

IGERT Inquirer
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Inquirer Statement

The *Inquirer* was originally designed as part of the WSU-IGERT Summer Internship program. This document's main purpose was to inform readers about policies and issues related to this summer project. Clearly, communication was vital to the development of an effort such as the WSU-IGERT Internship program. With the success of the *Inquirer*, it was decided that the format of the *Inquirer* would be changed to a monthly, year round component. Moreover, it was decided that the scope of this document would be changed to reflect the activity of the WSU-IGERT program in high performance computing and simulation in its entirety. Thereby, evolving into a resource that can be used by a larger audience.

With this in mind, the *Inquirer* will target text that introduces its readers to the highlights of some of the accomplishments of its members. It would also inform readers about the structure of WSU-IGERT. The *Inquirer* will look to become a feedback mechanism relative to policy, course work and most importantly, promoting the concept of "Interdisciplinary research."

Join WSU-IGERT for Summer Fun

As most of you know, WSU-IGERT over the past couple of years has increased its desire to provide participants in the program with a forum where they can relax and get away for the rigors of advance research. This distraction has generally come in the form of the WSU-IGERT Socials. Some of these events have pictures posted on the program's site.

As part of the WSU-IGERT program we believe that social development is a critical part of the IGERT experience here at Wayne State. Over the coming months, we plan to provide various venues so that faculty, staff, and students can see that there is much more to a research experience than the actual projects. One of the most fundamental and important relationships a student can build at the graduate level is that of faculty and student.

While faculty knows the importance of this interaction, many of the students fail to really get to know their advisors and other related faculty. This is a vital area and will have a great impact on the graduate student's future. With this in mind, WSU-IGERT plans to hold activities throughout the summer months so these relationships can be nurtured. Stay tuned for information relative to the next WSU-IGERT Social function.

WSU-IGERT Has a Voice For Its Fellows: WIGSCO

Quietly, the WSU-IGERT Student Committee (WIGSCO) has celebrated its first year. A reflection of this group and its conception, which came out of the WSU-IGERT Retention and Recruitment Committee, can only be positive.

WIGSCO purpose is as follows:

WSU-IGERT Student Committee (WIGSCO) is a fellow run structure within the WSU-IGERT program. The duties of this committee, is to define and maintain the integrity of the interdisciplinary aspects of the program currently funded at WSU by the National Science Foundation.

Furthermore, it is this group's duty to represent the best interest of the WSU-IGERT fellows within the authority given to the group by the WSU-IGERT Steering Committee. This group will serve as one of the primary mechanisms to communicate program policy to the fellows as well as provide input relative to selected policy via regular meetings with the fellows. Simply stated, WIGSCO is considered the collective voice of the WSU-IGERT fellows.

Lastly, WIGSCO will serve to promote the program, serve to provide a student component to various committees and to recommend changes designed to improve the overall structure of the program. WIGSCO will work with a representative from the steering committee to enhance the communication of itself to the steering committees.

The original members, Cristina, Hrant & JP, did an excellent job of addressing issues they considered important within the structure of WSU-IGERT, see below.

- Submitted of a number of articles to the monthly Inquirer,
- Served as host to potential IGERT fellows
- Established an e-mail address to answer questions from not only students interested in WSU's program, but to service as a voice for the fellows currently in the program
- Co-hosted social outings
- Hosted WSU-IGERT Orientation in 2004

WSU-IGERT looks to WIGSCO for similar leadership within the fellows' component of its program in the coming year. Only one member of this productive team has graduated, Hrant. The group is poised to continue its creativity in terms to enhancing the experiences of their colleagues as they plan for the coming new school year over the summer.

If you would like to contact WIGSCO relative to an issue you think may be interest or as it relates to something you would like done, please feel free to go to the website and leave them a note.

Spreading the Word at the Pre-college Level

One of the fundamental principals of WSU-IGERT is to promote its program in high performance computing and computer simulation. Its commitment to this concept is evident in its summer internship program held in 2003. WSU-IGERT even then extended its commitment of promoting to the pre-college levels by associating with some of the projects supported by the Office of Minority Student Initiatives Department of Chemistry Wayne State University (Initiatives). The Initiative has a number of projects that WSU-IGERT support such as the ACT Prep, the WSU Upward Bound and ACS Project SEED Programs, and visits to areas schools

during their career days.

The main source of manpower for the support of the above projects was the summer WSU-IGERT Interns. While this portion of the program is no longer functioning, the WSU-IGERT Recruitment and Retention Committee has continued to support some of these efforts and encourage current fellows to get involved as well.

Setting Goals Helps You Make Today's Decisions

by Judy Camp

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We all want to achieve success. The first step is setting goals, whether that means higher sales, attempting to solve an office problem, or getting healthy.

The first step to setting your goals should be, surprisingly, to jump to the end. Visualize where you want to end up in, say, five years. There are no limits now, so you can picture yourself at your ideal weight or your company at the top of your industry. Take your time and visualize as many details as possible.

