

# what the health

FALL 2009



**WHAT'S IN  
THE JOLT?**

energy drink perils

**DRINK  
WINE  
RIGHT**

**LEAVE  
THE BOX  
BEHIND**





Photo: Ben Addonizio

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Photo: Treeva Royes



# LETTER FROM THE EDITOR MICHELLE TOGLIA



— whether it's your emotional, physical or sexual well-being. The truth is, at Syracuse University we're surrounded by some pretty incredible facilities that can enrich our lives. We'll show you the different resources available to you when you're looking for a healthy snack (page 26), managing stress, (page 11) or dealing with a death in the family (page 34).

You'll also notice several stories focusing on sexual health. Two of our features take a deep look at the effects of birth control and the behavior behind sex toys. Though talking about sex happens all day, every day on campus, discussion about sexual health is rare. From ways to prevent a common STD (page 16), to how ask your doctor those uncomfortable questions (page 17) — we're bringing you the honest, healthy truth.

When I became editor-in-chief last semester, I was so excited to explore the health topics facing our generation. With such a passionate staff, it was easy to learn. I want to thank all of the writers, editors, designers, photographers and illustrators for their hard (and fantastic) work this semester. It was a pleasure to work with all of you.

Health is all about feeling good, inside and out. I hope that's exactly what you find in these pages.

*Michelle Toglia*

MICHELLE TOGLIA EDITOR-IN-CHIEF

When we first come to college, we're suddenly thrown into a world where all-you-can-eat dining halls, fourth meals, and late-night cramming sessions are the norm (did I mention the surplus of beer?). With this recipe for a nutritional disaster, it's easy to think we're doomed for unhealthy lifestyles until we graduate.

Since 2003, *What the Health* has been committed to showing students that maintaining a healthy lifestyle in college is not only doable — but once you get the hang of it — incredibly worthwhile.

In this issue, you'll find tons of ways to maintain a healthy lifestyle in college



## WE'VE PLANTED NEW SEEDS

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on the Web!

[whatthehealthmag.wordpress.com](http://whatthehealthmag.wordpress.com)

# what the health

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36

Percentage of students who  
drink at least one cup of  
coffee every morning

14

Percentage of  
students who have two to  
three sexual partners a  
semester

7

Percentage of Syracuse  
University students with a  
steady partner who have  
sex every day

3

Percentage of  
sexually active Syracuse  
University students who  
get tested for STDs after  
every new partner

42

Percentage of  
students who cure their  
hangovers with sleep

60

Percentage of  
students who get five to  
seven hours of sleep  
every night

4

Percentage of  
students who lose  
count of how many  
alcoholic drinks they  
have on weekends

20

Percentage of  
students who shower every  
other day



# SAY CHEESE



**WTH** taste-tested and reviewed a variety of cheeses. The best part is they're all available at the local Wegmans. Grab some friends, crackers, a bottle of wine, and enjoy!

Story by Yelena Galstyan

WHAT IT IS      SAY CHEESE      TASTE      TOTAL CALORIES      TOTAL FAT

Danish Fontina Cheese  
\$9.99/lb



This semi-hard, yet creamy Danish Fontina cheese is great on crackers or in your favorite sandwich. The taste is distinct, yet pleasantly mild. This very creamy and delicious cheese goes well with Riesling, Barbera, or Granache wine.  
**Serving Size: 1 oz.**

95  
per serving

8g  
per serving

Wegmans Mild Milky Brie (Fromager D'Affinois)  
\$16.99/lb



The name says it all. This brie is one of the mildest and milkiest brie out there — the epitome of Wegmans quality. Made in France, this brie spreads like butter and is a delicious ingredient in many finger foods. For a wine and cheese night, choose Wegmans mild brie and Chablis.  
**Serving Size: 1 oz.**

100  
per serving

8g  
per serving

Black Diamond Platinum Reserve Cheddar Cheese  
\$12.99/lb



This robust cheddar cheese goes above and beyond regular ol' cheddar. Pick from Grand Reserve (aged two years) or Platinum Reserve (aged four years) and let your taste buds experience the sharp and tangy flavor. This cheddar is for the bold and adventurous and goes well with a glass of pinot noir.  
**Serving Size: 1 oz.**

120  
per serving

10g  
per serving

Prima Donna Aged Dutch Cheese  
\$14.99/lb



Looking for a mature cheese with a distinct spicy and nutty flavor? Prima Donna is right for you. This Dutch cheese is an authentic domestic recipe and surely pleases the senses. Match it up with soup, a sandwich, or have it on crackers with Merlot.  
**Serving Size: 1 oz.**

137  
per serving

11g  
per serving

Wegmans Sharp Cheddar Cold-pack Cheese Spread with Almonds  
\$2.99/package



This creamy, spreadable cheddar cheese with sprinkled almonds will surely give you the biggest bang for your buck. Considered a spread, this cheese tastes perfect with crackers. The nuts add a twist to the familiar taste of cheddar.  
**Serving Size: 1 oz.**

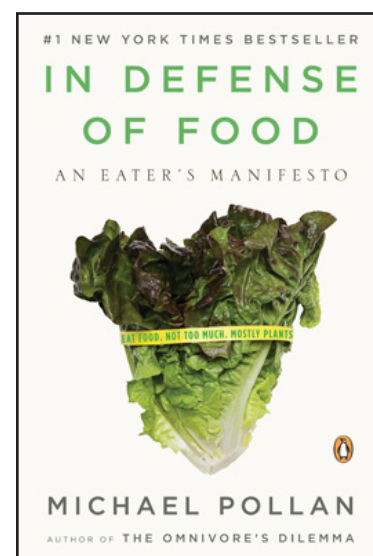
90  
per serving

6g  
per serving



# IN DEFENSE OF FOOD

## EAT FOOD. NOT TOO MUCH. MOSTLY PLANTS.



Story by Heather Mayer

Health claims are everywhere. Low-fat ice cream. Fat-free cookies. Sugar-free soda. Vitamin D fortified orange juice. B-vitamin enriched breads. Cholesterol free. It's ironic, but also the theme of Michael Pollan's *In Defense of Food* that in the United States, where health foods and health claims are abundant, the waistlines are huge.

This “eater’s manifesto” is a thoughtful and humorous look into the way Americans eat up — pun intended — what scientists claim are the best nutrients, the best combination foods, etc. But in each chapter, Pollan, an award-winning journalist, brings the reader back to the fact that nutrients are not food, and people must eat food to be healthy. The motto: “Eat food. Not too much. Mostly plants.”

The book takes the reader on a journey, divided into three main sections: The Age of Nutritionism, The Western Diet and the Diseases of Civilization, and Getting Over Nutritionism. Each section contains sub chapters that delve into topics like nutrients, food marketing, industrialization, and diets.

“Eat food. Not too much. Mostly plants.” Pollan could have written those seven words and saved himself the time and agony of writing a book, because those are the three main principles “In Defense of Food” hammers into the reader for 201 pages. But of course, no one would buy a book that had only seven words in it. So, Pollan’s approach to educate the non-nutrition savvy reader is to support that motto.

*In Defense of Food* is just what it claims to be. It defends food, because unfortunately, good, wholesome food is being charged with making people fat, diabetic — the list could go on forever. When in fact, it could be the ideology of nutritionism, which Pollan describes as studying the nutrients in food, that makes people think too much about what they’re eating.

Food is anything your great-grandmother would recognize. Drinkable yogurts are probably not one of them. “Is it a food or a toothpaste?” Pollan writes from a great-grandmother’s point of view. Or, he advises, “Don’t eat anything incapable of rotting,” pointing out the fact that Twinkies and the like are

filled with so many artificial ingredients that they never go bad.

Instead of coming off as preachy, Pollan, who is not a registered dietitian, lays it out plain and simple for the reader. He is the Knight Professor of Science and Environmental Journalism at the University of California at Berkeley, and he also wrote, *The Omnivore’s Dilemma*. He translates nutritional jargon into layman’s terms, making this book appropriate for anyone who is confused by health food claims. It does delve into the intricacies of the nutrition and food industry — the obesity epidemic and how expensive it is, processed foods versus organic, food fads — providing a wealth of information for the non-nutrition reader, and a more humorous, no-fluff look at a nutritionist’s field of study.

*In Defense of Food* might not attract the eye of a reader who doesn’t normally take interest in nutrition. But the book offers basic nutrition to either spark an interest in healthy reading or at least healthy eating.

The most important message to take from Pollan’s book is its motto. If people lived by those rules — “Eat food. Not too much. Mostly plants,” — the United States wouldn’t have an obesity epidemic.

As the book notes, scientists are trying to cure the problem by taking nutrients out of the whole food and putting health claims on omega-3 fatty acids, unsaturated fats, B vitamins, when in fact, the whole food is most likely what gives an individual proper nutrition. In trying to fix the problem, science is forcing people to think in terms of nutrients (nutritionism), not foods, making them fatter and more confused.

A majority of nutrition books out there are dry; they list studies and policies, turning off the average reader and eater who wants to learn more about nutrition outside of a classroom or lab. *In Defense of Food* is a page-turner. It keeps the reader wanting more and more nutrition information — something a textbook or other dry read can’t do. **with**





“I threw up  
in secret  
for four  
years”

## personal story

*Jane Doe’s\* story as told to  
Lauren Bertolini*

I close my eyes to hold in the tears that are inevitable from this kind of force. I lean over, hair pulled back. It’s always the right index finger, even though I’m a lefty. I put it in my mouth and push it back as far as I can. It takes several quick thrusts backward, down my throat. It takes perseverance to keep pushing my finger back, going against the painful gag reflex. I throw up — it’s not very much, but at least my last binge is out of me. I stand up, flush the toilet, splash water on my face, brush my teeth and return to normal.



It's been almost seven years since I first tried making myself throw up with an eyeliner pencil at summer camp. It wasn't my idea. My friend and I had eaten an entire apple pie. She told me she felt sick and wanted to throw up. She asked if I wanted to join her. Why not? I felt sick too. But the pencil in the back of my throat hurt too much, and I couldn't do it. Fast forward several months later. After a binge I remembered the pencil incident and tried to throw up — successfully this time. For the next four years, I threw up in secret.

I tell you my story behind a fake name because eating disorders carry a stigma, which I'm not ready to face from strangers. But maybe if I had learned about a young woman's distorted body image and self-harm I would have chosen an alternative route.

It's been two years since I last purged. But I struggle with my weight and what I eat every day. After four years of secretly running off to bathrooms — at home, school, restaurants — I finally told my mom. I still don't know what made me do it; it just slipped out. But there wasn't much support. My boyfriend is pretty much my sole support system — my mom tells me not to “do it,” and my dad thinks it was just a bad decision. My doctor laughed when I told him. He told me all girls do it in a group after eating lunch in the cafeteria.

I tried to see a counselor, but I didn't like his diamond wedding band or his attempts to get “in my brain”. So I chose to coach myself through the pain of hating my body.

The worst days of my bulimia were in 10th-grade when I would throw up four or five times a day, regardless of a binge. I was constantly checking to see if my pants were too tight or if I had stretch marks. I felt miserable all the time — physically and emotionally. Most nights I cried myself to sleep, grabbing my stomach, praying that my pain (and stomach) would go away.

My binges weren't textbook: eating 10,000 calories in one sitting. To me, eating “a lot” was several cookies, ice cream, chips — anything that would make me feel sickly full. I thought that made my disorder not “real” bulimia, but that was just denial. My boyfriend made me see that I was, in fact, bulimic, when he told me that my mind was sick. Put that way, I realized I did have a problem.

I used to have nightmares that I had eaten a bagel. I'd wake up in sweat; relieved it was just a dream. I used to run at 5:00 a.m. before school, go to track practice, and lift

weights after practice. If I ate “too much” one day, I fasted the next day, going to sleep early to ward off hunger.

My weight only fluctuated slightly — between 105 pounds and 120 pounds from age 14 to 21. But it didn't seem like friends or family suspected an eating disorder — maybe just that I clearly had body image problems.

I'm currently 117 pounds, which gives me a healthy BMI of 21.4. I rattle off these numbers because to someone with an eating disorder, numbers are everything. But really, they're arbitrary measurements to help professionals calculate what's “healthy.”

I still struggle with my number, but I no longer try to lose three, five, or ten pounds. I've noticed weight loss by just eating healthy regularly and exercising. But I do what's appropriate for me, and now, if I miss a day or two at the gym or eat more ice cream than I “should,” I'm OK with me. I can't say the same for even a year ago.

I can't pinpoint a specific method I used to make myself better. Studying nutrition put things into an impartial perspective — the science behind food and the body's

**“The worst days of my bulimia were in 10th grade when I would throw up four or five times a day, regardless of a binge.”**

needs. Staying active makes me feel good and keeps me in shape. Eating healthy makes me feel nourished and strong. But eating Insomnia or Ben and Jerry's is delicious, and I'm entitled to indulge.

I doubt I'll ever be 100 percent better. What I put into my body is still something I think about, but I keep it there. I know that my size-four pants are just a number, but it's still hard not to think about it. I worry when I have children I'll want to tell them to watch their weight — to save them the pain of being the fat kid. But now I know the pain of trying to be the skinny kid could be worse. I fear gaining weight, but I don't let that fear control my life, and for now, that's the best thing I can do. **wth**

\*Names have been changed.



# Myth vs. Fact

## All your sexual health questions answered

Story by Rebecca Toback



### Women should use a douche bag after sex

Douching after sex does not help women's hygienics. "The vagina has its own natural cleansers and a pH level of its own. Young, healthy women have no reason to douche," says Steven Walerstein, senior vice president of Medical Affairs at Nassau University Medical Center.

### Gardasil, the HPV immunization is not safe

It's been widely debated that Gardasil — the human papillomavirus vaccination — can cause diseases and is not a safe immunization, but this is not true. "It is important for every girl who is sexually active to get the Gardasil immunization," says Arnelle Blinderman, gynecologist at Rockville Centre Obstetrics & Gynecology.

Gardasil protects against four types of HPV that can cause cervical cancer. The virus is an STD that is passed through contact.

### Girls can get pregnant while on their period

Though hotly debated, Blinderman says that a woman cannot get pregnant while on her period.

Ovulation — when the egg is ready to be fertilized — occurs on average 14 days before the start of a period. "The problem is if you have an abnormal cycle and think you are having your period when it's really is just an unusual episode of bleeding, then you may get caught in a trap," says Blinderman.

### Pulling out is an effective form of birth control

Pulling out is risky and not recommended. "Pulling out has a 60 percent failure rate," says Blinderman.

Anal sex can also be a health risk. Even though you won't get pregnant, you can still contract sexually transmitted diseases. Blinderman says that condoms only protect the areas they cover up. "If there is an infection anywhere else, diseases can be passed between partners," she says.

This is also true for oral sex. "People believe oral sex is free of transmission of infection, but herpes is easily transmitted to whatever someone puts his or her mouth on," says Blinderman.

### You should go to the bathroom after having sex

It is recommended that females urinate 20 minutes before and after having sex to eliminate the chance of urinary tract infections, says Eric Mitchnick, a urologist at North Shore Urology. This is to excrete bacteria that could have been pushed into the urethra during sex.

