

One man's mighty mission

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"Great things are done when men and mountains meet."

— William Blake, English poet

Wally Glover is at it again. The former Bedford man is in training to climb a mountain. A smaller peak than he's used to, the climb is just the beginning of a much-larger journey and the continuation of a battle toward a healthier lifestyle.

Glover, who now lives in Columbus, climbs mountains to not

only sate his own appetite for adventure, but uses it as a way to raise money and awareness to the growing epidemic of childhood obesity.

According to the Centers for Disease Control, about 17 percent (or 12.5 million) of children and adolescents, ages 2 to 19 years, are obese. Since 1980, obesity prevalence among children and adolescents has almost tripled.

The problem is that obese children are more likely to have high blood pressure and high cholesterol, which are both risk factors for cardiovascular disease, and are at a greater risk of developing type 2 diabetes. Obesity in children can also contribute to joint problems and pain, as well as social and psychological problems, such as poor self-esteem.

The 64-year-old hospital chaplain for St. Vincent Dunn Hospital and St. Vincent Salem raises money and awareness for the child obesity programs in the St. Vincent Health system in Indiana.

To date, his climbs have raised \$85,000 for programs in North Vernon, Bedford and Salem. L.I.F.E. 4 Kids was created by staff at Peyton Manning Children's Hospital and teaches kids to adopt a lifetime of individual fitness and eating. Most of the money raised is used for scholarships so children can enroll in the program, he said.

**We think
Area climber
is dedicated
to helping youth
battle obesity.**

On Friday, Glover will leave for Mount Rainier, a North American summit south of Seattle, Wash. It's a training ground for Glover's next big climbing goal — Denali in 2013. Because of the risks to themselves, other climbers and their guides, climbers must demonstrate they are up to the rigors of the Denali climb. He'll test his skills for guides on Rainier.

His treks are inspiring to many. It's not just the challenge of the climb at the age when most people are slowing down, but it's where his heart is at while making the difficult grades.

"When I went to Everest, that was going to be one and done," said Glover for an article in Monday's newspaper. "Then I went to Kilimanjaro to raise money for youth obesity. People are inspired by the adventure. Adults are motivated by someone who's going to be 65 out doing this stuff ... dreaming the dreams and realizing the dreams."

Overcoming the mountainous battle of knocking down childhood obesity will take more than one man on a mission — it's going to take a change in society and its behaviors. However, thanks to people like Glover who point their commitment toward doing good, we know we're taking positive steps in the right direction.

OUR
OPINION