

CONVERSATIONS UNLIMITED - MONDAY, OCT. 29, 1984

INTRO UP AND UNDER

LL: 25.50  
LL: 39.50  
LL: 54.50

Hi, everybody. We're going to talk today about what has become something like a national phenomenon, and that is personal physical fitness. In fact, we are going to talk with a medical doctor who is himself a middlin' serious triathlete. You remember Bruce Jenner, and before him Bob Mathias. They won the decathlon gold medals for the United States in the Olympics. The decathlon involves performing in 10 different events. The triathlon has only three tests --- but what tests they are!

My guest today is Dr. Steven Jonas. He is ~~associate~~ professor of community and preventive medicine in the School of Medicine at the State University of New York at Stony Brook. He writes a column on endurance sports for a major national publication for endurance athletes. It's called "The Beast," which gives you some idea of what this sport may be all about. Dr. Jonas, are you a "beast"?

INTERVIEW STEVE JONAS: -- Describe a typical triathlon

Why those particular sports?

Name some of the bigger events

Name some in the New York State region

Words of warning to would-be triathletes

14:00 BREAK MUSIC UP AND UNDER

Hi. I'm Al Oickle with Conversations Unlimited. With me is Dr. Steven Jonas of the State University of New York at Stony Brook. Dr. Jonas is ~~associate~~ professor of community and preventive medicine at Stony Brook, and he is a triathlete. Now, he has taken on a major assignment as ~~chair~~ <sup>vice</sup> chair of the American Medical Association's ~~committee~~ <sup>triathlon</sup> ~~on triathletes~~ <sup>group</sup>. What does that involve, Dr. Jonas?

MORE MORE MORE



INTERVIEW STEVE JONAS: -- Discuss new sports medicine field  
Discuss medical organization's interest in  
recreational sports; pro sports  
Jim Fixx case...lessons for everyone?  
Stress tests...how good? Describe  
"Medical miracles" like 61-year old woman  
Final advice to athletes and would-be's

Book >

29:00 OUTRO



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10:46.35  
11:00.35  
11:15.35

INTRO UP AND UNDER

Hi, everybody.

Last year, the world celebrated the 500th anniversary of the birth of Martin Luther. To the contemporary mind, Luther was a man harassed and tortured by witches, evil spirits and the devil. But his influence endures five centuries later in the music of Bach, the hymns of Paul Gerhardt, the philanthropy of Franke, even in the very language of the Germans, and, to stretch it just a little bit, in the refrigerator and microwave oven in the American kitchen.

We'll try to connect Martin Luther, the 16th century genius and founder of the Lutheran religion, with the American refrigerator when we talk with today's guest. She is Diane ~~Barthel~~ <sup>Barthel</sup>, ~~assistant~~ professor of sociology at the State University of New York at Stony Brook. Dr. Barthel is the author of a new book called, simply, "Amana." I think of Amana as the name of a refrigerator. But it turns out to be much more than that. Dr. Barthel, what is Amana?

INTERVIEW DR. BARTHEL: - Early history of Amana (similar to Amish, Moravians, Shakers - all derived from post-Luther Germany)

- 1714-1864 - from bottom to top (1,500 pop.)
- Amana in the U.S. (from N.Y. to Iowa)
- 1932 and The Change
- Capitalism vs Pietism
- How success affected Amana colonies
- The Amana community today (tourism)

14:00 - BRIDGE MUSIC UP AND UNDER

MORE MORE MORE



Hi. I'm Al Oickle, at the State University of New York at Stony Brook. I'm talking today with Diane ~~■~~ Barthel, author of a fascinating new book that records the history, and more, of a religious community somewhat like the Amish, a community of people that grew from 17th century religious turmoil in ~~Germany~~ <sup>EUROPE</sup> to become one of 20th century capitalism's greatest success stories. Dr. Barthel is a sociologist on the faculty at Stony Brook, and so she had an academic interest in examining the history of the Amana colonies. But there was another reason, also. Your mother grew up in the Amana community, did she not?

INTERVIEW DR. BARTHEL: ~~T~~ - When did idea for book first strike?

- Describe seven years of research
- Cite critical reviews
- How have Amana people reacted to book?
- Fun reading; what's long-range contribution of such a book?

29:00 - OUTRO UP AND OUT