younger dogs more often than old ones, and large dogs (45 lbs. or more) for longer than smaller ones.

"There is no magic bullet in getting people to reach those [federal physical activity] benchmarks," Reeves said in the news release. "But owning and walking a dog has a measurable impact."

Could the Next Major Earthquake Hit the Midwest?

YAHOO! CONTRIBUTOR NETWORK

Rick Limpert Rick Limpert – Wed Mar 16, 1:31 pm ET

By typing two simple words into Google, "Next Earthquake," you get hundreds of results with dates ranging from 2005 to 2011 all predicting the next big earthquake in California and other points around the globe.

With the recent tragedy and devastation in Japan, this now is a serious concern. I'm not just talking to residents of California here. The New Madrid Fault runs right through the center of the country, and it is potentially more dangerous than California's San Andreas Fault.

Is the Midwest at risk for a major earthquake? The answer is yes.

American scientists have suggested for years that the next "big one" will occur somewhere other than California. Professor Mian Liu of the University of Missouri is one of them. Studying all the major earthquakes over the last 200 years he concluded that an area in the Wabash Valley, close to the borders of Southern Illinois and Southwestern Indiana is an area that needs to be watched closely.

There was a 5.2 magnitude quake in this area in 2008 that startled many residents, but each year there are 200 measured events of seismic activity in the area.

If you aren't familiar with the New Madrid Fault, you should know it cuts a path across the heartland of the country. It runs from Charleston, Mo., along I-55 to Arkansas. It crosses both the Mississippi and Ohio Rivers and runs about 120 miles in length.

The website quakeprediction.com says the cities of Martin, Tenn., and Fulton, Ky., are two of the highest risk cities for a possible earthquake. That is close to the area that Liu mentions in his research.

While an earthquake can be dangerous and deadly on its own, the quake in Japan has shown us that by adding in problems at a nuclear power plant, the situation can get even worse.

While there are not any nuclear reactors right on the New Madrid Fault, there are some close by. In fact, two reactors in the Quad Cities area are identical in design to the reactors in Japan that are causing issues.

Other nuclear facilities that could be affected by the New Madrid are located in Fulton, Mo., and Clinton, Ill. I know it's a stretch and a lot would have to happen for a disaster like the one in Sendai, Japan, to happen here in America, but at this point anything is possible.

Aging in place: Better outcomes, cheaper

Published: March. 17, 2011 at 1:09 AM

March 17 (UPI) -- "Aging in place" is less expensive and provides better health outcomes for seniors than nursing homes and assisted-living facilities, U.S. researchers say.

Marilyn Rantz, professor in the Sinclair School of Nursing at the University of Missouri, says the conventional sequence of long-term care forces older adults to move from their homes to senior housing, to assisted living and eventually to nursing homes as health and abilities decline.

"Adults want to remain healthy and independent during their senior years, but traditional long-term care often diminishes seniors' independence and quality of life," Rantz says in a statement. "Aging in place enables most older adults to remain in the same environment and receive supportive health services as needed. With this type of care, most people wouldn't need to relocate to nursing homes."

The aging-in-place model includes continuous care management, a combination of personalized health services with nursing care coordination.

A four-year analysis found the total care costs for residents aging in place were thousands less than traditional care options, while the aging in place residents had improved mental and physical health outcomes.

The findings are published in the journal Nursing Outlook.



Missourians say UM System needs a politically savvy businessman

By **JANESE SILVEY**

Woods & Lav. March 15, 2011

The résumé of the next **University of Missouri System president** could look a lot like Gary Forsee's. Missourians want to see a politically savvy businessman with ties to the state who understands the importance of higher education.

Those were the themes that emerged this morning at a meeting of the advisory committee charged with assisting in the search for a new president. Forsee, who came to UM after a career at Sprint, resigned in January.

Committee members and university administrators have been traveling the state this month talking to residents about what traits the next leader should have. Today, they whittled that list to reflect the top priorities, and those will be taken to the Board of Curators on Monday.

Business sense and political connections were mentioned more often than academic qualifications.

Marilyn Rantz, a curators' professor at MU's School of Nursing, said she has been soliciting input from colleagues, and "by far I get the business perspective," she said. "It's amazing. They really appreciated the business decisions made from that corporate perspective."

Most faculty, she added, "didn't expect to feel that way" when Forsee arrived.

Kent Peaslee, a curators' teaching professor at Missouri University of Science and Technology, said he has heard similar comments in Rolla. Those in Rolla also worry about someone coming from outside of the Midwest, Peaslee said. And other committee members said they've heard from residents who want candidates to at least be familiar with Missouri's culture and "quirks."

