



STRI NEWSLETTER

#48
December 17, 1981



COME & CELEBRATE
AT THE STRI XMAS PARTY
TO BE HELD AT NAOS
TOMORROW, FRIDAY
DECEMBER 18TH AT
3 P.M.

FOOD, DRINKS & GOOD
COMPANY

I HOPE TO SEE YOU THERE!

Santa

SEMINAR NEWS

The luncheon seminar on Tuesday, December 22 will be given by Dr. Egbert G. Leigh, Jr., STRI, who will speak on:

Statistical independence:
Illustrations and Applications
(a mathematical exercise).

This seminar will be in the Ancon Conference Room.

ARRIVALS

Arrived early this past week, Dr. Neal Smith.

Expected to arrive this week-end are Dr. Michael Robinson, who will be returning from his trip to India, and Dr. Olga Linares, who is returning from her research trips to Senegal, Europe and the U.S.

ARTICLES WANTED FOR CONCIENCIA

The Editors of Conciencia, a serious publications by professors from the Facultad de Ciencias Naturales y Farmacia, of the Universidad de Panama are requesting contributions from STRI researchers for their publication. They will translate your paper into Spanish if necessary. If interested, please contact Mrs. de Alba at Ancon.

Note: If you need transportation to the Xmas Party at Naos contact Ramon Ely at the Tivoli.

TO YOUR HEALTH

Walk a While

After a hectic day in the office, do you retreat and relax? Or do you take a nice, healthy walk instead?

Walking is one of the best ways to "blow off steam". When you walk, you use every part of your body. So besides venting frustrations, you burn up calories, tone your muscles and raise your heart rate (which improves your cardio-vascular fitness).

Anyone who has a desk job needs some type of regular exercise program. According to Dr. Neil Salomon of Johns Hopkins University in Baltimore, "Unless you exercise your muscles, they atrophy and get flabby. Exercise is also the best way to develop and maintain good posture and avoid problems such as sagging shoulders, a protruding abdomen, or lower-back pain which afflicts so many people".

Medical researchers have found that brisk walks of 20 to 30 minutes a day, three or four times a week, are all the exercise most of us need. Walking regularly helps us to keep fit and control our weight. (If you are concerned with weight control, you'll be happy to know that a 30-minute walk burns up about 150 calories).

If you haven't been exercising much lately, begin your program by walking at different speeds to build up your stamina. For example, walk five minutes at your normal pace to warm up, gradually increase your speed, then slow down a bit as you begin to get winded. Five minutes later, step up your pace again. Set your own pace and enjoy your walk. Remember---the purpose of this exercise is to unwind and relax.

Please send your contributions to the STRI NEWSLETTER to Ms. de Alba at Ancon. (Any interesting bit of news that you will like to share with others at STRI.)