Slowly drop back from that five-year goal and set smaller projections for various time increments in between. At this point, try to determine what resources you might need. This may mean hiring new people, taking classes, or buying software or equipment. You may decide to try to take steps to reduce stress, for example, in order to pave the way for the future.

Limiting negative word patterns is important. Refuse to believe the little voice inside your head—or the voice of an associate—that says, “It can't be done. I can't handle it. We don't deserve it”.

Expect excellence in the long run, but assume you will have some temporary setbacks. Don't let them stop your momentum and enthusiasm for what you hope to achieve. Finally, give the people involved the credit they deserve.

You'll get many benefits from this type of planning. Once your future is set, the decisions you need to make on a daily basis will become clearer choices. When you know where you are headed in the long run, you'll have less chance of taking a wrong turn. You'll be more focused on your current objectives, confident you are doing the right thing. You'll also have less anxiety and more time and energy for the next project at hand.

The Benefits of Exercise

by Tom Perkins, Certified Personal Trainer

Today in society exercise should be apart of everyone's normal life style. A regular exercise program such as walking, running, cycling, swimming, or weight lifting can measurably improve the efficiency of the body. There are many benefits from a regular exercise routine.

Some of the benefits would include strengthening the body physically, being more psychologically confident, and avoiding future medical problems.

By exercising regularly you can make a big difference to your physical appearance. By lifting weights you can build muscle mass or tone the muscle you already have. Building muscle not only makes you look better but it all helps keep your bones and joints in line, therefore relieving aches and pains. Also, your clothes will look and fit better on your trim figures.

Another benefit of exercise is that it can help you quit smoking. Three out of four smokers say they want to quit. Many have tried and many have failed. For many, cigarette smoking is an addiction and requires emotional and physical agonies to give it up. If you're a smoker, pursuing a disciplined exercise program may be the best answer to ridding yourself of the habit.

Regular exercise also improves heart function. After 8 to 10 weeks of endurance type exercise performed on a regular basis, your heart will begin to beat less, not only at rest but during everyday tasks. Your heart will be working more efficiently, pumping more blood with fewer strokes, and will recover more rapidly from bouts of exercise or any type of activity that stresses your body.

With exercise you can improve your oxygen uptake. This is the body's ability to use oxygen effectively. Our capacity to consume oxygen during exercise is enhanced by increases in cardiac output that results in greater volumes of blood being delivered to the muscle cells. In addition, the muscle tissue develops mechanisms to use these greater volumes of oxygen.

Blood pressure can be lowered with regular exercise. People tend to have lower resting blood pressure than most sedentary people. If your blood pressure is normal, exercise has little if any effect on lowering your blood pressure. Some people who have high blood pressure, however, may see dramatic changes to a more normal level as the result of rhythmic endurance type exercise training. If you have any type of weight problem, you are more likely to lower your blood pressure if you lose weight along with improving your fitness.

One of the biggest benefits from exercise is controlling your weight. Body weight can be controlled by engaging regularly in endurance type exercises. As we grow older, our activity level tends to decrease while our appetite and eating habits do not. In fact, appetite may even increase with an inactive lifestyle. Just dieting to control weight is seldom effective. Exercise must be part of your weight program, or you will still look flabby and saggy. When exercising and dieting together you increase lean muscle as well as decrease fatty tissue. During this process the weight scale tends to stay the same, which to most people become discouraging. In contrast, many special diets often result in rapid fluid loss and, in some cases, even loss of muscle tissue, leading to the false belief that fat has been lost.

A benefit that is sometimes over looked but very important is the psychological benefit. Being fit is much more than just having an efficient heart. Being fit gives an overall feeling of well being. It bolsters your self-image and helps you to be more positive about yourself and those around you. Besides providing a break from everyday work, engaging actively in sports and

exercise provides an excellent relief and relaxation of the mind.

So as you can see the benefits of exercise are endless. If you're a weight lifter or just a everyday walker any kind of physical activity can help in many ways. The key is to just set goals and keep a normal routine schedule. If you follow your routine and reach your goals the results will be very positive.

Inquirer Calendar

Memorial Day Observance	May 30 th
WSU-IGERT June Social	TBA
Retention/Recruitment meeting	June 8 th
ACT prep course end	June 10 th
ACS Project SEED begins	June 20 th
Retention/Recruitment meeting	June 22 nd
WSU Upward Bound Begins	June 27 th

Solicitation

Anyone who has "items of interest" to share with the rest of the group is encouraged to send a note to Doris King so that the information can be submitted or the issues can be addressed. We are especially looking to inform fellows about various activities such as additional seminars, workshops, and conferences that would enhance their research experience especially if a fellow is presenting at the conference.

The *Inquirer* looks to not only inform, but also to become a vehicle to be used by faculty, staff, associates, supporters and fellows to improve the overall program. Hence, we welcome any feedback that may arise from this text. All views will be evaluated and posted.

Next Month's issue

Next month, the *Inquirer* will present additional interesting featured articles and information on the June social outing. Also, articles will be presented by WIGSCO outlining its plans for the academic 2005-06 school year. In June, we will provide updates on community service projects and other related activities. Lastly, another article will be presented that addresses healthy eating.