Bill Wiebold, an agronomy professor at MU and chairman of Intercampus Faculty Council, warned that it is unlikely anyone coming in will already know everything he or she needs to.

"I'm a Forsee fan," Wiebold said. "As a faculty member, he changed my thinking about the qualifications of a president. But I also watched him struggle with the university culture."

Reach Janese Silvey at 573-815-1705 or e-mail jsilvey@columbiatribune.com

MU student reports from Tokyo

Travis J. Worsowicz is a 21-year-old University of Missouri journalism student studying abroad in Japan. The Eugene, Oregon, native is the first to participate in the school's program in Japan.

Worsowicz is studying at Waseda University in the northern Tokyo ward of Shinjuku, about 150 miles from the stricken nuclear reactors on Japan's northeast coast.

After the earthquake and subsequent tsunami hit, Worsowicz began e-mailing a reporter here at The Kansas City Star about what he sees and hears in his section of the capital city.

The following is from his e-mails:

When the earthquake hit I was in my room on the fourth floor of my dorm. At first it started slowly and I just sort of laughed it off because we had an earthquake earlier in the week that didn't amount to anything.

Then it continued to get stronger and eventually things were flying from my dresser, and I could hear things falling over and breaking in my bathroom.

I looked out the window and saw trees and buildings swaying outside, which was the first real point where I worried. When the earthquake settled down for a bit, a voice on the intercom told all the students to evacuate the dorm.

People are in one of two frames of mind. You either are accepting or hoping that the worst is over and trying your best to go back to your normal life. Tokyo really isn't that damaged so there are still buildings to work in and have classes in and everything from the outside looks the same, pretty much.

The other frame of thought is that this is only the beginning, and you need to leave as soon as possible, so people have stocked up on as much food and water as possible and are slowly heading southwest (the quake hit the north east so people feel the southwest is safer). The streets in Tokyo are noticeably empty. Today (Wednesday) people are starting to panic because elevated radiation levels showed up in Shinjuku....

The feeling here is leave the rescues up to the professionals. If anything, people are leaving Tokyo because they don't feel it's safe here.

People here are trying to conserve energy so that they can re-route it to the northern areas that were hit hard and currently are without power.

Right now it's spring vacation for most students in Japan. In Japan spring break is the equivalent of our summer break, the new school year will begin in April. Because of that, most students don't have a normal life to go back to right now.

For me personally my program has one-on-one tutor sessions daily and those didn't stop at all. I actually had a make-up session from an earlier missed class on the Saturday right after the earthquake. Even though class has resumed for me the mood is notably different.

We discuss the quakes and the latest news every day. I have one teacher who lives in the Chiba prefecture which was hit harder than Tokyo and she hasn't been able to return yet. She's currently staying with a friend in Tokyo.



Japan disaster haunts some from across globe

By **JANESE SILVEY**

Special to The Daily Tribune

Hitoshi Banno finds himself watching the news more than usual these days, horrified by the situation unfolding in his home country. It's like a "bad nightmare," the University of Missouri graduate student said.

Jacque Sample wasn't thrilled to see snow when she returned to Columbia on Monday, but she said she was "glad to be landlocked."

It's been five days since Japan's massive earthquake triggered tsunamis and warnings for countries and islands bordering the Pacific Ocean, and the aftershocks are still being felt, physically and mentally.

Banno learned of the crisis at 1:15 a.m. Friday when he saw the news online. Although his parents live in Nagoya, about 400 miles from the epicenter, he worried, especially when he read the quake's magnitude of 8.9.

"You know, I study geology, and the largest one ever is 1960 Chile earthquake with magnitude 9.3," he said. "It is damn close. I immediately thought, 'This is bad.'"

Banno was able to contact his parents, who reported they felt a shake but were fine. He was relieved for them but is still lamenting the loss of so many lives.

Banno preferred to correspond via e-mail because he worried his English would be misunderstood. Even in written words, though, you can hear his agony.

"People are dying, drowned, escaping, not knowing if their family members are safe or not," he said. "It's just so horrible to speculate what is unfolding. We are so accustomed to sensational images and shocking scenes from movies, so sometimes I think we lose some sense of reality."

As of this morning, Japan's death toll rose to 3,676 but was expected to climb to about 10,000 as thousands are still missing, the Associated Press reported.

