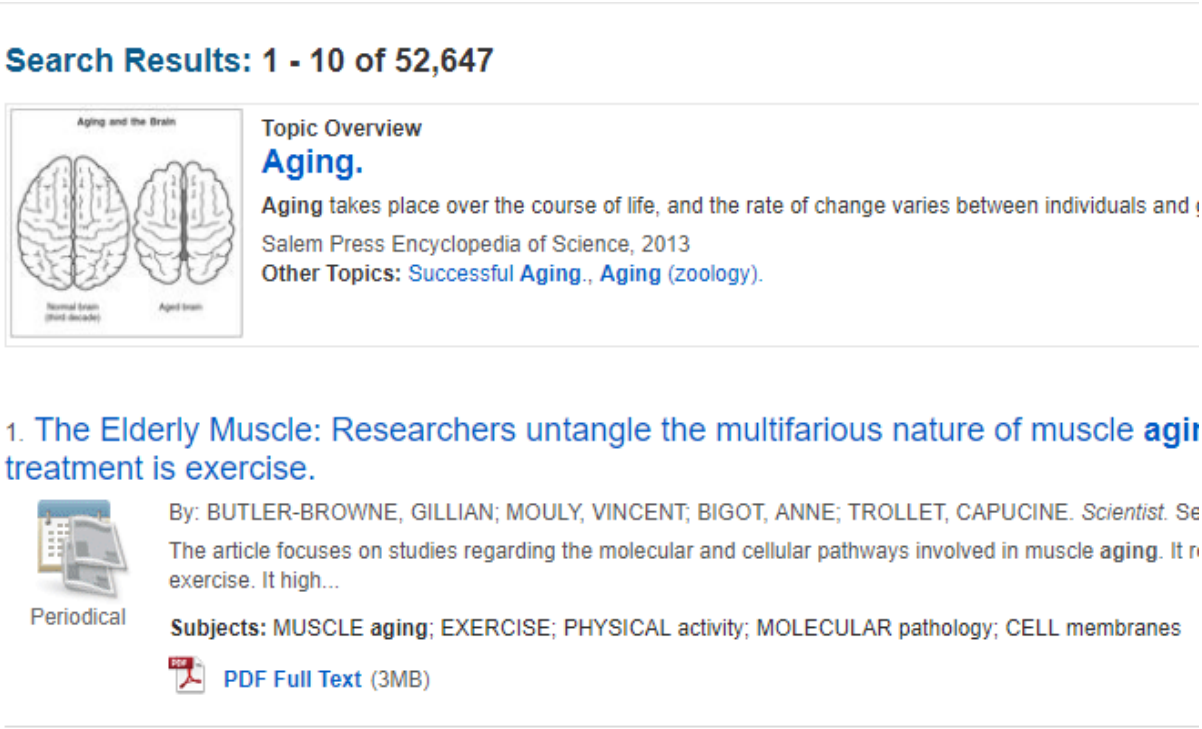
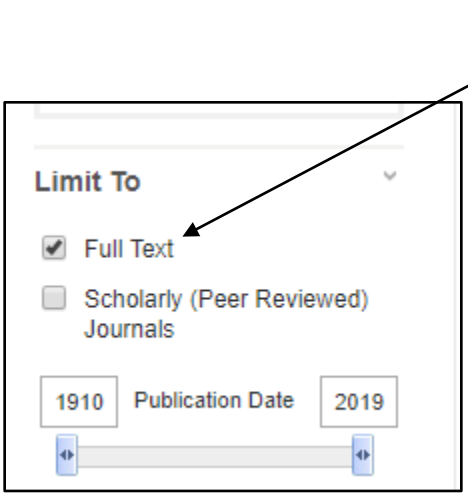
Search for Magazine Articles Using Explora Magazines at https://www.spokanelibrary.org.

- Type one of the keywords from your "Developing Keywords" worksheet in the large search window. Explora will provide suggestions for search terms as you type. Click on the orange **Search** button.
- A list of articles opens. It's called the **Search Results** list. These are 2 articles in a search results list that resulted from a search using the term **AGING.**



- To the left of the articles you will find the **Refine Results** column. Scroll down the column and put a check in **Full Text**.



- If the title of an article looks as though it connects to your theme, open it by clicking on it. The full text of the article will open on the right.

The Elderly Muscle

Researchers untangle the multifarious nature of muscle aging. So far, the only reliable treatment is exercise.

BY GILLIAN BUTLER-BROWNE, VINCENT MOULY, ANNE BIGOT, AND CAPUCINE TROLLET

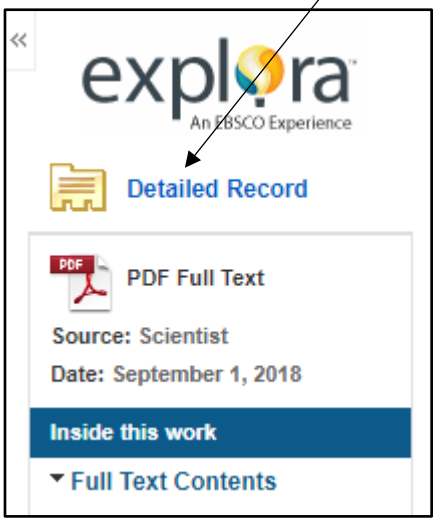
To you readers over age 30, we've got some bad news for you. Chances are good you've already begun losing muscle. And it only gets worse. Up to a quarter of adults over the age of 60 and half of those over 80 have thinner arms and legs than they did in their youth.

In 1988, Tufts University's Irwin Rosenberg coined the term "sarcopenia" from Greek roots to describe this age-related lack (*penia*) of flesh (*sarx*). Muscle enter a vicious cycle that will eventually lead to an increased risk of falls, a loss of independence, and even premature death.

The good news is that exercise can stave off and even reverse muscle loss and weakness. Recent research has demonstrated that physical activity can promote mitochondrial health, increase protein turnover, and restore levels of signaling molecules involved in muscle function. But while scientists know a lot about what goes wrong in adulthood both muscle growth and repair are made possible only by the presence of muscle stem cells.

In 1961, Rockefeller University biophysicist Alexander Mauro, using electron microscopy, first described muscle stem cells, calling them "satellite cells" because of their position at the periphery of the muscle fiber.[1] Subsequently, researchers have demonstrated that satellite cells are the only cells able to repair muscle—which explains why

- On the left is a link to the **Detailed Record** and the PDF of the Full Text. Click on the link to the Detailed Record.



- The **Detailed Record** opens and shows you important details like the author, magazine the article came from , the **subjects** under which the article was catalogued, and the **abstract** (summary).

- Evaluate the article by reading the abstract. Does it connect with your theme?
- You can also evaluate the article by skimming/scanning the full text of the article. Did you find information about the author? **YOU'VE GOT A WINNER!** Print the article if it looks useful for your project.

IF YOU DIDN'T FIND AN ARTICLE THAT WORKS FOR THIS PROJECT

- Go back to the list of articles and continue to look at the titles of articles. Repeat this process of opening titles and clicking on the detailed records.
- Read through the subject headings that are shown in the detailed record. Click on any of the subjects and a new list of articles appears. Search through those articles.