



QUAKE FALLOUT
Chilean vintners race to save vines
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NEARLY PERFECT
No. 1 UConn women rout Temple
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The Modesto Bee

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Women need hour workouts to beat fat

Study says midlife demands daily health investment

BY LINDSEY TANNER
The Associated Press

CHICAGO — Rev up the treadmill: Sobering research spells out just how much exercise women need to keep the flab off as they age — and it's a lot.

At least an hour of moderate activity a day is needed for older women at a healthy weight who aren't overweight — and that's most U.S. women — even more exercise is called for to avoid gaining weight without eating less, the study results suggest.

"We all have to get it. If it were easy to be skinny, we would all be skinny," said John Foreyt, a behavioral medicine expert who reviewed the study but wasn't involved in the research.

Brisk walking, leisurely bicycling and golfing are examples of moderate exercise. But don't throw in the towel if you can't do those things for at least an hour a day. Even a little exercise is good for your health even if it won't make you thin, the researchers said.

Their findings are based on 34,079 nondieting middle-aged women, mean age 52, followed for about 13 years. The women gained an average of 6 pounds during the study.

Those who started at a healthy weight, with a body mass index less than 25, and who gained little or no weight during the study consistently got the equivalent of about an hour of moderate activity daily. Few women — only 13 percent — were in this category.

Few overweight women got that much exercise, and the results suggest that it wasn't enough to stop them from gaining weight.

"Talk to any group of women, and they all say the same thing," said Janet Katzin, 61, a "slightly overweight" marketing director from Long Island, N.Y., who exercises for an hour twice a week.

Thin as a younger adult, Katzin said the pounds started creeping up after she had her two children in the 1980s, despite exercising and watching what she eats. "It's just extremely frustrating and discouraging."

The study appears in today's Journal of the American Medical Association. Only women were studied, so the researchers from Harvard's Brigham and Women Hospital said it's uncertain whether the results would apply to men.

Hormonal changes in menopause can make women prone to weight gain, especially around the belly.

Health bill signed, Demos celebrate



GERALD HERBERT/THE ASSOCIATED PRESS

President Obama savors the moment after speaking Tuesday at the Interior Department. With him are businessman Ryan Smith of Turlock and Connie Anderson of Ohio, whose sister's insurance struggles became a case in point for the president.

INSIDE & ONLINE

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■ Neither party seems prepared to cut spending. **Opinions, Page A-9**

For continuing coverage of health care reform, go to www.modbee.com/nation.

Now Obama must convince the wary

BY JENNIFER LOVEN
The Associated Press

WASHINGTON — It was a day of history for the nation — and sweet vindication for President Barack Obama. His grin seemed wider than any in recent memory.

After more than a year of arguing, struggling and dealing, Obama signed into law a nearly \$1 trillion health care overhaul that ranks among the biggest changes devised by Washington and will reshape the way virtually every U.S. citizen receives and pays for treatment. It will rework one-sixth of the economy and for the first time cement insurance coverage as the right of every citizen.

At the White House, jubilation was in the air Tuesday.

Democratic lawmakers and advocates, crowded into the East Room for the signing ceremony, hooted and hollered. They snapped photos of the president — and themselves.

VICE President Joe Biden was caught whispering a profanity as he exclaimed to the president what a big deal it was.

It seemed more like a campaign rally than a bill signing.

It will be months before the November midterm election renders a verdict on whether the public approves of the bill the Democrats pushed through Congress with-

SEE BACK PAGE, HEALTH

Turlock man shares limelight with president

BY MICHAEL DOYLE
mdoyle@meclatchydc.com

WASHINGTON — Turlock businessman Ryan Smith will always have a special place in his heart for the health care bill signed Tuesday morning by President Barack Obama.

Smith played a walk-on part in the signing ceremony, and even earned a presidential shout-out. Through an unlikely sequence of events, Smith ended up in the White House spotlight for what's become the signature event of Obama's presidency.

"I thought it was a once-in-a-lifetime experience," Smith said Tuesday afternoon.

Smith was one of four nonpoliticians standing by Obama while the



Lizabeth Machado, left, and Shauna Teague work for Ryan Smith at Central Valley Property Management in Turlock. Smith was with the president as he signed the health care bill Tuesday.

DARRYL BUSH/
dbush@modbee.com

president signed the health care legislation. The president introduced Smith into the audience gathered in the White House East Room and brought Smith with him for a celebratory event at the Interior Department.

"I'm signing (this) for Ryan Smith, who's here today," Obama said. "He runs a small business with five employees. He's trying to do the right

thing, paying half the cost of coverage for his workers. This bill will help him afford that coverage."

Cue Smith, swelling with pride.

Every big bill-signing ceremony amounts to a theatrical production, complete with script, staging and assigned roles. For the event that began

SEE BACK PAGE, BILL

District's bus care faulted by CHP

'Unsatisfactory' grade in second inspection

BY KEVIN VALINE
kvaline@modbee.com

The California Highway Patrol says Modesto City Schools has not done enough to maintain its bus fleet.

Civilian CHP inspectors made an unannounced inspection this month at the district's bus operations and found that the fleet maintenance program was "unsatisfactory."

That's a rare occurrence for the 215 private and public school bus maintenance operations the CHP's Central Division inspects each year in the San Joaquin Valley.

Last year, no more than six of the 215 bus operations received an unsatisfactory rating, said Greg Biklian, the CHP's Central Division Motor Carrier Safety Unit supervisor.

The school district says all of the mechanical problems on the buses, such as brakes being out of alignment or loose or missing

SEE BACK PAGE, BUSES

Keating, Olsen lead in raising dollars

Each gets about \$70K in 6-way Assembly race

BY LESLIE ALBRECHT
lalbrecht@modbee.com

Candidates Kristin Olsen and Janice Keating emerged as fundraising heavy hitters in the six-way race for the 25th Assembly seat Tuesday, reporting that they've each raised about \$70,000.

Collecting cash is an important sign of momentum for the race, which got off to a late start in December after Assemblyman Tom Berryhill announced that he would

not seek reelection. Berryhill is campaigning for Dave Cogdill's state Senate seat.

Since then, former Modesto City Councilwoman Keating raised \$71,969, and incumbent Modesto Councilwoman Olsen gathered \$70,340.

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Leading candidates' war chests dwarf those of opponents.

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Weather

Clouds increase
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Complete forecast,
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Fox commentator's criticism of churches promoting social justice is 'off base,' columnist says.

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Chain eateries must put calorie counts on menus.

Calories **Platter**
450
600
580
660
560

Hot Cakes
Hot Cakes
Big Breakfast
Deluxe Breakfast

ClassifiedD-1
ComicsE-7
CrosswordE-4
HoroscopeD-1
Local NewsB-1
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