"It is just a tragedy that such number of souls, which might have had some impact to the world one way or another, were lost, taken away by the force of nature," Banno said.

Banno is one of 17 students from Japan studying on the Columbia campus. There are nine MU students studying abroad there. All are in touch with university administrators and are safe, MU spokesman Christian Basi said.

Sample, a clinical occupational therapy instructor at MU, and her family were in Hawaii for a wedding last week when they were forced to evacuate because of tsunami warnings.

It was nighttime there when their resort alerted guests that they would have to start evacuating as soon as they heard a siren about an hour later. Sample said she had no idea what to do and relied on instructions in a phone book.

"I was looking at my children sleeping in the bed and thought, 'Oh my gosh,'" she said. "For about a five-minute period, I cried. Then I went into action. I had to pack and get them out of there. Had it just been my husband and me, I would not have been nearly as scared, but having my children there was much more difficult. I was definitely nervous."

The hotel was shuttling guests to an evacuation location, but the Samples had rented a van, so they packed up and drove to the designated site. The hotel also shuttled poolside loungers that would double as beds.

"It looked like a refugee camp, 1,000 people on loungers with sheets," she said. "We were cut off. We didn't have television, Internet access other than our phones. We had no idea what was going on."

Sample said her phone let her stay in touch with worried friends and relatives back home.

"Facebook turned out to be my savior," she said. "I could get Facebook on my phone and every half-hour or so would update my status." Dozens of responses, well wishes and cyber-prayers got her through the night, Sample said.

Other than debris and wind-blown chairs, the resort was mostly unharmed. Staff worked all day Friday to clean up the space in time for the Saturday-evening wedding, which went off without a hitch, Sample said.

Back home, Sample continues to watch the situation in Japan. "I feel blessed because we didn't have that devastation, but it's also very scary, too, knowing that I was somewhere where it was semi-related," she said. "You never know when something is going to happen."

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THE MANEATER

Deaton offers condolences, support to Japan

Posted to On Campus by Celia Ampel at 11:13 a.m., March 16, 2011

In a news release Tuesday, Chancellor Brady Deaton encouraged students and faculty to provide support to victims of the earthquake and tsunami in Japan.

“I encourage those of you who are so-inclined to give to the charity of your choice or do what you can to express concern and assistance,” Deaton said in the release.

The Japanese embassy in the U.S. suggests donating to the American Red Cross and the United States Agency for International Development, according to its website.

The nine MU students in Japan are safe, as are the families of the 17 Japanese students enrolled at the university.

“Service to others has been a hallmark of the University of Missouri since its beginning,” Deaton said. “We will keep you apprised of opportunities to serve and give.”

COLUMBIA MISSOURIAN

MU history department opposes E-courses

By Michael Davis

March 16, 2011 | 7:09 p.m. CDT

COLUMBIA – MU's history department adopted a resolution last week that opposes the "imposition" of E-courses at MU, according to a letter from department Chair Russ Zguta.

According to the letter, the resolution identifies three main concerns:

- E-courses undermine faculty control of the curriculum.
- They drain financial resources from MU departments.
- They dilute the quality and integrity of education on campus.

The department adopted the resolution after a discussion during a March 8 faculty meeting, the letter stated. Zguta has sent the resolution to other departments in the College of Arts and Science to gauge interest in co-sponsoring it, the letter stated.

Departments have until March 18 to respond to the resolution, after which time the resolution will be forwarded to the MU E-learning Task Force and others in the administration, according to the letter.



Politics determine nuclear roadmap: experts

Nations that scrub nukes weren't committed; others inexperienced

MU mention page 2

By Russ Britt, MarketWatch

LOS ANGELES (MarketWatch) — It takes political will to stick with nuclear power, and those that end up scrubbing plans for future plants either weren't committed in the first place or don't have the ability to initiate such a program without brainpower from countries already well-versed in nukes, experts say.

Plans by Germany and Switzerland to suspend operations at a number of plants inside their borders — and are thinking of shutting them down entirely in light of the disaster in Japan — are a symptom that the two countries face formidable anti-nuclear sentiment from citizens.

“In Germany, it's largely a political issue, not a technology issue,” said Bob Rosner, professor of astrophysics and astronomy at the University of Chicago, and former director of the Argonne National Laboratory. “A lot of what we're seeing there is related to the political situation.”

Japan crisis — the view from Sendai

Eric Bellman reports live from Sendai, Japan, and explains how residents are faring following the massive earthquake and subsequent tsunami that devastated the city.