Males can also contract urinary tract infections, but urinating before or after sex won't do anything for them, says Walerstein.

### Men cannot get yeast infections

While it's unlikely that a male will get a yeast infection, it can happen.

"Certain medical problems can make you more prone to yeast infections, especially something like uncontrolled diabetes," says Blinderman. "When a boy has a jock itch in the groin it is generally caused by yeast or a fungal infection."

Men with foreskin also have a higher chance of contracting the infection. "Yeast clings to warm and moist areas," says Walerstein. "If a male had the infection, the tip of his penis would be red, itchy, and irritated." [wth](#)

# stress less

## 5 creative ways to relax



### Story by Brittney Davies

In college, we all need our own version of a chill pill — and often, too. “A lot of times when we’re anxious or stressed we’re either worrying about what might happen, or we’re feeling bad about what happened in the past,” says Susan Pasco, an associate director at the Syracuse University Counseling Center.

Pasco suggests focusing on the present and immersing yourself in the moment to prevent feeling anxious and worried.

Here are some not-so-obvious things that might be your chill pill.



# 1.

## Writing

Writing in a diary allows you to clear your mind of those inconvenient thoughts that keep poking at your brain while you're trying to do calculus homework.

Another effective way to do this is writing poetry. "You can get your emotions out through words and in a creative way, instead of just writing in a journal," says Leah Beth Persky, a nutrition science major.

Persky says that writing love poems or "stressed-out emotional poetry" helps her relax. So knock those feelings out on paper by exploring the many variations of poems. Maybe that's how Frost got started.



# 2.

## Finding a Relaxing Atmosphere

Sometimes all you need is a little peace and quiet — and maybe some coffee. There are many places with that atmosphere on and off campus, like Funk N' Waffles. "The atmosphere at the 'Funk' is like an apartment, or someone's home," says Adam Gold, one of the owners.

Gold says he thinks the music there makes people feel relaxed, too. It's worth the trip just for the Brownie Waffle Sundae, though.

Starbucks is another great place to recharge. "I probably come [to Starbucks] two to three times a week to do homework," says Casey Wesley, an environmental science major at State University of New York College of Environmental Science and Forestry.





### 3. Arts and Crafts

Maybe you can't draw a stick figure to save your life, but discovering your own arts and crafts niche is something that'll relax that fried brain of yours. "I like water painting, walking around taking pictures," says Shelley Kandpal, a marketing and advertising major.

You can knit, scrapbook, make friendship bracelets, or sketch some of the beautiful buildings on campus. Or try your hand at finger painting, pottery, or origami.

"I'll get these 3x5 index cards, and I'll just do these really intricate doodles," says Daniel Powell, a communications and rhetorical studies major.



### 4. Do Something Productive

It sounds obvious, but you can feel a lot better just being productive around your room or apartment. De-clutter your closet, finally get the laundry done, or bake your roommates some muffins.

Cleaning your room can get you out of negative thinking, Pasco says. Not only will you feel like you've accomplished something, but you'll feel much better walking into a room that's now clutter-free.



### 5. Exercise

Exercise is a great way to manage stress and get in shape. "It helps to relieve built-up tension in the body," says Eliza Decker, assistant director of facilities, wellness, and aquatics at Archbold Gymnasium. This could be anything from your weekly dance class to throwing a Frisbee on the quad.

Jonathan Press, a television, radio and film major, says sometimes he plays handball, squash, or anything that allows him to "break a sweat and relax afterward."

Choosing what exercise is best for stress relief depends on the person, says Decker.

"For me, I know if I run a lot I feel better and I'm not as stressed, but for you, you might like to do it in more of a calming way, so you might get more benefit out of a yoga class."

with



# personal story

“I was  
diagnosed  
with poly-  
arthritis”



Story by Ashley Derbyshire // Photography by Jackie Poinier

*A 15-year-old  
female athlete is  
overcome with  
rare symptoms*

I would wake up to a piercing alarm, but my swollen fingers wouldn't cooperate with the off switch. When I swung my legs off the bed, my knees were so stiff that they could barely hold me up. I couldn't fully straighten any limb on my body. Hobbling my way to the shower, I started the long, painful process of getting ready for high school.

As a 15-year-old female athlete, I was diagnosed with poly-arthritis. In other words, I had extreme

joint pain and inflammation, but the source was unknown. The leading cause was a reaction triggered from the antibiotic minocycline.

I had taken minocycline for two years for acne. My doctor didn't anticipate any problems because the antibiotic was mild and any side effects were uncommon. According to the American Osteopathic College of Dermatology, only one in 10,000 patients on minocycline will suffer from the possible side effect of hypersensitivity lupus, which can cause severe joint pain and skin rashes. If this kind of lupus is not treated, more damaging medical problems could appear later, but my doctor believed I stopped taking it before there would be lasting damage.

While I was on minocycline I noticed stiffness in my wrists, knees, and shoulders and swelling in my hands. Blood tests revealed that my liver wasn't functioning properly—a common symptom of different forms of lupus. My doctor referred me to a rheumatologist, a specialist who treats arthritis and other autoimmune diseases. My rheumatologist suspected a relationship to the minocycline early, but he could not be sure.

Throughout the process of pinning down a source, my pain was unbearable. As a soccer and basketball player, it was frustrating to find simple tasks like opening jars and brushing my hair agonizing. I became angry because I couldn't do things on my own anymore when before I had been so independent. There were times when I wouldn't want to drive because I knew I probably couldn't get the gas cap off the car if I needed to pump gas. Even getting dressed in the mornings became a task I hated, because I could barely lift my arms high enough to get a shirt on.

It would take hours for the stiffness in my hands to loosen out after I had woken up, and I dreaded my first class of the day because I could barely bend enough to grip a pencil.

Melissa, my older sister, remembers when I was in high school and I could hardly even get out of bed. Sometimes at night she would

brush and braid my hair and try to pull a shirt over my head for me.

After trying several arthritis medications, I finally found relief with Mobic. Mobic is a mild anti-inflammatory with low-risk side effects. With time, my joint pain started to become tolerable again. I still had pain and stiffness in my knees, but I was able to participate in my junior season on the high school soccer team.

Over the past two years, my pain has decreased. I only see my rheumatologist once a year and I haven't taken my medication for two years. The American Osteopathic Col-

“As a soccer and basketball player, it was frustrating to find simple tasks like opening jars and brushing my hair agonizing.”

lege of Dermatology attributes my lessening symptoms to completely ridding my body of minocycline, but my doctors have never been able to confirm.

Although there is not a single test that can prove my pains are related to minocycline, many of the symptoms showed it was the leading factor.

I'm glad to be nearly back to normal, but I always wonder if my early encounter with arthritis signals some pain-filled “golden years.” Because my case was such a rare symptom, my doctor told me there was no way to know if my future would be stiff and painful. The possibility of enduring it again makes me cringe.



# The Silent Disease



*Chlamydia and its silent symptoms are spreading.  
Here's what you need know to stay safe*

Story by Courtney Egelston // Illustration by Michelle Weaver

**M**elanie Smith,\* a newspaper journalism and political science major, never expected she'd get a sexually transmitted disease. But she did.

"When I was 19, I went in for my yearly pap smear and had an STD screening just in case, because I knew I hadn't used a condom every time," Smith says. "I hadn't had any symptoms that anything was wrong. I was surprised and embarrassed when they called me a few days later and said I had chlamydia."

Record numbers of chlamydia cases are being reported in the United States. In 2007, 1.1 million cases were documented. There were nearly 1,031,000 cases in 2006, up from less than a million in 2005, according to the Centers for Disease Control and Prevention.

Jane Bowler, an obstetrician and gynecologist in Perth, N.Y., says these rising numbers are not the result of better screening. "For at least the past five years, STD screening that catches things like chlamydia and gonorrhea has been done right along with a pap smear at yearly appointments for sexually active young women up to age 25," Bowler says.

Bowler says she believes the increased number of cases is the result of more casual sex, specifically among college-aged women. "The message out there right now for women in college is how to be sexier. Sometimes people make decisions that affect their sexual health that they may not have made if they weren't so drunk," she says.

The CDC refers to chlamydia as a "silent" disease because 75 percent of women who have it experience no symptoms. Men are slightly more likely than women to experience

symptoms, which may include a burning sensation during urination and a watery discharge from the penis, the CDC says. Symptoms for women, which appear one to three weeks after infection, if at all, include an increase in vaginal discharge, irregular menstrual bleeding, pain during sex, and pain during urination.

If left untreated, chlamydia can lead to serious problems. In up to 40 percent of women with untreated chlamydia, the disease causes pelvic inflammatory disease, according to the CDC. PID can cause severe pain in the pelvic area, as well as scarring in the fallopian tubes and surrounding tissue that can lead to infertility, which Bowler says can become a serious issue for women when they are ready to start a family.

Prevention for chlamydia is simple: practice abstinence or wear a condom. Bowler believes having condoms is both a man's and woman's responsibility. "We have to admit that we are sexual people, and we are having sex. We need to take responsibility for our health and our bodies and use condoms," Bowler says. While condoms greatly lower the risk for contracting chlamydia, they are not 100 percent effective, warns the U.S. Department of Health and Human Services.

If you are sexually active and aren't using a condom every time, it is important to get tested. According to Bowler, getting an STD screening at your yearly exam is routine enough, unless you engage in risky behavior.

According to STD Services Online, chlamydia can be treated in about one week with antibiotics such as azithromycin (Zithromax)

or doxycycline (Doryx), which may cause side effects like stomach pain.

"It's a simple treatment. If you're going to get an STD, that's the one you want," says Smith. The treatment gets rid of chlamydia completely, but the disease can return if you have unprotected sex with an infected partner.

Megan Grancy, a retail management major, never got an STD test at her yearly exam because she never felt like she had anything to worry about. After hearing the severe consequences chlamydia can cause without any symptoms, she decided to get tested during her next gynecology appointment at Syracuse University Health Services.

"It was so simple and easy. I didn't even know she tested me for it until after when she said they'd call in a few days if anything showed up," Grancy says.

Testing only takes a minute and is painless and free. The worst that can happen is you discover you have an STD. "No one sets out to get chlamydia," says Bowler. "But you get tested, you treat it, and you move on."

Smith caught chlamydia early enough that no permanent damage was done. She is now more careful with her sexual practices. "You get over being embarrassed about chlamydia by realizing that it's just like any other disease," she says. "The only reason it's more embarrassing is because it has to do with sex, but we all have sex, and you have to know that if you're having sex unprotected, you are opening yourself up to a lot of risks." **wth**

\*Name has been changed

# What's Up DOC?

Story by Sabrina Lochner

Nobody arrives at the doctor's office with a clipboard full of questions. Students usually consult the Internet for health-related inquiries before they consider talking to a doctor. Yet, despite the amount of information online, doctors still want students to ask questions during their check-ups so they can provide personalized care. "There should be nothing that's off the books to discuss," says Dr. Netley D'Souza, clinical assistant professor of family and community medicine for the University of Arizona.

While doctors are more than willing to lend an ear, sometimes it's difficult knowing what to ask. But don't fret — WTH compiled a list of topics for Syracuse University students to discuss with their doctors.

## ► Seasonal Affective Disorder

Living in the Northeast poses a unique set of health concerns. The lack of sunshine in winter may provoke a type of depression known as seasonal affective disorder. This disorder interferes with daily life and makes people lethargic and fatigued, says the Mayo Clinic Web site.

Students who come to SU from sunny areas may be more inclined to get this disorder, D'Souza says. She recommends talking to your doctor about how you feel when you are at school. Lamps with special light bulbs can help combat the disorder.

## ► Getting Tested

Ask your doctor about getting tested for STDs, including HIV. Many people think that they can't get HIV, but the truth is the disease can infect anyone, says Diane Rothermel, director of Disease Control for the Onondaga Department of Health. Testing is important even in a monogamous relationship, she says. The Centers for Disease Control and Prevention offer both free testing and treatment while maintaining patient confidentiality. Planned Parenthood also offers testing.

Even if you aren't having sexual intercourse, there is still a chance for STD transfer through acts like oral sex, Rothermel says.

## ► Vaccines

Rothermel recommends females get the HPV vaccine to prevent cervical cancer and genital warts. Even if you are already sexually active, the vaccine is still worthwhile, she says.

Students should also consider the meningitis and hepatitis vaccines, D'Souza says. According to the Syracuse University Health Services Web site, Syracuse University does not require students to get the meningitis vaccine. SU only mandates a response form from students to indicate whether or not they have been vaccinated upon reading material about meningitis.

## ► Sex

Students should feel comfortable talking about their sexual health. Rothermel assures that doctors have heard it all before and will keep your information private. "It's very important that you let them know if you're sexually active and what your concerns are," Rothermel says. She recommends college females visit their gynecologist at least once a year even if they are not sexually active.

## 6 important topics to discuss with your doctor



Female patients are often more open about their sexual health than male. Men should still see their doctors annually to inquire about safe sex and STDs, D'Souza says.

Doctors are more than willing to talk about ways to prevent pregnancy and any other sexual concerns, D'Souza says.

## ► Alcohol

Binge drinking is a concern that D'Souza wishes more patients would talk about. "I always wish that they would ask me about how to deal with risky behaviors or situations," he says.

Talking about drinking habits could prove beneficial when doctors are trying to assign treatments for other ailments. Some antibiotics, when taken with alcohol, can have negative effects. For example, mixing Advil with alcohol increases one's chances of stomach bleeding and liver damage, the University of Rochester's Web site says.

## ► New Medications and Supplements

Not all drugs mix well together, so talk to your doctor before taking new medicine, says Donna Bryson, registered nurse for Campus Health at the University of Arizona. Some medicines, like short-term antibiotics, diuretics, and anticonvulsants, can decrease the effectiveness of birth control pills, says Cornell's Gannett Health Services Web site. Patients should also inquire about body building supplements like creatine, D'Souza says. [wth](#)



# Dealing with Diabetes

*College diabetics share their experiences*

Story by Dana Wickrowski

Last year, Michael ended a late night bout of hunger by downing four Burger King Whoppers, one after another. Aside from the regular stomach gurgles and sharp digestive pains, he felt fine and retired to bed.

A type-1 diabetic for 10 years, Michael's system retaliated. He couldn't sleep and started to sweat profusely, his extremities pulsing in pain. Michael, a Syracuse University English and textual studies major drank glasses of water to flush out his system.

Instead of taking insulin shots before eating his large snack, Michael waited until he finished — and now he was paying. His blood sugar rose while he was eating, and by the time he was done, it was too late.

The next day, he went to the hospital. He knew what had happened to his body — it was diabetic ketoacidosis, which has a high mortality rate if left untreated. "That's when your blood sugar gets so high that you start producing ketones, which are lipid fat cells," says Michael. "You're peeing out all of all these cells that you need."

In 2003, the American Diabetes Association (ADA) reported that out of the 2.3 million freshman college students in the United States, 7,700 had type-1 diabetes. The disease doesn't discriminate against age. College students with diabetes must find ways to manage it.

