

NCAA JOINS SPORTS LEGENDS EXPERIENCE

The Indianapolis-based NCAA will join a host of Indiana sports teams partnering with The Children's Museum of Indianapolis on the Riley Children's Health Sports Legends Experience. The organization will create the NCAA Sports Legends Training Facility, an indoor exhibit that aims to promote the similarities of lifestyle choices in both school and sports. The facility will be located inside the Efronymson Pavilion, which will also house the National Art Museum of Sport.

Financial details of the NCAA's investment for the facility were not released. The Children's Museum says the exhibit will have interactive opportunities for families to participate in athletic activities, including football, hockey, basketball and a balance beam. Visitors will also be able to learn about sportscasting at the exhibit.



Crews broke ground on the Sports Legends Experience in September.
(Photo courtesy of The Children's Museum of Indianapolis)

STATE FAIR FOOD THEME

The executive director of the Indiana State Fair Commission says the 161st edition of the fair, which opens Friday in Indianapolis, will showcase the food and agriculture sector and "prop it up a notch." This year's theme is "a Wonderful World of Food" and Cindy Hoye says each day will focus on a different Hoosier farming-focused theme including mint, tomatoes, cheese and eggs. She says the theme reflects the important role Indiana ag producers play in feeding the world. New for this year is a Global Kitchen exhibit in the Harvest Pavilion and an attraction Hoye calls "a gamechanger," which is the Skyride. The ski lift-like ride gives passengers a bird's eye view of the fairgrounds and runs above Main Street.

Hoye says the Indiana State Fairgrounds' marquee event is just one part of what the

operation means to the community. She says annually the Fairgrounds has a \$124 million direct economic impact, creating the equivalent of 400 jobs. Hoye says the property is "a thriving enterprise" supporting the state and the surrounding area.

The State Fair continues to contend with school schedules throughout the state that have continued to shift toward earlier start dates. She says officials have worked toward ways around the issue by moving to a 17-day format that covers three weekends, opening the last week of the fair for school field trips and working with the Indiana Department of Education on granting excused absences for students participating as exhibitors.

This year's Indiana State Fair runs August 4-20.



Aerial view of the Main Strip just south of the Grandstand

IVY TECH EXEC EXTOLS BENEFITS of DUAL CREDIT

The senior vice president of work force alignment at the state's largest post-secondary education institution says completion and availability of dual credit courses for Hoosier high schoolers continue to rise. Chris Lowery says 59,000 high school students right now are taking college courses offered by Ivy Tech alone, double what it was two years ago. In May, the Indiana Commission for Higher Education released a study showing dual credit course participation is at an all-time high.

In an interview on Inside Indiana Business Television, Lowery said taking college courses in high school can have big benefits for students and parents. Students, he says, can conceivably save some \$25,000 in college costs before even setting foot on a college campus. "They can get

a jump-start on college," Lowery said. "Maybe it's 12 credits, maybe it's a full-year's-worth of credits, so the cost savings to a family can be enormous -- especially if a student, his or her family is intentional." Gaining credit before college can also help students complete college earlier than two or four years.

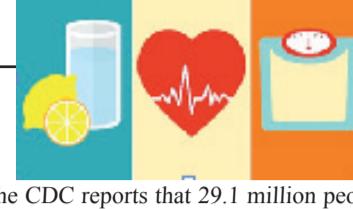
In addition to knocking out some course work before entering a traditional institution, some offerings can go toward career and technical training credit. Lowery says more students are working with Ivy Tech and other schools on classes that go toward industry-recognized certificates and can ease the path into high-demand career fields right out of high school including advanced manufacturing, logistics, information technology and health care.



Ivy Tech Community College - North Meridian Street Campus

TYPE 2 DIABETES

"Diabetes taught me discipline."
~Sonia Sotomayor



The CDC reports that 29.1 million people in the United States have diabetes; and 8.1 million people may be undiagnosed and unaware of their condition. Diabetes is the seventh leading cause of death. About 90 to 95% of Americans with diabetes have the type 2 form of the disease. It is characterized by high blood sugar (hyperglycemia); insulin resistance, a pathological condition in which cells fail to respond normally to the hormone insulin; and relative impairment in insulin secretion by the pancreas.

The American Diabetes Association recommends routine screening for type 2 diabetes beginning at age 45, especially if you're overweight. Screening is also recommended for people who are under 45 and overweight if there are other heart disease or diabetes risk factors present, such as a sedentary lifestyle, a family history of type 2 diabetes, a personal history of gestational diabetes or blood pressure above 140/90 mm Hg.