Green movements in Germany and throughout Eastern Europe hold significant political weight, said Charles Sparrow, professor emeritus in chemical and nuclear engineering at Mississippi State University.

In contrast with Germany and Switzerland, nations such as India and South Korea — the latter a neighbor of Japan's — have no plans to suspend their operations.

“Same technology, different history,” Sparrow said.

Friday's 9.0 earthquake and subsequent tsunami that swamped the Fukushima Daiichi power plant on Japan's eastern coast is at least prompting nation's throughout the world that use nuclear power to re-evaluate their systems.

Experts say it wasn't the quake that damaged the plant, rather the tsunami that deluged backup systems used to power pumps that shoot water into the reactors and keep the radioactive core from overheating. To many, the event was a freak occurrence that is unlikely to be repeated, though taken into account in future planning for plants.

Along with India and South Korea, regions such as Russia and the United States, are expected to stick with their nuclear programs. U.S. officials have said they will inspect their plants and do not foresee shuttering them.

Experts say that in the cases where countries plan to stick with their programs, the nations either have no considerable anti-nuclear movement or feel they have enough technological skill to handle any possible calamity.

"We've probably dug into [the technology] deeper than other countries," said W. Reed Johnson, professor emeritus at the University of Virginia's nuclear engineering department. "Other countries don't have the technical infrastructure to support the safety analysis that these programs require."

Germany said earlier this week that it plans to suspend operations at seven of its nuclear plants that recently received extensions on their licenses. Chancellor Angela Merkel added all 17 German nuclear plants will be inspected to make sure they are up to par on safety issues.

A large block of politicians, primarily from the Social Democrat and Green parties, had enacted bill in 2001 that would have closed all the nuclear plants by 2021. Merkel, however, reversed that and extended the life of the plants. Nuclear power supplies about a quarter of Germany's electricity.

Radiation fears empty Tokyo streets

Streets of Tokyo were deserted amid radiation fears and workers briefly left the Daiichi nuclear plant after levels surged. Video and image courtesy of Reuters.

Switzerland's five nuclear reactors situated on four facilities supply 40% of the country's electricity. Swiss energy officials said this week they are suspending plans to build and replace their facilities. Three new sites had been approved for the building of power plants.

The two nations represent a marked departure from neighbors such as France and Italy, which have said they will continue with nuclear facilities. France has become a virtual poster child for the energy source, as it relies on nuclear power for more than three-fourths of its electricity.

Jeff Eerkins, an adjunct research professor at the University of Missouri's Nuclear Science and Energy Institute, says nuclear power will grow in prominence as oil supplies start to dwindle over the coming decades. He contends that the U.S. will need to quintuple the 104 nuclear plants it now has to handle the load, and countries that back out of their plans now will pay later.

“By 2050, France will supply energy to Germany,” Erkins said. “A lot of people are somewhat misinformed.”

The academics noted that the two countries that already have had the world’s two major nuclear emergencies either within their borders or in their backyards — the U.S. and Russia — are sticking with their nuclear programs.

The 1979 Three Mile Island incident in Pennsylvania resulted in a partial core meltdown at the facility. Seven years later, the world’s worst nuclear-energy catastrophe took place at the Chernobyl plant in the Ukraine, in which a large plume of radioactive material was sent into the atmosphere, forcing the resettlement of more than 300,000 people

Three Mile Island in particular ground the U.S. plans for nuclear energy expansion to a halt. No new plants were started after the incident until two new reactors were approved at Southern Co.’s (NYSE:SO) Vogtle plant in Georgia in 2009.

Had the Japan incident hit shortly after Three Mile Island, the effects on U.S. plants might have been more dire, said the University of Chicago’s Rosner.

“The program almost died anyway,” he said. “This could have been the straw that broke the camel’s back.”

The real test for the growth of nuclear power may come when nations that are novices to the energy source start to develop it, such as Abu Dhabi and Jordan, Rosner said. Venezuela added its name to the list of countries that is abandoning its nuclear plans, though it has a plentiful oil supply.

But Mississippi State’s Sparrow adds that as long as they have knowledgeable allies and partners, the programs should have no trouble continuing.

“They don’t have to have all the indigenous intellectual capital on board to do things safely,” he said. “There’s a whole world out there, most of which is cooperating to that end.”

COLUMBIA MISSOURIAN

MU Student Center restaurants 'stealthy' about healthy

By Caitlin Steffen

March 16, 2011 | 5:17 p.m. CDT

COLUMBIA — On any given day, an array of chocolate-covered doughnuts, muffins and bagels seems to glow inside a glass display case at the Infusion Cafe in the Student Center.