Diabetes is a condition dealing with the malfunction of the pancreas, says Jody Kearns, a registered dietitian at the Joslin Diabetes Center at SUNY Upstate Medical University. The pancreas's main function is to produce insulin, which helps to break down glucose ingested from food.

"If you have type-1 diabetes, your pancreas doesn't work; and as a result, you have to take insulin by injection," says Kearns. "People who have type-2 diabetes either don't make enough insulin naturally, or it's not working appropriately."

Michael wore an insulin pump for his first two years of college. The pump is attached to the diabetic's stomach, thigh, or buttocks, and delivers insulin to the body a couple of times a day. Although Michael refers to the pump as his "iron pancreas," he discontinued its use because it was "literally a pain in the butt" — a burden for an active college student. He now manages his own injections of insulin.

Michael takes insulin injections anytime he eats and at midnight. "I give myself one unit for every seven grams of carbohydrates in the food that I eat," he says.

"The insulin pump worked the same way, except it was automated, and I told it how many carbohydrates I was eating and it just did it for me."

Secondary education major, Samantha Lesperance has been a type-2 diabetic since she was 15. Lesperance takes pills to control her insulin. "When you eat something, your body is constantly producing insulin to deal with it, but mine waits until everything is digested. And then my insulin levels spike up," she says. "I overproduce insulin."

Both Michael and Lesperance eat carbohydrates in moderation. Lesperance orders a burger and fries and skips out on the bun, a small coffee instead of a medium, and whole-wheat pasta instead of regular. If she doesn't watch her intake, she'll get a stomachache — a result of her medicine trying to compensate. If she forgets to take her medicine, her blood sugar skyrockets and it negatively affects her body in the long run.

But diabetes doesn't slow Lesperance down. "After pricking my finger, my blood sugar reads in about five seconds," she says. "I do it before I eat in the morning and after I eat at night."

Food isn't the only demand of the college social life. In some cases, a large amount of alcohol can lower a diabetic's blood sugar just as much as a few Whoppers. The liver works along with the pancreas in the digestive process and alcohol impairs that process. Although Michael hasn't run into any emergencies at the bars, being drunk and having low blood sugar feel very similar, and he says it would be easy to misread.

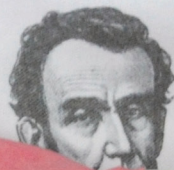
In terms of alcohol, Kearns warns that a diabetic must be more careful than other students. "It's important that the people you're out with know that you have diabetes so that they can watch your back if you start acting strangely," she says. If a diabetic friend's blood sugar is getting low, getting him or her some fast-action carbohydrates, like four to eight ounces of regular soda, usually helps, Kearns says.

"Diabetes isn't bad," Michael insists. "It's just something that I need to manage." Both Michael and Lesperance discuss their need to eat and drink in moderation, but shrug off their diabetes as just another thing to deal with on top of schoolwork and social obligations. **with**





# Avoiding Food Faux Pas



**5** *precautions every  
student should take  
before entering the  
kitchen*

Story by Minhee Cho //  
Photography by Rae Ann Bochanyin

A meal plan, late-night Kimmel runs, and a stash of Easy Mac may get students through the semester. But for many students, the barrage of unhealthy food drives them to start experimenting in the kitchen during their college years.

Before you take the culinary plunge, here's some food for thought. The Centers of Disease Control and Prevention (CDC) estimate there are 76 million cases of food-borne illnesses in the U.S. alone. Although most of these cases are nothing a bottle of Pepto Bismol can't cure, about 325,000 of these instances lead to hospitalization and another 5,000 lead to death.

Still interested in donning that chef's hat? Then take into account these recommendations from WTH:



•1

### Wash utensils and surfaces after contact with raw meat and poultry

Cross-contamination is one of the biggest mistakes students make when they first start cooking, says Norman Faiola, associate dean of the college of human ecology and professor of food safety. For example, if you cut raw chicken on a cutting board, cook it, and then place it back on that cutting board, you would cross-contaminate the product.

You can also cross-contaminate by wiping multiple surfaces with the same cloth or sponge. When you wipe off a knife or cutting board with a towel, a significant amount of the bacteria from those kitchen tools and the food product are on that towel and whatever surface it comes in contact with, says Faiola.

The CDC recommends using disposable paper towels for all kitchen clean-up needs in order to reduce the chances of cross-contamination. You can still use a cloth towel, however, just remember to toss it into the hot cycle of your washing machine to kill germs after use. For sponges, simply “cook” them in the microwave for 30 seconds to clean.

•2

### Thoroughly cook raw meat, poultry, and fish

Understanding when a product is fully cooked is crucial, especially when it comes to meats, Faiola says. He warns that the color of your food won't determine whether it's properly cooked or not; it's always about the temperature. “When a piece of chicken goes from pink to opaque, that's not an indication of doneness. You have to use a thermometer whether it's chicken or a burger,” Faiola says.

According to the Food and Drug Administration (FDA), you should cook ground beef to at least 160 degrees Fahrenheit while roasts and steaks only need to have an internal temperature of 145 degrees Fahrenheit. Poultry should be cooked to 165 degrees Fahrenheit as should all leftovers. Cold foods are just as temperature-sensitive as hot foods and should be kept at 41 degrees or below, says Faiola.

•3

### Wash hands before handling food

“Anytime you cook, you should start with clean hands, which means hands that are washed properly with soap and warm water to prevent bacteria and illness to spread to your food,” says Faiola.

Faiola has created multiple devices for the food industry, including his most recent invention — a nailbrush, licensed in 2004 — which encourages proper hand washing techniques in commercial kitchens.

•4

### Never leave perishable food out of the refrigerator or freezer for over 2 hours

An easy way to remember this is through the 2-40-140 rule, which means that you shouldn't eat food that has been kept for more than two hours between 40 and 140 degrees Fahrenheit, according to the FDA. This guideline is something that Syracuse University dining halls take seriously. “We check food temperatures every hour, including all the storage areas like freezers and fridges,” says Ashlee-Rose Schuler, a student supervisor at Brockway dining hall.

According to the FDA, students should also try to minimize the time between taking a food product from a grocery store refrigerator and getting it into proper refrigeration at home.

•5

### Don't thaw food on the kitchen counter

As tempting as it may be to plop that piece of chicken on the counter to defrost it, the best way to defrost meat is in the refrigerator at 41 degrees Fahrenheit or below, says Faiola. This is the safest way to defrost meat as long as the juices from the product don't drip into anything else in the refrigerator.

Commercially, many businesses choose to defrost their meat products under running water. This method, however, requires a lot of control and isn't recommended by Faiola.

Whether cooking for hundreds of students at a dining hall or simply preparing a meal for yourself, keeping these tips in mind will help reduce your chances of acquiring a food-borne illness and ensure a positive first culinary experience. [with](#)







# Waxers Beware

*Safety measures to take before shaping those brows*

Story by Kaitlin MacDevette // Photography by Samantha Colt

She had the perfect dress, the matching shoes, and the date — Mary Georger's first prom was looking like it would be the perfect night — until the morning of prom hit. "I woke up with huge brown scabs on my right eyebrow," Georger says, after her hair stylist waxed her eyebrows with wax that was too hot. With concealer, she toned down the color and enjoyed her night, but Georger still remembers the stress this experience caused.

If this problem seems all too familiar, rest assured you're not alone. Sensitive skin, medications, and overly hot waxes can often cause a beauty blunder.

To avoid experiences like Georger's, make sure your wax is set to the proper temperature. Waxes used for facial waxing should ideally be kept at about 10 degrees warmer than your skin, says dermatologist Debra Sposa from the North Jersey Dermatologist group. The wax should be tested on the back of the waxer's hand before being applied to the face to assure it's at the proper temperature. People with sensitive skin should have the wax temperature set a few degrees lower to lessen the risks of a serious burn, Sposa says.

Waxes used in salons are typically honey wax and cream wax. Honey waxes are the most common and tend to yield the best results. Cream waxes are typically used on people with fair skin, says Mary Barbano, aesthetician at Garbo's Salon. "You should be aware of what type of wax is being used and make the aesthetician aware of any allergies that you have, specifically to honey waxes, which occasionally causes allergic reactions," Barbano says.

When waxing customers with fair skin, Barbano coats the hair with baby powder to add an extra layer between the wax and the skin. The powder allows the wax to adhere to the baby powder, reducing the risk of removing extra layers of skin.

It's important to take extra precautions when taking antibiotics and topically prescribed facial medications, Sposa says. "Getting waxed while on these medications tends to remove extra layers of your good skin cells, which then leads to inflammation, redness, and severe abrasions to the waxed areas," Sposa says.

Retail management major Sarah Staller took several topical facial medi-

cations that made her skin extra sensitive. Staller experienced severe discomfort and burns after her skin was ripped off when she got waxed while on her medication.

Sposa adamantly recommends stopping medications four to five days prior to waxing and telling the aesthetician the medications you are taking. Waxing while on Accutane, an acne treatment, can cause serious abrasions to the skin, she says.

If a burn or abrasion does occur after waxing, it is important to treat it properly to avoid prolonged or serious discomfort, Sposa says. Barbano recommends using an aloe plant or pure aloe to soothe a burn instead of bottled aloe because the bottled aloe contains water and alcohol, which will burn the skin even worse.

Sposa recommends using hydrocortisone creams like Cloderm for the face and Lydex for the body to that kills bacteria while decreasing redness and inflammation from burns. These can be purchased with a prescription at any pharmacy. She recommends applying ice for several minutes then one of these lotions.

At-home waxing treatments may seem like an easy alternative for convenience and cost, but if the directions are not properly followed they can be extremely dangerous, Sposa says. Since the wax in these at-home treatments is typically heated up in the microwave, it is difficult to reach the appropriate temperature. The wax tends to get extremely hot and burn the skin, Barbano says.

The first time Rosanne Salvatore, a broadcast journalism major, used an at-home waxing treatment she left the wax in the microwave too long until it was completely liquid. After spilling the wax on her hand, Salvatore went to the emergency room for severe blisters and second-degree burns.

It's difficult to know the temperature of the at-home wax, which makes the process ineffective, Sposa says.

When looking for a suitable salon for waxing, Sposa recommends making sure that the establishment is licensed and asking the appropriate questions for your skin type or medications. **with**

# Healthy Eating: For Every Style

Eat Smart



Story by Susie Suchandso //  
Photography by Rae Ann Bochanyin

With the growing availability and demand for a variety of vegetarian products, such as soy and other meat substitutes, registered dietician and American Dietetic Association (ADA) spokesperson Sari Greaves says that there has also been a recent increase in those who partake in alternative eating styles.

Syracuse University registered dietician Ruth Sullivan says she has seen young women, ages 18 to 30, adhering to these eating patterns most often. She recommends vegetarian, vegan, pescetarian, and locavore eating habits for everyone. "All of these can be healthy if you pay attention to portion control, fat content and sodium intake," Sullivan says.

STYLE	WHAT THEY EAT/AVOID	ADVANTAGES	DISADVANTAGES	THE EXPERTS SAY
<b>Vegetarian</b>	According to the ADA, a vegetarian diet does not include meat, fish, or fowl. They may or may not eat eggs and dairy. Those who eat eggs are called Ovo vegetarians, while those who drink milk are considered Lacto vegetarians, says Sullivan. Additionally, she says that some vegetarians may avoid using animal products.	Greaves says that the foods that are the basis of the vegetarian diet, like vegetables, fruits, and whole grains, provide important nutrients, such as vitamins A and C, as well as folic acid and fiber. Vegetarianism is also cost-effective, as meat is more expensive.	Maintaining a healthy level of protein through substitutes such as tofu, nuts, and dairy can be a challenge, says Sullivan. New vegetarians may find themselves gaining weight by inadvertently consuming too many refined carbohydrates versus whole grains.	A vegetarian diet increases fiber levels, which can also help one lose weight by filling the stomach and eating fewer calories, Greaves says.
<b>Vegan</b>	Vegans eat similarly to vegetarians, but also avoid animal products and items made from animal products, says Sullivan. Their diet focuses around beans, soy, and seitan.	A higher consumption of fruit, vegetables, nuts, and carbohydrates lead to many of the same advantages of vegetarian eaters.	Sullivan says a vegan diet is a little bit more work. You should only encounter risks if you don't eat foods that work well with your diet. Sullivan recommends that vegans or vegetarians meet with a registered dietitian to achieve a healthy diet.	Vegans risk a monotonous diet if vegetables aren't varied to meet one's nutrient needs, says Greaves. Iron, protein, and calcium deficiencies are all risks as well.
<b>Pescatarian</b>	They avoid land animals and birds, but consume fish, mollusks, and crustaceans.	Sullivan supports eating fish, such as sardines, salmon, and light tuna for the omega-3 fatty acids, which protects the heart.	Fish should only be consumed in moderation, Sullivan says. Twice per week is the recommended intake. Too many fatty acids and oils can compromise immune function, she says.	Greaves says that omega-3 fatty acids are not only good for cardiovascular health, but also help to reduce inflammatory issues and joint disease.
<b>Locavore</b>	Locavore, a relatively new term, refers to an individual who only eats foods that are grown or produced locally, within a radius of up to around 150 miles. They typically buy foods from farmer's markets, or produce their own.	It's cost-effective and can offer great buys on seasonal produce, Greaves says. As a result, eaters are consuming nutritious foods while supporting both their local farmers and economy.	Greaves warns that the nutrients required for a full, balanced diet can't all be found in the produce offered at a farmer's market. It's important to shop from a variety of food sources to broaden one's eating habits, she says.	The ADA encourages consumers to go to farmer's markets for their fresh produce and nutritious foods. <b>with</b>



Registered **dietitian** Ruth Sullivan  
ate her first veggie burger in **1989**.  
It was **not** love at first bite

## ▶ MEATING the requirements

Story by Sarah Jane Capper // Photography by Samantha Colt

**T**he rock-hard burger was slimy and tasted terrible, says the full-time nutritionist and nutrition educator for Syracuse University Food Services. “Manufacturers used to want it to look and taste like meat, but that’s not what vegetarians want. They need it for health reasons,” says Sullivan.

Over the past decade, meat substitutes have become more widely available and have improved in taste and texture. Consumers can find veggie buffalo wings, breakfast links, and corn fritters in local grocery stores. Even Burger King sells a veggie burger.

Some common types of meat substitutes are tofu, seitan, which comes from wheat gluten, soy in the form of tempeh, textured vegetable protein, and meso. Vegetable sources of protein also include legumes, dairy, nuts, and seeds.

These foods are not just for vegetarians. The Vegetarian Resource Group estimates that 30 to 40 percent of adults 18 or older in the United States seek vegetarian options some of the time.

“If you can incorporate two to three vegetarian meals a week into your diet, it will be better for you,” says Sullivan. “When you do eat meat, focus on leaner sources, such as chicken or turkey, not

prime rib,” she says.

Although processed, pre-packaged meat substitutes can be tasty and convenient, they are typically not the healthiest way to enjoy a meatless meal. Often, manufacturers kick up the sodium content of flavored meat substitutes, says Sullivan, who carefully chooses the dining halls’ vendors to make sure their products are nutritionally sound.