Glycated hemoglobin (A1C) test: an A1C level of 6.5% or higher on two separate tests indicates diabetes. Other diagnostic criteria include: A fasting blood sugar level of 126 mg/dL or higher on two separate tests; A random blood sugar level of 200 mg/dL or higher; Oral glucose tolerance test: a reading of 200 mg/dL or higher after two hours.

Type 2 diabetes develops gradually over several years without any noticeable symptoms. Signs and symptoms of Type 2 diabetes include: Increased thirst (polydipsia); Frequent urination (polyuria); Increased hunger (polyphagia); Unexplained fatigue; Blurry vision; Losing weight; Slow-healing sores and wounds; Numbness or tingling in the hands or feet (paresthesia); Recurrent yeast infections; Frequent skin, bladder, kidney or gum infections; Being irritable; Headache; Dry mouth; Areas of darkened skin (acanthosis nigricans) usually in armpits and neck. Some patients may experience only a few of the aforementioned symptoms.

The potential complications of type 2 diabetes include: Cardiovascular diseases: coronary artery disease, heart attack, stroke, atherosclerosis, peripheral artery disease and high blood pressure; Nerve damage (neuropathy): tingling, numbness, burning or pain starting at toes or fingers, and would progress to lose all sense of feeling in the affected limbs; Nerve damage to digestive system can cause nausea, vomiting, diarrhea or constipation; Impotence in men; Kidney damage (nephropathy) can lead to kidney failure or end-stage kidney disease; Eye damage: diabetes can damage the blood vessels of the retina (diabetic retinopathy) which can cause blindness, it also increases the risk of cataracts and glaucoma; Foot damage: minor



Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer; he has been a dedicated columnist for Indy Asian American Times since 2010.

cuts and blisters can lead to serious infection which may need amputation; Skin infections including bacteria and fungus; Alzheimer's disease: diabetes boost the risk of Alzheimer's; Dental disease.

The risk factors of type 2 diabetes include: Being overweight or obese, 80% of people who have type 2 diabetes are overweight; Inactivity; Family history; Race: African-Americans, Hispanics, American Indians and Asian-Americans; Being over age 40; Prediabetes; Previous history of Gestational diabetes; Heart and blood vessel disease; High blood pressure; Abnormal blood cholesterol or triglyceride levels; Smoking; Poor diet: a low-fiber, high-fat and sugary diet.

Healthy lifestyle choices can help to lower the risk of type 2 diabetes. Get more physical activity: exercise can help lose weight, reduce blood sugar and enhance sensitivity to insulin; aerobic exercise and resistance training can help control diabetes; walking briskly for 20 minutes per day reduces the risk of developing type 2 diabetes by 30%. Eat healthy foods (focus on plant foods): consume foods lower in fat and calories; get plenty of fiber including fruits, vegetables, beans, and nuts; go for whole grains which help maintain blood sugar levels; limit red meat and avoid processed meat. Eat healthier protein such as nuts, beans, poultry, and fish; avoid the refined carbohydrates and sugary soda; choose healthy fats like canola oil, olive oil, avocados, nuts, and seeds; avoid trans fats found in many margarines, packaged baked goods, fried foods in most fast-food restaurants, and any product that lists "partially hydrogenated vegetable oil" on the label. If you already drink alcohol, keep your consumption in moderation. Lose extra weight: if overweight, losing 7% of body weight and exercise regularly can reduce the risk of developing diabetes by almost 60%. Limit television time: every 2 hours spent watching TV instead of being more active increases the chances of developing diabetes by 20%. If you smoke, quit.

If diet, exercise and shedding extra pounds are not enough to control the blood sugar level, your physician may prescribe oral diabetic medications or insulin therapy.

Sources: American Diabetes Association, Mayo Clinic, Harvard, Johns Hopkins, Cleveland Clinic, Joslin Diabetes Center, CDC and NIH.

The information in this article is for general educational purpose only.

INDIANA SCHOOLS RANKED AMONG 'TOP COLLEGES'



Campus aerial view courtesy of the University of Notre Dame - South Bend, IN

The top-ranked colleges in Indiana are:

- 26. University of Notre Dame
- 116. Rose-Hulman Institute of Technology
- 117. DePauw University
- 135. Earlham College
- 143. Purdue University
- 147. Indiana University
- 214. Wabash College
- 222. Taylor University
- 247. Butler University
- 272. Saint Mary's College
- 311. University of Evansville
- 333. Hanover College
- 337. Valparaiso University
- 338. Goshen College
- 440. Huntington University
- 501. Ball State University
- 568. Anderson University
- 596. IUPUI
- 626. Indiana State University



Purdue University - West Lafayette, IN



Indiana University - Bloomington, IN