

TRU *Life*



SEEING 3D

Downtown Cinema 8 theater welcomes new technology changes

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Thursday, April 2, 2009

www.trumanindex.com

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Health & Body

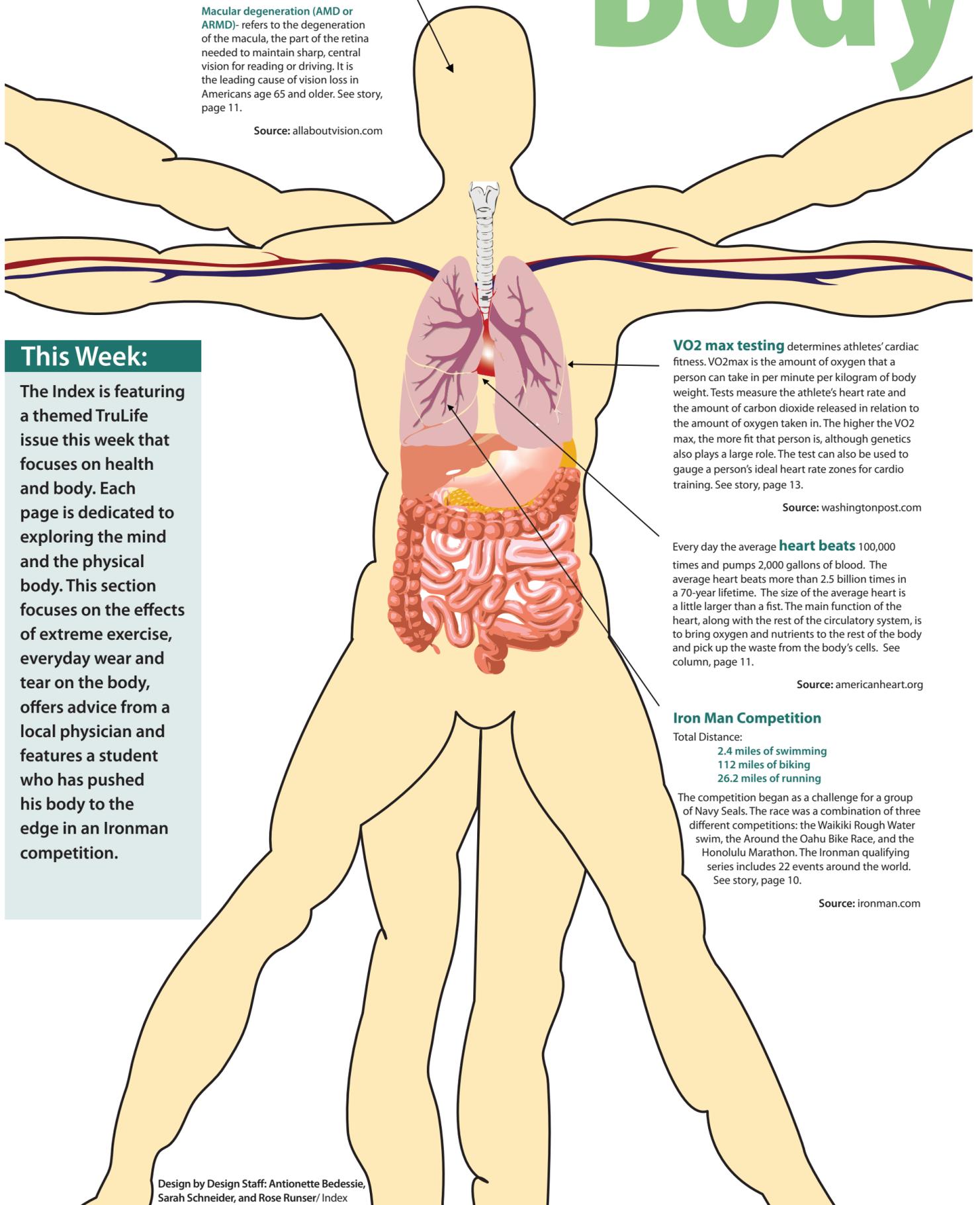
The eyes have it:

Cataracts- clouding of the eye's lens, located behind the iris and the pupil.

Glaucoma- buildup of internal eye pressure, which damages the optic nerve, hindering its ability to transmit visual information to the brain.

Macular degeneration (AMD or ARMD)- refers to the degeneration of the macula, the part of the retina needed to maintain sharp, central vision for reading or driving. It is the leading cause of vision loss in Americans age 65 and older. See story, page 11.

Source: allaboutvision.com



This Week:

The Index is featuring a themed TruLife issue this week that focuses on health and body. Each page is dedicated to exploring the mind and the physical body. This section focuses on the effects of extreme exercise, everyday wear and tear on the body, offers advice from a local physician and features a student who has pushed his body to the edge in an Ironman competition.

VO2 max testing determines athletes' cardiac fitness. VO2max is the amount of oxygen that a person can take in per minute per kilogram of body weight. Tests measure the athlete's heart rate and the amount of carbon dioxide released in relation to the amount of oxygen taken in. The higher the VO2 max, the more fit that person is, although genetics also plays a large role. The test can also be used to gauge a person's ideal heart rate zones for cardio training. See story, page 13.

Source: washingtonpost.com

Every day the average **heart beats** 100,000 times and pumps 2,000 gallons of blood. The average heart beats more than 2.5 billion times in a 70-year lifetime. The size of the average heart is a little larger than a fist. The main function of the heart, along with the rest of the circulatory system, is to bring oxygen and nutrients to the rest of the body and pick up the waste from the body's cells. See column, page 11.

Source: americanheart.org

Iron Man Competition

Total Distance:
 2.4 miles of swimming
 112 miles of biking
 26.2 miles of running

The competition began as a challenge for a group of Navy Seals. The race was a combination of three different competitions: the Waikiki Rough Water swim, the Around the Oahu Bike Race, and the Honolulu Marathon. The Ironman qualifying series includes 22 events around the world. See story, page 10.

Source: ironman.com

Design by Design Staff: Antionette Bedessie, Sarah Schneider, and Rose Runser/ Index

Around the Ville

Apr. 3

9:30 p.m. to 11:30 p.m. Dressin' Trashy

An anything-but-clothing, recyclable materials dance
 BNB First Floor
 Free

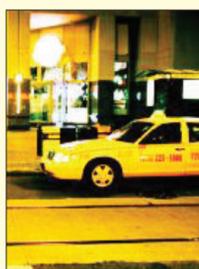


April 3

7 p.m. to 9 p.m. Street Smart

Game show hosted by Justin Collins and Zac Burden

Baldwin Auditorium
 Free



April 4

6 p.m. to 10 p.m. Concert

Red Jumpsuit Apparatus and Ludo comes to Truman

Pershing Area
 Free for student \$5 GA