Too much sodium can cause high blood pressure or make you feel bloated, says Sari Greaves, a registered dietitian and national spokeswoman for the American Dietetic Association (ADA). She recommends unprocessed sources of vegetable protein. “For a quick meal, though, a soy burger on top of a salad is still a better choice than a quarter pound of beef with cheese,” says Greaves.

Tofu is a good plant-based protein source to try first, because it absorbs the flavor of whatever it is cooked with, she says. She suggests adding it to stir-fry, salad, a sub, lasagna, or meatloaf in place of meat.

Most grocery stores sell containers of tofu in their produce sections. For first-timers, Greaves recommends firmer consistencies,

which slice like mozzarella cheese, especially to serve as a meat replacement with a main course. Softer consistencies can work well for desserts or smoothies, she says.

Tofu can be stored in the refrigerator for up to one week, or in the freezer for up to five months. It should be kept in a container with water. The water should be changed daily to keep the tofu fresh, Greaves says.

Legumes are also a safe bet when trying plant-based protein sources. “I like to call legumes a superfood,” Greaves says. “They’re cheap, tasty, high in fiber, and low in saturated fat.”

Although getting enough protein is a main concern for people who choose not to eat a lot of meat, the requirement is not difficult to meet without animal sources, because you only need three to four ounces of protein per meal, says Greaves.

Greaves says other nutritional concerns for people who skip the meat include iron, which carries oxygen to cells to make energy, calcium, which promotes bone health, and vitamin B-12, which is important in making red blood cells.

She recommends the following sources: For iron, eat lentils, chickpeas, leafy vegetables, tofu, pumpkin seeds, or enriched cereal and bread. Iron from plant sources is tougher for the body to absorb, so consume plant-based

protein with vitamin C rich foods, like peppers, citrus, or leafy veggies. Milk and leafy vegetables are excellent calcium sources. Vitamin B-12, however, can only be found in fortified foods. Check the percent daily values found on the back of cereal, bread, or energy bars to find out if they’re fortified.

To incorporate meat substitutes in a balanced way, watch portions, and aim for variety. “People tend to think that because it’s healthy, more is better, but that’s not really the case,” says Sullivan.

Plant based protein sources are not a substitute for fresh fruits and vegetables, which should still be the centerpiece of a meal, both dietitians agree. College can be the perfect time to experiment with meatless meals.

Health and wellness major Chelsea Bondansky tried going vegetarian for a summer during high school. “My parents didn’t want to cook a separate meal for me, and I couldn’t cook for myself,” says Bodansky, who soon quit her vegetarian lifestyle.

Now, she says it is easy to put together dining hall meals with plant-based proteins, using beans from the salad bar or an entrée from the vegetarian section.

Bodansky says a well-balanced diet starts with creativity. Creativity leads to variety, allowing her to take in the nutrients she needs, and eat balanced meals without meat. wth





# Fuel Up

*Filling up your body with healthy snacks gives your workout a boost*

Story by Heather Mayer // Photography by Rae Ann Bochanyin



## Pre-workout Eats

Complex carbohydrates — whole grains, bagels, cereals, fruits, and vegetables

In order to get an optimal workout, what you put into your body before and after makes a difference. It takes more than running or lifting weights to get in shape — a good pre- and post-workout snack helps optimize the body's performance and helps replenish and repair it.

But pre- and post-workout meals require good nutrition and appropriate portion size for the person and for the workout.

The most important thing, even more important than the quality of the food eaten before a workout, is putting something in the stomach before exercising, says Donna Acox, a registered dietitian who teaches at Syracuse University. "Stored body reserves won't fuel a workout," she says.

While the portion size and type of nutrient might differ somewhat depending on the kind of exercise, emphasis on carbohydrates should be the primary fuel before a workout. And these should be complex carbohydrates — whole grains, bagels, cereals, fruits, and vegetables.

Post-workout meals should emphasize a mix of complex carbohydrates and protein, says Eliza Decker, Syracuse University's Recreation Services fitness director. Foods like a chicken pita sandwich or cottage

cheese with fruit will help replenish the body and help repair muscles.

Contrary to popular belief, you don't need massive amounts of protein before or after a workout. A balanced diet with appropriate caloric intake generally provides the body with adequate protein, Acox says. And protein doesn't build muscle; it helps repair tears from exercise.

"It's a misnomer — protein being almighty," she says. "There's a misconception that you eat protein and it goes right onto the muscles, but that's not true."

Just like a person can consume too much fat, a person can also consume too much protein, which might cause kidney problems because the kidneys are forced to work harder.

People who work out regularly try to learn about good food choices that healthily fuel and replenish their bodies. But the misconception about protein seems to slip through the cracks.

Avid gym-goer Rob Separi, a civil engineering major, works out five days a week and pays close attention to how he fuels his body. His workout meals vary depending on the type of exercise he's doing, but he focuses on protein in the form of shakes.

Acox doesn't think much of protein shakes, saying they're nothing more than skim milk with sweeteners and vitamins. She prefers eating actual food to fuel and repair the body.

But Separi, who reads up on what his body needs for both bulking up and toning, tries to eat a balanced and varied diet, especially when it comes to his workout meals. He focuses on carbohydrates before a workout and protein after — usually eggs and toast, pasta and meatballs, or a turkey sandwich on whole wheat bread.

Separi reads *Men's Health* magazine and talks to people at the gym to get a better idea of what is good exercise nutrition. "When you eat good food you seem to have energy," Separi says. "When you have pizza, you feel slower and lack energy."

In addition to incorporating the three macronutrients — carbohydrates, protein, and some fat — portion size and timing of meals also play a role in the workout.

Although there is controversy over how long before or after a workout you should eat, Acox says it's effective to eat something light 30-

60 minutes before a workout and within an hour after a workout. It's important to replenish the muscles' glycogen stores with carbohydrates after exercise.

But portion size is still under scrutiny. "People tend to grossly underestimate caloric needs and overestimate calories burned," Acox says.

Running on a treadmill at a moderate pace for 30 minutes doesn't require eating three bagels with peanut butter. In fact, carbohydrate loading is appropriate only for a strenuous event that lasts at least 60 consecutive minutes, Acox says. "Eat calories to needs," she says. "There's this portion distortion in exertion that if you walked around the block twice, [you] need 5,000 calories."

Different types of workouts require different portions. If you're trying to bulk up in muscle, there will be a need for more calories, but those extra calories shouldn't be energy-dense or foods lacking in nutrients. You want to focus on eating nutrient-dense foods like eggs, milk, and vegetables. **with**

## Post-workout Nourishment

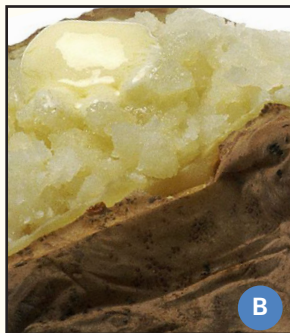
A mix of complex carbohydrates and protein — a chicken pita sandwich or cottage cheese with fruit



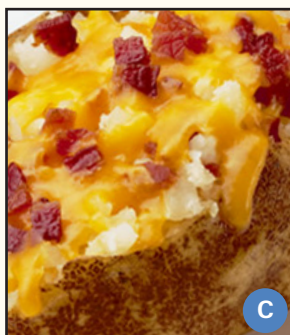




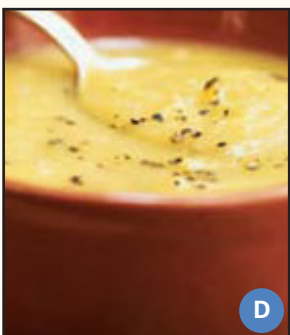
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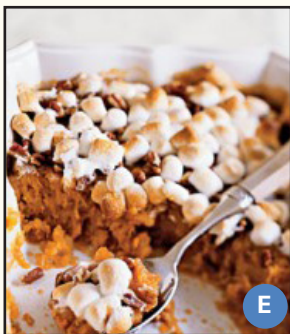
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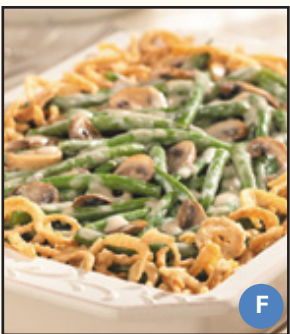
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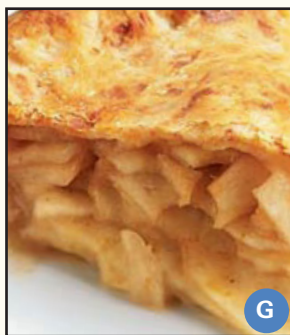
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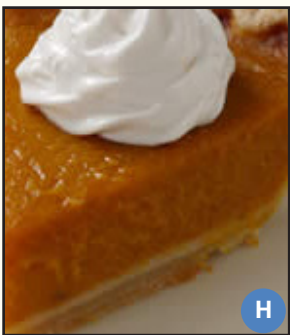
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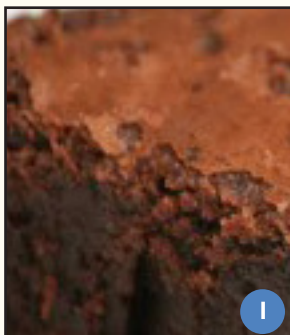
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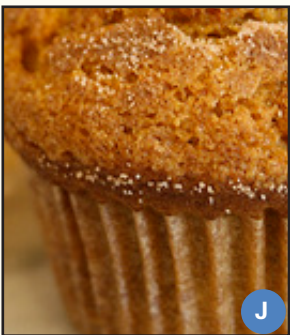
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# FOOD FOR THOUGHT HOLIDAY STYLE

*Food is one of the most important parts of the holidays.  
Here's how to enjoy it the healthy (and tasty) way*

Story by Joanna Weinstein

We all know the holidays are the most exciting time to fill those yearlong cravings; yet, instead of worrying about how you'll ever fit into a bikini again, why not eat and still feel great? Not all appetizers have to be full of grease and cheese, and not all desserts have to exceed 500 calories. Here is a guide to show you what will still make your holiday season sparkle with flavor—without any consequences.

## Meal A: Creamed corn with no salt:

92 calories, 0.5 grams of fat/serving

**Vs.**

## Meal B: Fresh baked potatoes with salt and light butter:

57 calories, 0.1 grams of fat/serving

## Meal C: Loaded mashed potatoes with bacon bits and cheddar cheese:

274 calories, 7 grams of fat/serving

**Vs.**

## Meal D: Sweet butternut squash sprinkled with cinnamon:

160 calories, 0.6 grams of fat/serving

## Meal E: Betty Crocker sweet potato casserole with marshmallows:

200 calories, 4 grams of fat/serving

**Vs.**

## Meal F: Green bean and mushroom casserole:

83 calories, 3 grams of fat/serving

## Meal G: 1 slice of apple pie:

410 calories 20 grams of fat/serving

**Vs.**

## Meal H: 1 slice of pumpkin pie:

230 calories, 10 grams of fat/serving

## Meal I: 1 fudge brownie:

112 calories, 7 grams of fat/serving

**Vs.**

## Meal J: 1 whole grain pumpkin muffins:

70 calories, 1 gram of fat/serving

## Dig into your Dip the right way

- Use low-fat sour cream for dips instead of mayonnaise for the same flavor. You'll cut 1,300 calories and 150 grams of fat.
- Try using puréed-roasted red peppers with low fat plain yogurt for just 35 calories a serving, with 1 gram of fat!
- Serve smooth or chunky guacamole that's heavy on the vegetables for 75-80 calories per serving



## Bye-Bye Chips! use these for dipping instead

- Grilled chicken chunks
- Steamed broccoli or cauliflower
- Bite-size chunks of crusty whole-grain bread
- Bell peppers cut into triangles **with**



## Yoga creates both a relaxing and challenging workout

Story by Angela Laurello

It's in celebrities' schedules. Moms do it. College students do it. Yoga is practiced not only in India, where it originated, but in countries across the globe. Yoga has become a popular exercise for people of every age. Instead of pumping up your heart rate through cardio exercise or lifting heavy weights, yoga gently calms you down and helps you find a balanced center.

Jillian DeMarco, a yoga and Pilates instructor at the 5th Street Fitness Loft in Ashtabula, Ohio, says that yoga promotes steadiness of mind, balanced emotions, and an improved outlook on life. "Steady postures free the mind from disturbances caused by physical movement," DeMarco says.

DeMarco suggests looking for Hatha Yoga workouts. This type of yoga consists of "Asanas" (steady poses) and emphasizes

deep breathing, relaxed movements, and mental concentration. She suggests exercising slowly and not forcing the body into positions it is not ready to perform. Each workout should begin with at least five minutes of relaxation and end with 10 minutes of relaxation.

Formal yoga studios, like DeMarco's, aren't the only place to find 15 to 30 minutes of rejuvenation. YouTube can also help you practice yoga in the comfort of your own home and for free. For Syracuse University students, Internet yoga eliminates the excuse of snowy weather because it allows you to workout in your dorm or apartment.

We took a look at several Internet yoga videos to save you the time of searching for a great workout. Each video can be found by searching the title on YouTube.

## Beginning Yoga for Stretch & Strength



.....This 43-minute video begins with meditation and then gently progresses into stretching.

It is suitable for both beginners and intermediate-level yoga performers. While there are some difficult poses that require flexibility, like the downward facing dog, the instructor offers easier variations of each pose for the students who feel discomfort. This video also includes a few challenging, core strengthening exercises, like the counter pose and the cobra, in between relaxing stretches. The video ends with a full 10 minutes of silent meditation while lying down to bring you back to relaxation. This workout can help you wind down from a long, stressful day. After the meditation session ends, you will feel refreshed and ready for a good night's rest.

## Sun Salutation Instructions Part 1 & 2



.....These two videos explain the 12 movements of the Sun Salutation and total about 15 minutes.

The instructor first demonstrates each pose by itself and then invites the viewer to do a full cycle of the Sun Salutation, which consists of 12 strengthening yoga poses. The Sun Salutation poses are the best for a full body workout, DeMarco says. And this workout stretches each muscle from obliques to hamstrings to complete the full body routine.

The best part about this video is the instructor's step-by-step guidance and explanation of each movement in the workout. This energizing video also eliminates the usual mini-meditations normally found in Hatha Yoga workouts, as seen in Hatha Yoga Flow 1, creating a more stimulating workout. Because of the faster pace, this workout is recommended for morning yoga to wake up the body and prepare for the full day ahead, but can be used at any time during the day.

## Hatha Yoga Flow 1 Easy Ground Work



.....This beginner video lasts about 10 minutes. It begins by putting emphasis on the importance of breathing correctly while practicing yoga.

As the video progresses, the instructor takes you through a quick warm up and slowly leads you through basic yoga stretching.

The video provides a tranquil environment because of its setting on the central coast by the beach, with the waves almost crashing on the instructor's mat. The instructor provides the technical names for each pose and describes each movement to help beginners perform the poses properly. The video ends with mat exercises like the seated cat and the cow poses, to help you become more relaxed by stretching the lower back muscles. There is also a short meditation to encourage you to let go of your day's worries. **wth**

“

A free 40-minute yoga session that you can easily do in your room is a great idea. The instructor clearly explains what to do and how, and when I'm stressed I know yoga works as a good relaxation method. This video is really relaxing, and a good way to get in some easy yoga practice.