Healthy meals are a little harder to find, and calorie counts and nutritional information are not posted on menus. For now, those facts are available only by request from a Student Center manager.

After interviewing students during the restaurant design process, Campus Dining decided there were too many differences to accommodate the kind of nutritional information students wanted.

"We choose not to advertise specific items as 'low fat' or 'heart healthy' because our customer base is so broad," Campus Dining marketing manager, Andrew Lough, said. "Each customer has a unique definition of what that means for them."

But Alan Petersen, manager of Campus Dining Services, said healthy meals can be found among the new restaurants at the Student Center. And changes are on the way that will help students get nutrition information.

"No matter where you go, you will find fruit cups and vegetable cups, so there are options everywhere," Petersen said. "And each restaurant has its own unique, healthier items." Sometimes, he acknowledged, the healthier options are a little "stealthy."

Ellen Schuster, an MU extension associate state nutrition specialist, spent her lunch hour on a recent weekday navigating the Student Center menus to find healthy meals. She found some options with a few reservations.

Mort's

Mort's is a grill-style diner that features burgers and breaded chicken.

When looking at Mort's menu, Schuster first looks at the portion size. She'll avoid a hamburger like the double shack burger because it's a larger portion of meat than people need to eat.

"The second thing I might be looking at are for some words on the menu that give me some indication of how the food is prepared," Schuster said.

Though its breaded chicken is made in a pressure cooker, Mort's also offers grilled chicken breast, which lowers its fat grams to approximately 9, Petersen said.

Turkey burgers are a healthier alternative to hamburgers, but Schuster advises some wariness.

"Sometimes ground turkey isn't as low in fat as people think," she said.

The black bean burger might be the best option. People often rely on meats for protein and don't get enough protein from vegetable sources, she said. Another benefit is that the black bean burger is cooked in a toasting oven and broiled without contacting any areas of the machine that beef was cooked on, Petersen said.

Pomodoro

Pomodoro offers a variety of pizza and pastas, and neither is necessarily a healthy option. But the pizza is cooked on a stone deck oven rather than as a pan pizza, which often adds fat grams.

"Those (pan pizzas) have an oil-based coating on the pan so that you're just adding fat grams to the crust," Petersen said.

Petersen said that in addition to cooking with a stone deck oven, Pomodoro recently decided to use whole grain pastas in some dishes. While the ravioli is still standard pasta, whole-grain pasta is now used for the spaghetti and penne.

Once again, Schuster recommends thinking about portions when eating at Pomodoro. The question, Schuster said, is: "Do I really need two slices of pizza, or one slice and a salad?"

Story Continues...

COLUMBIA MISSOURIAN

USDA Rural Development awards nearly \$1.9 million in grants

By [Shaina Cavazos](#)

March 16, 2011 | 6:35 p.m. CDT

COLUMBIA — The UM System is among six recipients across the state to be awarded funding for creating 11 new rural health centers and adding new services to 19 existing rural sites.

The Rural Utilities Services' Distance Learning and Telemedicine Program awarded \$1,884,627 million in grants to fund projects that are educational or expand access to health care services in rural Missouri, said George Thomas, the U.S. Department of Agriculture Rural Development public information coordinator.

Anita J. Dunning, the Missouri State Director for USDA Rural Development, announced the grants Wednesday, according to a news release.

The 2010 winners include:

- Citizens Memorial Hospital District in the southwest Missouri community of Bolivar, \$457,500;
- **The UM System Board of Curators, \$220,459;**
- Kennett School District in southeast Missouri, \$305,410;
- Correctional Medical Services, Inc., \$280,332;
- Health Care Coalition of Lafayette County in west central Missouri, \$125,000;
- Missouri Sisters of Mercy Health System, \$495,926.

The release stated the Distance Learning and Telemedicine Program awarded the grants to help eligible applicants finance projects that offer rural residents access to better communication services.

"These (grants) are just federal funds, but these recipients are also matching this money with some of their own money," Thomas said. "So there is actually some more investment in these projects that some of these communities are benefiting from."

Projects can include infrastructure loans to local telephone companies for improving telecommunications service in rural communities, broadband access loan programs, community connect grant programs in eligible communities and distance learning and telemedicine loan and grant programs to rural residents, according to the release.

"The vision of the telecommunication program is that rural America will have access to affordable, reliable, advanced communications services to provide a healthy, safe and prosperous place to live and work," Dunning said in the release.