



# columbus metropolitan club

the community's conversation

Wednesday, August 13, 2008  
Available online at [www.sourcenews.com](http://www.sourcenews.com)

100 E. Broad St., Suite 2350 • Columbus, OH 43215  
Ph: (614) 464-3220 • Fax: (614) 464-9767 • E-mail: [staff@columbusmetroclub.org](mailto:staff@columbusmetroclub.org) • [www.columbusmetroclub.org](http://www.columbusmetroclub.org)

The mission of the Columbus Metropolitan Club is to connect people and ideas through community conversation.

## THIS WEEK AT CMC

AUGUST 13

Chase Excellence in Leadership Series  
Presented in partnership with *Leadership Columbus*

### An Interview with Jack Partridge

President, Columbia Gas of Ohio

Interviewed by

Gail Hogan, Host and Producer, *Daytime Columbus*, WCMH-TV

Series Underwritten by: *JP Morgan Chase*



FRIDAY AUGUST 15, 7:30 A.M.

CMC on Site

### The Seneca: New Life for a Grand Building

Only \$10 for members, \$15 for guests



## Upcoming Conversations

AUGUST 20

### Previewing the Institute for Active Living Up and Running!

Featuring:

Roberta Garber, Community Research Partners

Andrea Cambern, 10TV Anchor

Teresa Long, M.D., M.P.H., Columbus Health Commissioner

SEPTEMBER 10

Battelle for Kids

### A Discussion of Teacher Quality

What are the qualities possessed by great teachers? How can we use this information to strengthen our schools?

SEPTEMBER 17

### America's Changing Workplace

Featuring Sharon Allen, Chairman of the Board, Deloitte and Touche, LLP

SEPTEMBER 23 5 – 7 P.M.

### CMCpm – Generational Leadership

The Titans of today, born of the boomer generation, are more apt to be old, white, and male and come from a solid "brick and mortar" business background... but the times, they are a-changin'. What will the leaders of tomorrow look like?



SEPTEMBER 3

This program is for the birds!

### The Grange Insurance Audubon Center

Featuring:

Heather Starck, Director of the Grange Insurance Audubon Center

David Catlin, Director of Field Support for Centers, National Audubon Society

Phil Urban, CEO, Grange Insurance



## Reservations Required for Forums

Make reservations online at  
[www.columbusmetroclub.org](http://www.columbusmetroclub.org)

If you need help registering,  
see our "how-to" guide  
in "Need Help?" section  
on our website.

## Register Now!

OCTOBER 1

### Diversity in Central Ohio

How our Businesses  
Stack Up

Featuring Foulis  
Peacock, founder  
DiversityInc Media, LLC

Sponsored by  
*Huntington*

OCTOBER 8

### Dr. Joycelyn Elders

Former Surgeon General US

Presented in partnership with  
*The Ohio State University College  
of Public Health, the Ohio  
Department of Health and  
Columbus Public Health.*



Joycelyn Elders

## Join Today!

Call CMC at (614) 464-3220 for more information.

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WEDNESDAY, AUGUST 20, 2008



## Can The New Institute for Active Living Reduce Columbus Waistlines?

AUGUST 20

### Previewing the Institute for Active Living

Featuring:



Roberta Garber,  
Community  
Research Partners



Andrea Cambern,  
10TV Anchor



Teresa Long,  
M.D., M.P.H.,  
Columbus Health  
Commissioner

Barb Seckler, Executive Director,  
Institute for Active Living

According to the Columbus Partnership's 2007 Benchmarking Study, conducted by Community Research Partners, adult obesity rates in Columbus are alarming. More than one-fourth of the city's adults qualify as obese, a statistic which makes Central Ohio one of only four metro areas (out of 16 in the study) whose obesity rates were greater than 25%.

Adult obesity has been connected with increased incidence of heart disease, diabetes and cancer, and a number of studies have found that children with overweight parents are much more likely to become overweight themselves. This generational obesity creates a continuing cycle of health problems that, unless the causes are addressed, can lead to lowered life-expectancy in these parents and their children.

Unfortunately, despite continued public health warnings about the importance of maintaining a frequent exercise regimen, limiting fast-food consumption and avoiding weight gain, obesity is often tied to life choices.

Behavior modification has proven to be one of the most effective methods of reducing obesity rates. But, behavior modification requires that communities, businesses and health administrators band together to make it easier for individuals to consider these lifestyle changes.

At The Columbus Citizen Summit, held in January of this year, more than 1,800 of the city's residents communicated their concerns about making Columbus a more active, vibrant city, and the city has responded with *The Institute for Active Living*.

Under the guidance of Columbus Public Health and newly named Institute director Barb Seckler, the Institute for Active Living will implement strategies city-wide that give citizens better access to physical activity, fresh food and nutrition for neighborhoods in need.

"The personal and collective choices the citizens of Columbus make today are shaped by the availability of options," explained Institute Director Barb Seckler. "The Institute for Active Living hopes to provide residents and visitors the opportunity to make healthier more active choices."

Get off the couch, grab an apple and join us for the unveiling of *The Institute for Active Living* and learn more about the future of active living and health in Columbus.

August 27

CMC Summer Celebration...  
the most fun you've ever had at an annual meeting.

5:00 - 8:00 pm

At Franklin Park Conservatory  
- Featuring the new "Grove" and "Zen Terrace"  
Tickets only \$20! Reserve your seats online today.  
Enjoy the music of Slate Ridge

Presenting Sponsor *Huntington*

With Support from *American Dairy Association Mideast*  
and *RAMA Consulting*

Hosted by *Franklin Park Conservatory*

## VISIT CMC ON-LINE

[WWW.COLUMBUSMETROCLUB.ORG](http://WWW.COLUMBUSMETROCLUB.ORG)

Register for events, check out streaming  
video from past forums in our "Video  
Archive", and continue the discussion  
on our "Forum Discussion" page.



## ADDED THIS WEEK:

Dr. Gene Harris discusses plans  
for Columbus City Schools  
in our video archive.

Register in advance for a  
number of upcoming programs.

Members, update your profile to  
include your picture and network  
in our forum discussion section.

RECAP - AUGUST 6

## Reading, Writing and Referendums

Dr. Gene Harris offered a fantastic overview of Columbus City School progress and her plans for continuing improvement.

Sponsored by **DeVry University**

Photographs by Rick Buchanan,  
[www.rickbuchananphotography.com](http://www.rickbuchananphotography.com)



Each week, our friends at The Ohio Channel  
tape our forums for rebroadcast on:

Digital: Ch 34.5 (on air)  
Time Warner Digital: Ch 96  
Insight Digital: Ch 765  
WOW Digital: Ch 150

Fridays @ 4 pm & Midnight  
Sundays @ 4 pm & Midnight  
Mondays @ 11 am & 7pm



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weekly forums on:

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Demand channel available  
to Time Warner digital  
cable customers in  
Columbus and  
surrounding  
areas.



From left, Kevin Boyce, Columbus City School Board; Amy Hall, from sponsor DeVry University; our speaker Dr. Gene Harris; Galen Graham of DeVry University and CMC Vice President, Sandy Clary.

## CMC Corporate Supporters

Thanks to our generous supporters for their ongoing commitment to CMC!

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