**Rebecca Toback**  
**WTH Assistant Editor**



# The Right Tune Up

*Music that motivates*

Story by Jill Feigelman // Graphic by Meghan Grube

Margarita De Pagter needs to listen to music for motivation when she works out. She admits that the tracks that get her in the zone vary, but all of them share a fast paced beat. “I like fast-paced music, like Metallica, to motivate me to move,” she says.

Alyssa Grossman says that her gym playlist depends on what kind of mood she is in and that, like De Pagter, she goes through phases with music. Last semester it was a lot of 80’s songs and the occasional Faith Hill or Sheryl Crow for days when she was in a calmer mood. “Hip-hop is always a good standby, but I’ll admit that I still love hearing the Backstreet Boys sing while I’m peddling away on the elliptical. That never gets old,” Grossman says.

Like De Pagter and Grossman, many students at the gym use music as a motivation to keep working out. Studies show

that classic music is the best genre to listen to during a workout, according to Jill Kanaley, Syracuse University exercise science professor.

Eliza Decker, assistant director of fitness services at SU, says music is motivational. “It’s whatever music makes you stay with the activity longer,” she says. “If classical music is your motivation, then use that. If not, find something else,” Decker says. While Decker teaches her aerobics classes, she tries to stay with a mix of music so that there is something for everybody. Decker also makes sure that her students have a choice in the kind of music that she plays.

Kanaley explains that if you are listening to fast-paced hip-hop music, it raises your heart rate, whereas slow-paced classical music does not.

In a past semester, Kanaley conducted a study and found that when an individual works out to fast-paced music, their heart rate goes up more than when they do the same workout to slow music. If increasing your heart rate is your workout goal, listening to fast-paced music is the best option.

Music with an eight-count beat is the best for workouts, according to Kanaley. “Though many people just listen to music as background noise, finding music with a steady beat is a way to pace yourself,” Kanaley says.

Costas Karageorghis, associate professor of sport psychology at Brunel University in West London, invented the Brunel Music Rating Inventory. The system is designed to measure the motivational qualities of different kinds of music. “The motivational effects of music are determined in order of importance by tempo, rhythm, melody and harmony, cultural impact of music in society (familiarity, idiom), and associations (memories, connections to sporting themes, etc.),” says

Karageorghis.

In his latest study, *Psychophysical and Ergogenic Effects of Synchronous Music During Treadmill Walking*, Karageorghis discovered that any kind of music leads to increased endurance during a treadmill exercise. However, motivational music, when compared to neutral music, leads to even greater endurance and subjects showed less signs of mental fatigue.

Some examples of *oudeterous* selections in the study were “Promiscuous,” by Nelly Furtado and “Killer Queen,” by Queen. *Oudeterous* music denotes music that is neither motivating nor demotivating says Karageorghis.

While the motivational music tracks included “Rock your Body,” by Justin Timberlake, and “Mercy,” by Duffy, Karageorghis believes that songs with tempos or rhythms you like or ones that have special motivational messages for you, are probably the best music for your work out.

Some exercise, like yoga or Pilates, require softer, slower-paced music. “You want to bring your pulse rate down as low as possible in these (exercises),” Kanaley says.

Wanting to go to the gym and having the time to go to the gym is an issue many students wrestle with. Propping a textbook up to study as you exercise, or looking at a TV above your head, does not lead to an effective workout because you are not pushing yourself hard enough. Most likely when the show or the chapter is done, so is your workout. “Music is the best option to distract you to workout longer, and is much better than TV,” according to Decker.

Finding time to workout at the gym is an issue that many of us face, however, the power of music can help the time at the gym go by faster and keep us there longer.

with

## Oudeterous selections:

**Promiscuous**, Nelly Furtado  
**Biology**, Girls Aloud  
**Since U Been Gone**, Kelly Clarkson  
**Killer Queen**, Queen

## Motivational Selections:

**Rock Your Body**, Justin Timberlake  
**Mercy**, Duffy  
**I See You Baby**, Groove Armada  
**Put Your Hands Up For Detroit**, Fedde Le Grande  
**Jump**, Girls Aloud  
**Gotta Get Thru This**, Daniel Beddingfield

# Intensify Your Moves

*With medicine and Swiss balls at most local gyms, there's no excuse for an easy workout*

Story by Jennie Pikowsky // Photography by Samantha Colt

**W**alking into a gym filled with equipment, including bikes, treadmills, weights, the medicine ball, and the Swiss ball can intimidate any amateur gym-goer. But pick up that medicine and Swiss ball to add just the right amount of resistance and strength training to any routine.

The Swiss ball, also known as the stability ball, assists in strengthening the core area and also knocks you off balance, says Eliza Decker, assistant director of facilities, wellness and aquatics at Syracuse University Recreation Services. When you're thrown off balance, your core tightens up and it feels as if you are doing an abdominal workout.

Old-fashioned crunches on the floor place a strain on the neck, whereas sitting on the Swiss ball engages more muscles. With the Swiss ball, you experience more range of motion and the core tightens to keep you from falling off.

Holding the medicine ball during various exercises gives your body more resistance, says Darnell Cox, personal trainer and general manager of iPower, a fitness and weight loss club in Illinois. She says the resistance puts more emphasis on the muscles and creates a balance between the muscle fibers.

For some examples of exercises to do with the medicine and Swiss balls, take a look at WTH's favorite moves:



## Squat and Throw

(medicine ball):

- Squat while facing a wall.
- Throw the medicine ball upward so that it touches the wall.
- Catch the ball when it is even with your chest.

**Decker says this movement works the legs and arms. The medicine ball works as a weight. When the ball is thrown then caught, it is like lifting weights with added emphasis on the leg muscles.**

## Push-ups

(Swiss ball):

- Place your stomach on the Swiss ball and roll out so you're in a push-up position, with the ball now resting under your thighs.
- Tighten your core and keep arms straight.
- Lower your upper body toward the floor, bending your elbows at a 90-degree angle. Hold this position for three seconds.
- Push your upper body back up so your elbows are straight but not locked.

**This exercise puts emphasis on your core area as you keep it tight and push yourself back up.**





## Dips on the Bench

(Swiss ball):

- Position your hands so they are behind you and placed shoulder-width apart on a secured bench or surface.
- Move your feet out as far out in front of you as possible. Then place the Swiss ball under your legs so that your calves are resting on the ball.
- Straighten out the arms but keep the elbows a little bent.
- Slowly lower the upper body down towards the floor and keep elbows tucked into your sides.
- Once the bottom of the movement is reached, slowly press off with your hands and push yourself back up to the starting position.

**Using the Swiss ball puts more resistance into the arms since your legs do not support your weight.**



## Single Leg V-Up

(medicine ball):

- Start by lying back onto the floor or bench with feet flat on the floor so that the knees are bent.
- Hold a medicine ball between your hands.
- Hold the medicine ball behind your head with both hands so that elbows are at a 90-degree angle.
- Look straight up at the ceiling.
- Leading with the chin and chest towards the ceiling, contract the abs and raise the upper body off the floor or bench.
- Bring the medicine ball overhead and simultaneously extend the right or left leg straight up into the air.
- While in the air, touch the medicine ball to your ankle.
- The ending position will resemble a "V."

**This move works the abs and legs as the upper body and right or left leg are simultaneously being lifted into the air. The medicine ball adds resistance as you lift your upper body.**

with



# Grief Travels the Distance

*Being away from home can intensify a grieving period after the loss of a loved one. But it can also help SU students cope with their sadness*

Story by Alysha Reid

**H**yo-Sung Loum wasn't prepared when his mother died of a heart attack the first semester of his freshman year. Loum, a civil engineering major, spoke to his mother just eight hours before she died, less than a week before Thanksgiving. He sat in shock when he received the news. "When it really, officially hit me was at her funeral, when they actually put her down," Loum says.

He came back to Syracuse University the Tuesday after Thanksgiving, which surprised his peers, he says. But he knew his mother would have wanted him to finish the semester.

Throughout the fall 2007 and spring 2008 semesters, over 1000 students visited the SU Counseling Center to talk about grief, accord-

ing to Tanya Bowen, the center's associate director. Students who came to discuss grief issues accounted for one percent of their clients.

Grief can come from the loss of a relationship, pet, or loved one and students deal with these losses in different ways, according to Bowen. "People can be really sad, and really in touch with their feelings," Bowen says. "Or it can go to that end of the spectrum to people who really avoid their feelings, and kind of get really busy, involved with their schoolwork and they just don't want to slow down enough to really process what's happening to them."

Loum kept busy with schoolwork for the remainder of freshman year, and became a summer Resident Advisor that May. "I definitely avoided going home a lot. I was in a major


state of denial when I came back," he says.

At the beginning of Loum's sophomore year, he finally succumbed to his grief. "I just shut down," he says. "That's when everything just settled in, when I completely lost it."

According to Bowen, distractions like Loum's, offset feelings of grief, but it can also delay the grieving process. "Having some sense of normalcy, having a schedule to follow, helps people to not dwell on the sadness and feelings and emotions," Bowen says.

Michelle Buchwalter, broadcast journalism major, agrees. Her father died of a heart attack hours before she was scheduled to return to SU after winter break her junior year. "For me, SU has kept me busy, but it's also stopped me from grieving," Buchwalter says.





*“Having some sense of normalcy, having a schedule to follow helps people to not dwell on the sadness and feelings and emotions.”*

**Tanya Bowen**

*Associate Director of the SU Counseling Center*

Most of SU's students have to deal with being away from home most of the year, which can be especially stressful when dealing with grief, Bowen says. The lack of a familiar, understanding presence, such as family and religion can make some students feel alone.

Vanessa Longshaw, a broadcast journalism and international relations major, had to deal with the death of her great-aunt during her sophomore year. She wished that she had been home more to comfort her father, because she knows how close he was with her great-aunt. Sometimes she feels guilty about being away at school, she says.

For a while, Loum felt partially responsible for his mother's death after he had taken care of her at home. "I resented Syracuse for two years," Loum says. "I felt like because I was up here, it took everything out of me. I had no

control over anything anymore."

For many students, including Loum and Longshaw, dealing with intense sorrow changes their outlook on life. Longshaw avoided partying while her family was mourning the loss of her great-aunt. "It kind of just made me want to reassess myself for the remainder of the semester," she says. "I wanted to keep low-key."

The death of Loum's mother made him realize that a lot of his friends were superficial, because he sensed their insincerity. Loum says that sometimes the best thing to do for a friend in grief is to listen. "I did not want to be pitied," Loum says. "Sometimes when somebody goes to talk to you and vent to you, they don't always come to you for advice. They just want you to listen. People forget that."

According to Bowen, feeling different, not

necessarily better, is what matters most when facing grief. Professional counseling can help the grieving process if nothing changes after several months, she says.

Buchwalter believes that the grieving process can help you become a better person if you focus on yourself and what makes you happy. "You need to remember that you have a life to live too," she says.

After the third anniversary of his mother's death, Loum finally feels okay with the pain he has suffered. He now looks toward the future, and considers his life an opportunity to make his mom proud. "She accomplished a lot in her life," Loum says. "I can sit here and be mad at the fact that she's not here, or I can be proud of the stuff that she did when she was alive and try to be the person she raised me to be." **with**





# A Leap

*Several SU students turned to their religion to help cure a physical illness and found comforting medicine in their faith*

Story by Greg Miller // Photography by Treeva Royes

Cara Zampi recalls her first seizure, at age four, just after staring at her Christmas lights. It was the first major outbreak in her life filled with “gleaps.” “That’s what my cousin and I called it when my eyes would shake,” Zampi says. “‘My gleaps.’ We thought it was funny.”

Zampi’s mother sought medical treatment from a neurologist upon learning of her daughter’s eye spasms. That’s when the family learned that Zampi, an advertising major, had scar tissue on the left side of her brain. “They told me this is going to be with me for the rest of my life,” she says. “If anything, the seizures will get worse.”

And they did. Zampi began having anywhere from three to 12 seizures a day. Her condition continued to worsen and forced her to drop out of first grade. She started to take physically draining medication and had to undergo weekly blood tests. But nothing was working — Tegretol, Dilantin, Phenobarbital — nothing. Brain surgery was certainly in her future.

“Through all of my seizures, my mom would always pray for me,” Zampi says. The prayer and Bible stories were Zampi’s greatest comfort. She recalls a Bible story about a woman who kept bleeding profusely. When she touched Jesus, power went through her and healed her. “I had this picture of Jesus in my room. I thought, if only I could touch Jesus, he’d heal me too,” Zampi says. She was not alone in her hope. Research suggests faith may play a key role in recovery.



# of Faith

A St. Luke's study, headed by William Harris, Ph.D., along with several other researchers in 1999, examined the correlation between religious practices and length of hospital stays in patients admitted to St. Luke's Hospital. There was a direct correlation between those who were cited as having greater amounts of religious experience and those who had the shortest stays in the hospital.

Major universities including Duke University, University of Florida, and University of Minnesota have created centers specifically dedicated to researching the coexistence of medicine and religion.

Today's science is difficult to understand, says Kelly Sprinkle, interim dean of Hendricks Chapel. "For me, at least, faith and healing is about a sense of wholeness, not necessarily being physically cured," he says. "Whether they're miracles or not — I don't know how to define that. Sometimes we attribute things to the body taking care of itself, and sometimes we attribute them to faith."

"Faith for most people is some sort of grounding — something that's beyond them," Sprinkle says. "For the purpose of healing, it gives them the sense that health is not just theirs, but it's something bigger than them."

Dulcinea Stuk, policy studies and economics major, believes in the connection between religion and healing. She developed intense joint pains this past summer that lasted for five-day periods. Her doctors were unsure

of what caused the pain, but guessed the source was either Lyme's disease or inflammatory arthritis.

"It felt like every bone in my body was sprained," Stuk says. She could hardly move. Months passed, but her flare-ups continued. Doctors now believe she may have an autoimmune disease called lupus, though they're still unsure. Despite her continued problems, Stuk says that God has helped her through the pain. "He's taught me that I cannot control things. He has given me the strength I need to persevere through a difficult and dark time," Stuk says.

Zampi also believes her faith helped cure her. On Easter Sunday in 1994, Zampi was attending a church service when she felt something unlike she'd ever felt before. "I was raising my hands really high, imagining I was reaching for that picture of Jesus," she says. "All of a sudden, this warmth came over me. It was like Jesus touched me." Zampi's mom and others in the church noticed an immediate difference in her demeanor.

The seizures slowed until July, when they ceased to exist at all. Zampi continued her testing. After administering a routine brain scan, the neurosurgeon returned to inform Zampi and her mother that the scar tissue was gone. "I know that it was God," Zampi says. "God healed me." with



# wine 101

*Ready to move on from boxed wine and Solo cups? Here's how to start drinking real wine*



Story by Stephanie Eckelkamp // Photography by Samantha Colt

College students have limited attention spans — simple is good, complex is unacceptable — and that may be why our collective knowledge of wine is somewhat limited to Franzia. “I buy it because it’s cheap and lasts forever,” says international Relations major Vicki Turakhia. Thirty servings for \$11 is quite a bargain, but if expanding your expertise beyond boxed wine sounds intriguing, then we might be able to help you out. We’ll show you how to incorporate this heart-healthy beverage into your life with tips on how much to drink, how to pick and pair it, and where to buy it cheap.

## Why wine?

While moderate consumption of all types of alcohol delivers heart-healthy benefits, the most prominent benefits come from red wine, says Syracuse University nutrition professor and registered dietician Tanya Horacek. According to the “Copenhagen City Heart Study,” those who drank red wine had about half the risk of dying from heart disease as those who did not. But before you start boozing up in the name of health, know that the benefits are only associated with moderate consumption (two 5 oz. glasses a day).

There are several reasons why wine is “heart-healthy.” It reduces the risk of heart disease by raising “good” high-density lipoprotein (HDL) cholesterol and lowering “bad” low-density lipoprotein (LDL) cholesterol, which helps prevent plaque formation in arteries. It also contains antioxidants called polyphenols, more prominent in red wine than any other alcohol or food source, which help prevent the breakdown of cells, says Horacek.

## Getting started

While health benefits are one reason to make wine your drink of choice, so is variety — you’re bound to find at least one you like. Start out with this simple tip: determine how sweet a wine is by the alcohol content listed on the bottle. According to Barr, a wine with high alcohol content is dry (12-14%), medium is semi-sweet (9-10%), and low is sweet (7%).

Once you’ve picked a wine, there’s still the question of









what kind of food to pair it with. Tim Barr, professor of beer and wine appreciation at SU says in general, the food should mellow out the wine. This means that if you have a heavy, dry wine, then a heavier dish might balance it out nicely. A medium or sweet wine goes well with a mild dish. In general, Barr suggests just drinking what you like.

### Allergy concerns: what are sulfites?

Sulfites (a group of sulfur-based compounds) play an important role in winemaking. They are naturally occurring chemicals in wine fermentation, but winemakers can add more to further preserve the wine's character, flavor, and color, due to its antimicrobial properties. But for about one percent of the U.S. population, sulfites can produce symptoms that include nasal congestion, headaches, flushed skin, bronchial constriction, nausea, and dizziness, according to WebMD. These symptoms vary in severity from very mild to life threatening. They can trigger asthma attacks in sensitive people, according to a Mayo Clinic article on sulfite allergies.

You can never totally avoid sulfites, but you can control the amount you ingest, which can reduce or eliminate symptoms (as long as you're not severely allergic). For a wine made from organic grapes and with no man-added sulfites, choose one that is USDA certified organic — sulfite levels are around 10 parts per million (ppm). Be mindful that wines labeled, "made from organic grapes" still contain added sulfites up to 100 ppm.

All wines, except those that are USDA organic, are required to include, "contains sulfites" on the label. The legal maximum level for U.S. wines is 350 ppm, but the majority fall well below that level. In

general, sweet, white dessert wines have the highest sulfite levels, while dry, red wines have the lowest. Very cheap wine can also be an indicator of higher sulfite levels, says Barr.

### Buy cheap in Syracuse

As a college student, developing a passion for wine may be cool and classy, but it can also be pricey. Luckily, Barr lets us in on his secret of the absolute cheapest place to buy wine (and all booze, for that matter) in Syracuse — Liquor City. Don't be deterred by the name — the store contains the same quality brands as any other. They have lower prices because they purchase in bulk at a volume discount, and only mark up the cost 17 percent for customers. Most liquor stores mark up 50 percent.

### Storage tips

Wine doesn't last forever — at least not the kind college students can afford. Some oak-aged varieties can be stored between 30 and 40 years, but most wines today are aged in steel and last from two to four years, says Barr.

Once you pop the cork, be prepared to finish the bottle in one to two days. Red wines should be consumed the day they're opened because they are served at room temperature, while whites can last a couple days if refrigerated, says Barr. Bottles with screw caps, instead of traditional corks, allow you to store wine slightly longer.

The enemy of wine is oxygen. If you can prevent oxygen from coming in contact with the wine, it stays fresher longer. That's why you can have a good ol' box of Franzia in your fridge for weeks—the plastic bag collapses on itself as the wine is expelled, and oxygen never touches the wine. Turakhia says her box of Sunset Blush wine lasted the better part of a semester.

If you want a slightly classier way to keep wine fresh, Barr suggests investing in a small spray can of nitrogen, available at liquor stores and online at Web sites like Wine.com (\$8.99). By spraying a small amount in the wine bottle, a barrier is formed between the wine and air, thus preserving the wines taste and delaying spoilage.

So take a drive down to Liquor City, pick up a bottle, and impress that special someone with your newly acquired wine knowledge. But this time, ditch the Solo cups.

\*Turn to page 56 for information on local wine tours **with**



# thinking outside the box

*For further guidance on how to select a wine you'll like, we've compiled some tips and information from Barr.*



## SHIRAZ (DRY)

**WHAT /** Heavy-bodied with black cherry, currant, spice and tobacco tones

**GOES WITH /** Heavy, strong foods like stews, pizza, spicy sausages pepperoni, lasagna, blackened salmon or tuna, marinara sauces, spicy barbecue sauces, sharp cheddar cheese, and hazelnuts

**TRY /** Yellow Tail, 750 mL \$5.99



## PINOT NOIR (MEDIUM)

**WHAT /** Medium-bodied and silky with red cherry, strawberry, and smoky earth tones

**GOES WITH /** Tuna, filet mignon, lamb, roasted chicken, chicken cordon bleu, mushroom sauces, light-medium red sauces, olive bread, goat cheese, Brie, and walnuts

**TRY /** Yellow Tail, 750 mL \$6.88



## LAMBRUSCO (SWEET)

**WHAT /** Slightly sparkling and acidic with sweet berry flavor

**GOES WITH /** Grilled meats, spicy Mexican or Asian dishes, and pasta with red sauces

**TRY /** Riunite, 1.5 L \$7.88

*\*Serve Chilled*



## SAUVIGNON BLANC (DRY)

**WHAT /** Light-bodied and crisp with fig, lemon, and grassy tones

**GOES WITH /** Scallops, shrimp scampi, sushi, chicken, French bread, and light sauces

**TRY /** Monkey Bay, 750 mL \$8.99



## PINOT GRIGIO (MEDIUM)

**WHAT /** Crisp and acidic with honey, pear, and lemon flavors

**GOES WITH /** Light pastas in white sauces or olive oil, grilled fish, and brunch-type foods

**TRY /** Yellow Tail, 750 mL \$6.44



## RIESLING (SWEET)

**WHAT /** Light-medium-bodied with apricot, honeysuckle, and pear flavors

**GOES WITH /** Chicken, turkey, pork, Asian food, sweet barbecue sauces, Gouda cheese, pecans, and candied walnuts

**TRY /** Fish Eye, 750 mL \$4.99

**\*REDS /** serve at room temperature

**\*All prices from Liquor City, 3481 Erie Blvd. East, Syracuse (K-Mart Plaza)**

# Load of BULL

Story by Caylin Harris // Photography by Samantha Colt

At 5:00 a.m., Max Gordon started yelling at the mice in a hushed voice, trying not to wake his roommate. He picked up a clear squirt bottle and squirted at them — the mice were still there. Whenever he would get close to them, the mice would all move. He eventually chased them out into the hall and tried to hit them with a stick. Gordon, freaked out by the whole experience, got into bed and tried to sleep it off.

Gordon, a marketing major, experienced his hallucination during the fall semester of his junior year. He needed to stay up to write a long French paper, so he drank four or five cans of Monster energy drink in one hour and became convinced there were small mice walking underneath his bedroom floor.

Gordon never used energy drinks until he came to college. But once he joined Psi Upsilon, a brother in the house had a job promoting Monster, so Gordon was able to get cans for free. “Looking back on it now, I think I must have seen only one mouse,” says Gordon. “I am almost positive that it was just one, but I am not sure.”

Promising amazing amounts of vigor and increased mental clarity, energy drinks masquerade as a miracle blend of ingredients designed to do your body good. But if that is the case, then why are there reports of heart palpitations, hallucinations and in extreme cases, death?

Syracuse University drugs and human behavior professor, Tibor Palfai, says that the enormous popularity of energy drinks developed from great advertising, especially when it comes to mixing alcohol and energy drinks. “They tell you that you won’t fall asleep, and they make all kinds of claims, but the main danger is that

people actually feel less drunk and more energetic,” says Palfai. “But the moment you drink four beers in one hour, you are drunk, and no energy drink is going to change that.”

Mixing alcohol (a depressant) and caffeine (a stimulant) isn’t guaranteed to make you feel sick, but the danger lies in the unknown. Palfai explains that with drugs (caffeine is considered a drug), it all has to do with how much you take. If you consume too much caffeine, he says, you may experience heart palpitations, and the risk is only increased for people sensitive to caffeine.

Jill Gomolka, a history and policy studies dual major at SU, prefers Red Bull if she is mixing alcohol with a drink. An admitted-health conscious person, Gomolka does not drink often, but when she does, she will choose an energy drink over a sugary drink.

Mixing half a can with some alcohol is Gomolka’s limit and the extra boost from the energy drink cancels out the sleepy feeling that drinking gives her. She can’t drink coffee because it makes her jittery, but her experience with energy drinks is consistently positive. Despite the controversy around energy drinks, Gomolka likens drinking them to smoking cigarettes. People know they are bad but do it anyway. Since she doesn’t smoke, she feels like the occasional energy drink can’t hurt.

After looking up the ingredients in energy drinks, Gomolka became wary of guarana and taurine, two common ingredients. Her concern stemmed from rumors about taurine, which she heard came from bull semen.

The rumors and the myths behind energy drink ingredients are only perpetuated by information on energy drink Web sites. On





Energy drink companies promise powers to keep you awake.  
But what information are they leaving out?



the official Red Bull site, they explain the benefits of taurine in their beverage saying that it is “involved in vital functions of the human body. Taurine acts as an antioxidant and has been shown to promote detoxification by binding together with harmful substances and thereby accelerating their excretion from the body.”

Sarah Short, professor of nutrition science and dietetics, explains that taurine is really a non-essential amino acid and is not going to do anything for you. In Short’s opinion, taurine is only one of a slew of ingredients a person should be concerned about.

“Energy drinks contain a lot of sugar, which goes into your system in a hurry. We also have caffeine, which everyone knows the effect of, and then you have guarana, which has three to five times as more caffeine than coffee,” says Short.

These ingredients go unregulated by the Food and Drug Administration because of the 1994 Supplement Act. This piece of legislation allows the substances commonly found in energy drinks and diet pills to continue being used without FDA testing. As long as a product is labeled “supplement” it can legally be sold no matter what is actually in it. Short says that products can even be inconsistent from bottle to bottle. “I could go out to the quad and put dirt and bugs in a jar and sell it as a supplement,” says Short. “It would be legal.”

Another growing concern involves athletes using energy drinks to enhance their performance. Again, on the Red Bull website, they say the energy drink has been specifically devel-

oped for times of increased mental and physical exertion, which worries Short. Since she works with some of the SU sports teams, she hopes that none of their players would ever compete after consuming an energy drink.

According to “Medical News Today,” an online report, Ross Cooney, an 18-year-old from Ireland, died after sharing four cans of Red Bull with friends and then playing in a basketball game. Professor Short explains that the problem with athletes using stimulants like caffeine is that the heart is already working hard when an athlete is exerting themselves. If that athlete has a heart condition and doesn’t know it — which is common — it could be fatal, Short says.

Sometimes the effects can be subtle, which Gordon knows from experience. The morning after Gordon hallucinated, he felt drained. Even after his crazy experience, Gordon still drinks energy drinks occasionally, but says that he will never again drink that many at once. Knowing that energy drinks are bad doesn’t deter people from using them. Even Gordon admits that they have negative effects on the body. His fraternity brother, who introduced him to energy drinks to him in the first place, ended up in the hospital after his heart slowed down from drinking too many.

“I am pretty nonchalant about it I guess,” says Gordon. “I am curious about what is in them, and that is why I don’t drink them often...but sometimes, I need to stay up.” [with](#)



# switched on



Some SU students are not turned OFF to the idea of EXPERIMENTING in the BEDROOM. WTH examines the healthy behavior BEHIND taboo sex toys



Jessica Bickford-Manson's hand works just fine. But when this sex toy veteran craves more intensity, her two dildos with a strap-on belt, a Feeldoe, several vibrators, leather cuffs, and an array of lube and condoms do the trick. Sometimes when she's "in the moment," a hand reaches out to grab a vibrator, and burning loins scream to be satisfied as a power switch gets flicked on and . . . nothing.

Unfortunately, Bickford-Manson knows too well what it's like to suffer a case of dead batteries. With six years of experience, the sex toy guru can empathize when a moment of battery-powered anticipation completely sizzles. "The moment totally sucks!" says Bickford-Manson, an environmental studies major at the State University of New York College of Environmental Science and Forestry. Her solution: remove batteries after finishing to avoid losing steam in the moment.

For some college students, unpredictable moments in bed happen, but riding the rush of its novelty, sex at its worst still feels like an accomplishment. Sex in its novel stage has a friend: bedroom awkwardness. It can be difficult to address needs and wants in bed, or to even know what those are, as we come into our sexuality. But there's good news — sex toys can help an individual discover what she considers pleasurable, and for couples, introducing sex toys to the bedroom can force partners to talk about what they like and how they like it. For additional pleasure, sex toys can be anything from a store-bought device to a household item, like ice cubes from a freezer. Being candid—and adventurous—will result in more satisfaction in bed while profiting from the health benefits of sex.

"One of the important things for us as sexual human beings is to recognize our sexuality as manifested in many ways," says Joseph Fanelli, professor of human sexuality at SU. "The larger our repertoire, what we view as sexual, the healthier it is both personally and in relationships."

Sex toys can expand one's range and combat a common problem among couples: the idea that sexuality is physically limited, says Fanelli. Sex toys can diversify and create positions and activities which once seemed impossible, especially for those with illnesses or physical handicaps. For example, a pillow can prop a body to dodge any worries of fatigue or cramping.

A self-described orgasm lover, Bickford-Manson says vibrators have made it easier to achieve orgasms — multiple orgasms — without even moving a muscle. "If you've just come home from all day of classes and you want to get off but you're really tired, vibrators can really help with that," she says.

On the flipside, sex toys have taken responsibility off of Bickford-Manson's partner. If her partner lacks libido for the night, a sex toy can fulfill her sexual needs without gearing resentment toward her partner.

Sexual health, however, is more than just genital. Bruce M. King, a Clemson University professor who specializes in human sexuality, has a broader definition in his book, *Human Sexuality Today*. A sexually healthy person is someone who can engage in sex without feeling guilty or anxious because they do not view sex as something improper or sinful, says King in his book. Furthermore, the person feels free of peer pressure, partner pressure, and social pressure to choose whether he or she wishes to try a variety of sexual behaviors.

In other words, being sexually healthy is about being comfortable in bed with a partner. According to WebMD, having sex increases levels of a hormone called oxytocin, also known as the "love hormone." The heightening of oxytocin encourages people to bond, build trust, and be generous. For couples, the hormone creates a comfort zone, which builds a partner's confidence to confide their sexual preferences to the other.

According to a 2003 Australian study, "Sexual Practices at Last Heterosexual Encounter and Occurrence of Orgasm in a National Survey," conducted by Juliet Richters, a researcher for the National Centre in HIV Social Research, along with other researchers, almost 12 percent of straight men used a sex toy in the year 2002. For women, a 2004 study conducted by the Berman Center in Chicago, called "The Health Benefits of Sexual Aids & Devices," noted one in five women masturbate at least once a week, and nearly 60 percent of those women used a sexual device.



Toy from Puttygals



Overall, 44 percent of women between the ages of 18 and 60 have used a sex toy at least once. A popular misconception that single women are more likely than women in relationships to use sexual aids was also debunked. Seventy-eight percent of women who use or have used a sexual device were in a relationship, which reveals that women do not necessarily use sexual aids as a substitute for partners, but as complements.

But what about those myths that a vibrator will feel so good that a man just won't measure up any longer? Celina Tousignant, a Spanish, psychology, and magazine journalism major at SU, argues there is no competition — her vibrator cannot provide the warmth and response a man does during intercourse. "It's a battery operated machine, and it shouldn't be seen as competition," Tousignant says. "It should be seen kind of like sprinkles on a sundae; you don't need it, but it can make it more fun and tastier."

Sexual devices can improve a couple's sex life because it helps women understand their own bodies. In the 2004 Berman Center study, women who use sexual devices reported higher levels of sexual function and satisfaction than non-users. To calculate the difference, levels of arousal, as well as the amount of pain during intercourse, were considered. In addition, the study found women who use sexual devices find it easier to reach orgasm in comparison to non-users.

Knowing our bodies can be beneficial in bed, says Tousignant. She says she started exploring her body in middle school and now has the experience to tell a man what she desires. For Tousignant, discussing boundaries has not led to the usage of a sex toy with someone else. It's just not one of those things she has discussed with a hook-up. "It's kind of weird," Tousignant says. "Like, 'Cover my body in peanut butter and use this vibrator.' Some things just don't come up."

For many college students, especially those who have never had a boyfriend or girlfriend at school, the comfort level of suggesting sex toys may not exist. Embarrassment is a typical reaction, but for those who are still itching to be adventurous yet low-key, alternative props in their house can be used, such as scarves to handcuff your partner to bed posts.

Norino Mirra, a broadcast journalism major, says girls he has been with have never introduced sex-toys during a hook-up. However, that doesn't mean he would be intimidated or turned-off if a girl did. "I think it would be great because it would be expanding our sexual boundaries and it would allow my partner more stimulation," Mirra says. "As long as the sex toys aren't used on me."

The benefits of sex are endless, with or without toys. One or two sex sessions per week has been linked with high levels of an antibody, called Immunoglobulin A, which protects the body from getting colds or infections. If you do get sick, having sex can also be an easy and fun way to relieve headaches. As oxytocin rises, endorphins increase, and pain can decline.

Specifically for men, in a study published by the *Journal of Epimeology and Community Health*, scientists found having sex twice or more a week reduced the risk of fatal heart attack by half, in comparison to men who had sex less than once a month. According to the *British Journal of Urology International*, frequent ejaculations, five or more per week during the college years may reduce the risk of prostate cancer later in life by a third.

The maintenance of sex toys must be taken seriously to avoid risk of infection. Uncleaned toys can transmit STDs and viruses if shared or reused without cleaning. Reliable methods to prevent the spreading of diseases include using a condom, using a water-based lubricant, and washing afterward with antibacterial soap and warm water. Several commercial adult toy-cleaning solutions specially formulated to kill germs and preserve the life of sex toys can be purchased.

For couples who shy away from marching into sex shops, the Internet can be a good venue. The Internet offers perks like a larger selection, privacy, and unlimited browsing time. Adult World, a sex shop on Erie Boulevard, welcomes a good mix of college students and adults. Currently, the store's most popular item is the Rainbow Rabbit, a dual vibrator and dildo, which sells for \$58.96. **wth**

While that price may seem steep, Bickford-Manson says you get what you pay for, so spend wisely.

## ► A sexually healthy person is someone who can engage in sex without feeling guilty or anxious because they do not view sex as something improper or sinful

**Bruce King**

Professor of human sexuality  
Clemson University

# Know the Materials

	Pros	Cons
<b>Plastic</b>	▶ Strong, easy to keep clean, don't bend when pressure is applied, best for external stimulation.	Need to be careful of rough edges.
<b>Rubber</b>	▶ Quieter than hard plastic, durable.	Typically less hypoallergenic and sometimes contain phthalates, which have been linked to health risks.
<b>Metal</b>	▶ Heavy weight can be pleasurable, different vibrations, temperature-sensitive, easy to clean.	High cost, may be too much sensation for first-timers.
<b>Silicone</b>	▶ Soft, hypoallergenic, and easiest to clean. Warm to body temperature and transmit vibrations well. Make sure it's 100 percent silicone. Some toys are rubber/silicone mixes.	Cost, durable but tears easily, and cannot use with silicone-based lubricants.





# Poppin' the Pill

*As we move into the next generation of oral birth control, women are experiencing a variety of side effects. Is it really worth the hassle?*

Story by Meghan Overdeep // Photography by Treeva Royes

Health and exercise science major Jenn Donais can always tell when she's getting a migraine. Black spots begin to cloud her vision and pressure spreads to various points throughout her head. She has gotten migraines for as long as she can remember, but they became more frequent and more intense after she began taking the oral birth control Miricette to regulate her heavy periods, she says.

Almost immediately after starting Miricette the summer before her junior year of high school, Donais says she began to experience at least one migraine a week. "I got really bad cramping and worse migraines — and they weren't even listed as side effects," she says.

Five years later, the memory of her traumatic brush with oral contraceptives is still fresh in her mind.

Her older sister, a registered nurse, never wanted her to go on birth control in the first place. "My sister told me that it's not natural and that I would ruin my body's cycle," says Donais.

Since then, Donais has stopped taking any form of oral birth control, and instead chooses to deal with her heavy periods.

Like in Donais' case, each prescription can affect every woman differently. Some women may experience any number of side effects until they find the prescription that works best with their body. "It's hard to



say why this happens,” says Nicole Isaac, a licensed practical nurse (LPN) at Associates for Women’s Medicine in Syracuse. “Each kind of pill has a different dosage. [Effects] depend on body and weight. Each person’s body has different amounts of hormones, so it may take trying a few to find the right pill for you.”

Despite the side effects, women all over the world continue to use oral contraception and seem largely nonplused by potential complications. Today, hormonal contraception is one of the most commonly prescribed medications in America. It is used to treat a number of ailments in addition to the prevention of pregnancy. Many women take “the Pill” to treat acne, premenstrual symptoms, and ovarian cysts. Some simply take it to regulate their periods.

There are two types of oral contraceptives which are classified by the hormones they contain. The first is a combined pill that includes both estrogen and progestin known widely as “the Pill.” This combination pill, which works by suppressing ovulation, is used by an estimated 100 million women worldwide and by 12 million women in the U.S., according to WebMD. This little pill manages to fool the body into thinking it is already pregnant.

The process works by putting the body’s hormone levels at the same level they would be at if you were pregnant, says Isaac. The Pill tricks the body by increasing progesterone levels. “The [placebo] pills you take during the last week of the packet allow your body to release estrogen once again so that you can have a period,” Isaac says.

Side effects of the pill include dizziness, nausea, and changes in both weight and mood. More rarely, combined pills have been known to cause cardiovascular disease, blood clots, heart attack, and stroke.

The second kind of birth control pill, known as progestin-only pill, works by thickening cervical mucus and blocking sperm from reaching the egg. Side effects of these pills include irregular bleeding, depression, weight gain, and breast tenderness.

At some point in their lives about 90 percent of American women use birth control, says Betty DeFazio, the corporate director of Planned Parenthood of Syracuse, NY. “We can assume by the numbers that women are pleased,” she says.

Donais would go back on birth control

## ► Birth Control Through Time

Timeline by Jackie Poinier

**1. Genesis:** The bible mentions withdrawal as a suggested form of birth control, just not in those words. The biblical version: coitus interruptus.

**2. 384-322 B.C.:** Aristotle promotes using frankincense, lead ointment, and cedar oil as spermicide.

**5. 1839:** Charles Good-year invents the first rubber condom.

**6. 1843:** Scientists learn that conception occurs when sperm enters the egg. The older belief was that men create babies and women store them.

**9. 1924:** Japanese scientists discover the effectiveness of the rhythm method, when a couple plans sexual activity around a woman’s cycle.

**10. 1941:** A chemistry professor makes synthetic progesterone out of Mexican yams. They become the basis for further birth control studies.

**3. 1725-1798:** Casanova writes that he experimented with many forms of birth control, including using half of a lemon rind as a condom.

**4. 1832:** Physician Charles Knolton invents a birth control solution that is injected into a woman’s uterus. It includes vinegar, salt, and zinc sulfite.

**7. 1890:** Emil Knauer discovers the chemicals that we now call hormones.

**8. 1916:** The first American birth control clinic is formed in Brooklyn. It is shut down within 10 days after a vice squad raid, a group against birth control use.





if she had to, she says, but only after making sure it didn't have the same side effects. "I've never heard of anyone else who's had the side effects I did," she says. "The only thing I've really heard about is weight gain."

Some young women are willing to accept a little weight gain for other, positive effects. Isabel Barillas got her period every two weeks for 10 days at a time until her doctor prescribed birth control to regulate her cycle during her sophomore year of high school.

Barillas says she's happy with her birth control experience thus far. She only gained a little bit of weight, she says, but nothing too dramatic. "I've always been on the lowest dosage of hormones available, so it's not too abrasive to my body," Barillas says.

Barillas has a very foggy idea of exactly how birth control works, but being on it gives her peace of mind. She uses condoms as well because they make her feel safer than just the pill alone. "Condoms are more tangible — they make me feel better mentally. I don't always take the pill at the same time everyday so I rely on condoms," Barillas says.

In addition to weight gain, some women experience severe mood swings that make them question if the pill is worth the sacrifice.

Alyxa Lease, a supply-chain and marketing major, was on the pill for seven months until she decided that it was making her too moody. "I was crying all the time and I was always upset," Lease says. "I realized that it was getting really bad, but I wasn't sure that

it was because of the birth control until I decided to switch to another kind."

She went to a regular doctor and had a consult where she told them about the problems she was having with her mood, and together they found a better alternative. Lease says she has been on FemCon ever since and she likes it a lot.

Like Barillas, Lease continues to use the pill because she said it's easy. "It's just less of a hassle," says Lease.

Isaac says using the pill alongside condoms is the safest way to prevent pregnancy. "There is always the chance that a condom could break," says Isaac. "We don't try to push birth control, but we don't frown upon it either." **with**



**13. 1956:** The pill Enovid is submitted for FDA approval. The first clinical studies are done in Puerto Rico because of anti-birth control laws enforced in many states.

**14. 1957:** Enovid is approved as a treatment for severe menstrual disorders.

**17. 1964:** Lyndon Johnson pushes for federal support of birth control for the poor. It is now the most popular form of contraceptive in the country.

**18. 1970:** Senate hearings take place about the safety of the pill. Feminists intrude to demand women be informed about side effects.

**11. 1951:** Pope Pius XII announces that the Church will sanction the use of the rhythm method as a natural form of birth control.

**12. 1954:** Gynecologist John Rock and Gregory Pincus test the hormone pills on humans for the first time. The study is disguised as fertility testing.

**15. 1959:** Half a million American women take Enovid.

**16. 1960:** Searle pharmaceuticals produces the first pill to be sold strictly as birth control. Rock publicly claims that the pill is simply an alteration of the Catholic-accepted rhythm method

**19. 1980:** Low-dose versions of the pill are introduced. They claim to be safer and have lower instances of blood clots.





# Man Control

*Would men ever take the pill that protects?*

**I**t might sound new, but it's been in the works forever, says Kathleen MacLachlan, a nurse practitioner at Syracuse University's Health Services.

She's referring to male contraceptives. They will take the form of pills, patches, injections, and implants that could be available in five to seven years, according to the UCLA Medical Center. But the thought of men voluntarily annihilating their sperm count runs counter to the macho world where they live.

According to the Male Contraceptive Coalition's Web site, studies for male contraceptives are underfunded. The coalition's mission is to inform men about emerging options so popularity will spike and funding will increase.

The methods are slow to take off because there is no driving force, MacLachlan says. Men lack the fear that motivates women to religiously pop the pill. Men can't get pregnant.

In 1997, 66 percent of males said they would pop the pill if it were available, according to a study by the Kaiser Family Foundation, a health research organization.

The coalition's Web site describes experimental methods including injected plugs that block sperm flow. According to the coalition, the painless insertion of the plugs takes 30 minutes. Coalition studies report that it takes about two years for a man to return to full fertility.

Economics major Tim Griffin was immediately turned off by the idea of implants. "If they had a pill for guys I would take it, as long as there was no long-term damage," he says.

Students like Griffin have nothing to worry about so far. The coalition promises that experimental male contraceptives will be "safer, more effective, more convenient, and easier to reverse than any existing female methods." with



# Egg-citing Recipes

*Take a crack at cooking. With these recipes, make eggs a part of a delicious meal other than for your morning order*



Story & Photography by Jackie Poinier

They are the colorful, protein-filled treats in Easter baskets, the glue in baked goods, and America's favorite wake-up call. As a chicken's gift to mankind, eggs are essential in every great meal. When you're craving something delicious, nutritious, and less than 100 calories, a naked egg does the job. But scrambled, poached, and fried are not the only ways to enjoy these natural delicacies. Unveil the basic ingredients that collect dust in your pantry, and combine them with eggs for a treat that can carry you from breakfast to dessert.



**SPINACH QUICHE**  
**1 PIE**

## INGREDIENTS

1 refrigerated Pillsbury Pie Crust  
1/2 Tbs. oil or butter  
1/4 c. diced onion  
1/2 clove crushed garlic  
10 oz package chopped spinach  
3 eggs  
4 oz shredded mozzarella  
1/4 tsp. salt  
1/4 tsp. pepper  
1/2 c. milk  
dash of nutmeg  
2 Tbs. pine nuts (optional)

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Take 1 Pillsbury Pie Crust out of the package and allow it to come to room temperature while preparing filling.
3. Saute diced onion with oil or butter. When onions are almost clear, add garlic. Stir for a minute before removing the pan from heat.
4. Microwave or steam the 10 oz. package of spinach. Drain.
5. In a large mixing bowl beat the eggs. Add the mozzarella cheese, salt, pepper, milk, nutmeg, and pine nuts.
6. Mix well. Add onions and spinach (squeezing out excess water first) and stir.
7. Prepare the pie crust according to package instructions. Fill crust with spinach mixture.
8. Bake at 350 degrees for 40 minutes or until eggs seem firm.



## SHRIMP STUFFED EGGS

### 12 SERVINGS

#### INGREDIENTS

1/3 c. medium-sized shrimp, peeled, deviled, and cooked  
 6 large eggs, hard-boiled and peeled  
 2 Tbs. mayonnaise  
 2 Tbs. sour cream  
 2 tsp. Dijon mustard  
 1 tsp. fresh lemon juice  
 Salt and freshly ground black pepper  
 Additional shrimp, optional  
 Chopped dill, optional

#### DIRECTIONS

1. Finely chop shrimp and put aside.
2. Cut eggs in half lengthwise. Remove yolks and place in a small bowl. Set egg whites on a tray.
3. Mash yolks with a fork and stir in shrimp, mayonnaise, sour cream, mustard, and lemon juice. Add salt and pepper to taste.
4. Fill egg whites evenly with yolk mixture.
5. Top off the treats with the extra shrimp and dill. Refrigerate until guests arrive!



## MERINGUE EGGS WITH CHOCOLATE

### 16 MERINGUES

#### INGREDIENTS

1/2 c. and 2 Tbs. superfine sugar  
 3 and 1/2 c. whole milk  
 4 egg whites  
 1 c. semisweet chocolate chips

#### DIRECTIONS

1. Line a baking pan with plastic wrap.
2. Whisk together milk and 2 Tbs. sugar in a deep skillet. Bring to a bare simmer (milk should steam but not bubble).
3. While milk is heating, beat egg whites with a mixer set on high speed until eggs hold soft peaks. Slowly beat in remaining sugar until meringue holds stiff peaks.
4. Using a large spoon, form 8 meringue "eggs" by gently dropping spoonfuls into the simmering milk mixture. Keep the milk at a low simmer.
5. Poach the meringues for about 2 minutes or until firm on the bottom. Gently turn them over and poach for another 2 minutes or until set throughout.
6. Transfer meringues to the pan with a slotted spoon. Repeat with other 8 meringue eggs.
7. Refrigerate until you get hungry (up to 6 hours).
8. Melt chocolate in a microwavable bowl. Drizzle liberally over room-temperature meringues. **with**



# Egg Basics

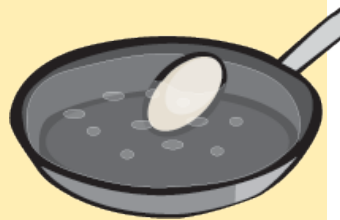
*A guide to cooking your favorite types of eggs*

## **SCRAMBLED (Yolks and whites beaten together):**

Pour whisked eggs into saucepan prepped with butter. Stir about four minutes or until desired firmness is achieved.



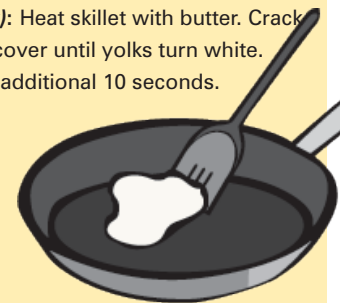
**HARD-BOILED (Intact egg):** Place room-temperature eggs in pan with enough water to cover one layer. Bring to a boil. Immediately remove from heat and cover for 17-20 minutes or longer for larger eggs. Drain and transfer to bowl of ice water for 10 minutes.



**POACHED (Cooked in boiling water out of the shell):** Crack egg in small saucepan of boiling water and vinegar. Use 1 tsp. vinegar for every cup of water. Remove from heat and cover for 5 minutes.



**OVER-EASY (Fried on both sides with second side cooked lightly):** Heat skillet with butter. Crack eggs into pan and cover until yolks turn white. Flip eggs. Cook for additional 10 seconds.



**SUNNY-SIDE UP (A fried egg never flipped):** Begin as if frying. Instead of flipping egg, cover, and cook for 2 minutes.



1

2

3





# Viva la Vineyards

Story by Mary Georger // Photography by Ben Addonizio

*Experience New York's own Napa Valley. Only an hour away from SU, the Cayuga Lake Wine Trail is the perfect way to share the day with family and friends*

Some daughters bond with their fathers by mingling over meals. Some bond with their fathers' credit cards at the mall. Some play catch outside, just like when they practiced for softball games. But my dad I — we drink wine. It's our way to enjoy each other's company, talk about our lives, and relax.

If you've ever bought a box of Franzia Sunset Blush, a Jug of Love, or a two-dollar bottle of Andre and drank it like water, you're probably a college student. But if you've ever slowly swirled your stem glass, smelled the aromas of the fermented fruit, and let the soothing taste of wine mellow in your mouth before deciphering its distinct flavor, then you've come to treat all your senses.

When my dad and I heard about the Cayuga Lake Wine Trail, we jumped at the idea of spending a lovely Saturday touring the lake and tasting local and homemade wines. Only an hour from "the Hill," the wine trail is something that you can do, too.

Visitors don't need to make reservations, as the wineries are open

every day, and the cost is close to nothing (four to eight tastings at a winery range from \$1 to \$3). Whether you spend a whole day trying to fit in all 15 wineries, or spend an hour stopping by only a few, the wine tour is a perfect way to enjoy the area's attractions and your friends' company.

The Cayuga Lake Wine Trail was the first organized wine trail in New York State and is now the longest running trail. Ice wines also are locally acclaimed, because the northern climate is perfect for making wine out of frozen grapes. Needless to say, I was eager to taste some of New York's best.

Our first stop is Montezuma Winery at the northern tip of Cayuga Lake. Inside the winery, there was homemade fudge, jams, baked goods, souvenirs, and bottles upon bottles of homemade wine. Another feature of Montezuma is its homemade vodka and brandy, made from honey, apples, or other seasonal fruits. You can get tastings of these too, but I would suggest designating a sober driver.



At the counter, we each take about two small sips of our desired flavors, while the bartender pours us as many varieties as we want to try. With each pouring, we were told the type of grape the wine was made from, the fermentation process it went through, the characteristic taste we would soon encounter, and what foods are recommended for a balanced pairing. In between each tasting, we prepped our palette for the next wine with tiny crackers.

It was here that I found one of my favorite swills of the day: a wine that tasted almost exactly like cranberry juice. Instead of being made from grapes, Cranberry Bog is made from pure cranberries, sweet, sour, and glorious. You better believe I walked out with that bottle of wine.

The next stop on our tour was Swedish Hill Vineyard. Swedish Hill houses three wine tasting bars, all full of thirsty visitors. We tasted one of their award-winning wines, a 2006 Chardonnay Late Harvest. The bartender explained how this wine is made from grapes that have sat longer on the vine than others, until they almost look like raisins. This allows them to develop more sugars for a sweeter product. Another acclaimed wine at Swedish Hill is Doobie's Jack Ass Red, named after the winery's miniature donkey, Doobie.

After visiting ten more wineries along the lake, we got to Lucas Vineyards, Cayuga's oldest winery. Lucas Vineyards offers delicious dry, sweet, and sparkling wines. This nautical-inspired winery houses colorful bottles, snarky wine labels, and even a giant 1.5 liter bottle, Blues, which can only be purchased in the tasting room.

At 6 p.m., the wineries closed their doors and corked their bottles. My dad and I were tired from the day of touring, but satisfied with all the gourmet wines we had just tasted like professional connoisseurs.

At only a glance at Cayuga Lake's 15 wineries, it's clear that the wine touring experience offers everything from relaxation, to fun, to pleasure for all your senses. Visit [Cayugawinetrail.com](http://Cayugawinetrail.com) and plan your wine tour. **wth**



## Trail this way...

### Montezuma Winery

2981 Auburn Rd.  
Seneca Falls, NY 13148  
315-568-8190  
Open daily, year-round  
9 a.m. – 6 p.m.  
[www.montezumawinery.com](http://www.montezumawinery.com)

### Lucas Vineyard

3862 County Rd. 150  
Interlaken, NY 14847  
607-532-4825  
Open daily, year-round  
Mon-Sat. 10:30 a.m. - 5:30 p.m.  
Sun. 12:00 p.m. - 5:30 p.m.  
[www.lucasvineyards.com](http://www.lucasvineyards.com)

### Swedish Hill Vineyard

4565 Route 414  
Romulus, NY 14541  
315-549-8326  
Open daily, year-round  
9 a.m. – 6 p.m.  
[www.swedishhill.com](http://www.swedishhill.com)

# IRON WOMAN

## Discovering a Mighty Mineral

*How one SU student made over her diet to fight iron deficiency anemia*

Story by Briana Palma // Photography by Treeva Royes

When I was a child, my mom always used to joke that I ate like a prisoner — surviving on bread and water. Sure, she exaggerated, but not that much. My regular diet included cereal, peanut butter and jelly on white bread, cans of black olives (yes, I adorably put them on my fingers), pasta, pizza, and chicken.

But I blame my big Italian family with all its professional (and amateur) chefs for what some people label “pickiness.” I prefer the term “limited diet.” My dad and two of my grandparents are bona fide chefs specializing in Italian fare, so I’ve always had a refrigerator stocked with delicious homemade food, from fresh tomato sauce to chicken soup to mini meatballs. Like a good Italian, I adore pasta and pizza, and for 22 years, my family has never failed to put a steaming hot plate of either in front of me. I’m convinced that the addiction to carbohydrates is just in my blood.

Eventually, what wasn’t in my blood caught up with me. I suffered from nightly headaches, an odd thing for a normally headache-free person. I felt really tired, too, even though I’d rested plenty during the recent Spring Break. I began to freak out mentally, wondering if something was wrong with my brain, and even more peculiar, I started to have intense cravings for ice. After some Internet research, I discovered a little mineral that makes a huge difference.

I had iron deficiency anemia, according to my home physician, Dr. O’Neil-Callahan. I’d heard it before, from her and from American Red Cross staff members rejecting my weak blood when I tried to donate. I have always brushed off the anemia warnings as a temporary result of my menstrual period, but this time was different, more serious — my hemoglobin count was low, and my red blood cells were too small, indicating anemia.

Following my doctor’s instructions, I began taking one pill daily, then two, then three — about 1,000 percent of the suggested daily value. I’m embarrassed to say that my sister’s boyfriend, at the time a physician’s assistant student whom I had

yet to meet, warned me that the iron would — to say it politely — interfere with my digestion. And boy did it. I stuck with it, though, popping a pill at each meal to ward off any weakness.

One weekend in early June, I traveled from Manhattan to New Jersey when they hit — the worst period cramps of life, worse than the month before. The celebration turned into suffering for me as the aching in my abdomen debilitated me even after I anxiously took a couple Aleve, which usually does the trick with only one dose. Period pain had tortured me ever since I started taking the iron supplements, so I decided then to ditch those terrible little pills for good.

I gave Dr. O’Neil-Callahan a call. I had to find a less torturous way to stay healthy. She sounded skeptical of my suggestion to try a multivitamin, but said I could do so and to get checked again in a couple months. Relieved, I went to CVS and got a woman’s multivitamin with 100 percent of the daily value of iron.

Then I reformed. I agreed to consciously eat more foods with iron in addition to taking the multivitamin. For the first time in my life, I examined the nutritional facts on a box of cereal and bought varieties of Cheerios that were high in iron. I traded in my favorite white bread for a whole grain version, and I accepted types of lettuce other than iceberg, since Dr. O’Neil-Callahan had told me leafy green vegetables could help cure me. I turned myself on to broccoli, spinach, and all kinds of beans.

When I returned to my doctor’s office in August, I proved to her and myself that I could do it, that I could eat more than just pizza, pasta, and chicken. A few days after my blood tests, Dr. O’Neil-Callahan called and cheerfully informed me that everything looked great.

And it still is. A bottle of multivitamins sits on my nightstand as a reminder that I need iron. Plus, I think my mom — one of the family’s amateur chefs — enjoys having a non-jailbird-like eater at her dinner table. Of course, I still beg for a margherita pizza once in a while. **with**

## Get an Iron-Rich Diet

► Iron plays a big part in overall physical health, because it carries oxygen throughout the body. Men ages 19 and up require 8 mg of iron a day, while women 19 to 50 years old need 18 mg daily. Check out these ways to ensure that your body gets the iron it needs.

### Vitamin C



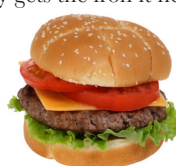
Citrus fruits contain little iron — an average orange provides 0.1 milligram — but are an important component of an iron-rich diet. Eat foods full of vitamin C, such as oranges, bell peppers, and tomatoes, to aid in absorption of the mineral.

### Tea & Coffee



Though a hot cup of coffee or tea complements a delicious meal, the drinks interfere with iron absorption. To avoid losing the benefits of iron-filled foods, wait two hours to sip on that steaming hot beverage, even if you chose a decaffeinated option.

### Meat



Meats provide lots of heme iron, which the body absorbs more easily than the non-heme kind present in fruits, vegetables, grains, and nuts. Liver (5 to 7.2 mg of iron in one three-ounce serving) and pork (7.4 mg in one three-ounce serving) are two choices that give your body plenty of iron.

### Breakfast



Start the day strong by choosing breakfast foods with iron. Both farina and oatmeal include plenty (4.5 to 7 mg of iron in 2/3 cup serving), while some cold cereals, such as Multi Grain Cheerios and Smart Start Antioxidant, provide 100 percent of the daily value in only one serving.



What the Health asked  
six students:

**What is your favorite food  
in an iron-rich diet?**

By Jordan Clifford



**"Red meat or  
beef burrito"**

**Andrew Lipsitz**  
*Finance*

3 oz. of fish or poultry contain 2 to  
3 mg. of iron. Four ounces of tofu  
contains 2.3 mg



**"Watermelon"**

**Erin Werner**  
*Interior design*

1 small slice contains 3 mg

**"Fish, poultry  
and tofu"**

**Jessica Haberny**  
*Undecided*

3 oz. of red meat contains about  
4 mg. of iron. One beef burrito  
contains about 4.6 mg

**"Apple Juice"**

**Harold Erkins**  
*Film*

½ cup of apple juice has  
1 mg of iron



**"Strawberries"**

**Winnie Chow**  
*Undecided*

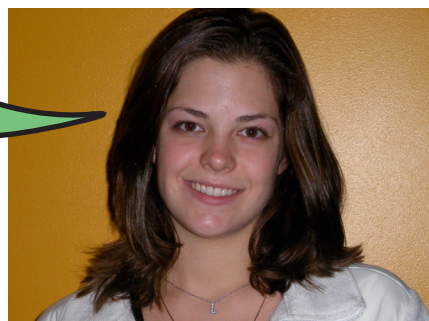
Although strawberries do not contain  
much iron (¾ cup has only 1 mg),  
they do aid in the absorption of iron



**"Spinach"**

**Laura Cawley**  
*Accounting, finance & triple E*

One cup of raw spinach contains less  
than 1 mg of iron, but one cup of  
cooked spinach packs 3.6 mg



**"Dry cereal"**

**Ruchita Ahuja**  
*Biology*

¾ cup or 1 oz of cereals like Chee-  
rios, Life, and Special K contain  
4.5 mg of iron



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