

what the health

FALL 2010





Stretch It Out
Page 34

PHOTOGRAPH BY HANNAH MCDONALD

In Every Issue

- 4 Editor's Letter
- 5 Check This Out / Lettuce
- 6 Fit Facts
- 7 Myth vs. Fact / Bathroom Hygiene
- 8 Personal Story / Katie Garton
- 10 Book Review / 'Eat Right 4 Your Type'
- 11 How-To / Prep for Marathons
- 55 Amateur Chef / Squash
- 57 Get Out of Town / Greek Peak
- 58 Column / Booze
- 59 In Your Face

Get Well

- 12 Fighting the Flu
- 14 Sit Less, Live Longer
- 15 Smoke Signals
- 16 Head-On Collision
- 18 Jaw-dropping
- 19 Camera Conscious
- 21 Legal Dilemma

Eat Smart

- 22 Healthy Harvest Choices
- 23 Chewy Choices
- 24 Grocery Grabs
- 26 The Big 10
- 28 Hold the Heat
- 30 Switching It Up
- 32 Little Food, Big Loss

Feel Great

- 33 Hit the Gym Right
- 34 Stretch It Out
- 36 Run 'Cuse
- 38 Power Hour



Strength Training
Page 38

42 / Techno Toning

From iPhone apps that tally your plate's nutritional facts to sneakers that know how many calories you burn, WTH found the latest tech breakthroughs for staying in shape.

46 / Reclaiming Waste

On a mission to keep our planet healthy, Freegans aren't afraid to raid the dumpster to recycle and reuse. Learn how they're helping mother earth, one salvaged enchilada feast at a time.

48 / A Sad Story

Find out what makes students today more depressed than ever before. Hint: It has something to do with the pressure for success.

52 / Shaking the Habit

Take a look at how America's craving for salt causes thousands of cases of heart disease each year. WTH talks to experts and salt lovers to discover the best ways to keep your sodium levels in check.



Sit Less, Live Longer
Page 14

LETTER FROM THE EDITOR SARAH DIGIULIO

After hours buried in your textbooks, you and your roommate hear the clock strike midnight—your unspoken pizza time signal. Your stomach only wants a slice, but Domino's 5-5-5 deal stretches your dwindling dollars furthest. A two-for-one poster in front of T-shirt World pulls you off Marshall Street. Ten minutes later you leave with a bag of impulse-bought new 'Cuse apparel.

This fall, WTH took a closer look at more more MORE—and how a healthy dose of moderation might be all we need. Learn how cutting down TV time can shrink your waistline and grow your life (p. 14). We reveal how the nation's supersized saltshaker drives heart attack rates up (p. 52). And we investigate how a growing desire for success after college may be making our generation more depressed than any other (p. 48).

We give you tips to cut back and go simple to get into shape. Throw on your running shoes and jog local SU runners' favorite routes (p. 36). Follow five easy steps to block the flu before the first sniffle (p. 11). Stock your cabinets today with 10 "superfoods" proven to prevent disease for years to come (p. 26).

Obesity rates are higher than ever before. Americans toss nearly 19 percent more waste today than they did in 1980. And, all that time focused on bigger salaries and better



jobs means more stress. Now more than ever, it's time to adopt the healthy changes that won't break the bank or leave you pulling your hair out. WTH brings the wellness, nutrition, and nutrition news you need that fits your busy life. So—one page at a time — learn how to cut the crap and keep up your health.

Sarah DiGiulio

Editor-in-Chief

what the health

EDITOR IN CHIEF

Sarah DiGiulio

MANAGING EDITOR

Ashlee Davis

ART DIRECTOR

Cristina Alan

DEPUTY EDITOR

Kathleen Corlett

SENIOR EDITORS

Sarah Jane Capper, Cassie Kreitner, Talia Pollock, Leah Goldman, Mary Georger

ASSISTANT EDITORS

Rebecca Toback, Dana Smith, Yelena Galstyan

COPY EDITORS

Amanda Balch, George Clarke III, Kathleen Corlett, Brittney Davies, Yelena Galstyan, Elizabeth Gravier, Kate Morin, Valentina Palladino, Samantha Quisgard, Sarah Schmalbruch

FACT CHECKERS

Megan Corbet, Kathleen Corlett, Brittney Davies, Alexandra Gwynn, Kate Morin, Melissa Savignano, Allison Werner

WRITERS

Amelia Bienstock, Emily Borgeest, Sarah Jane Capper, Jennifer Cheng, Jessica Choy, Jordan Clifford, Kathleen Corlett, Brittney Davies, Christina Decker, Hannah Doolin, Jessica Dysart, Jill Fiegelman, Yelena Galstyan, Katie Garton, Christina Giaquinto, Rhema Hill, Kimberly Johnson, Kortney Kavanagh, Guramrit Khalsa, Kathleen Kim, Lindsey Kukla, Liz Labeau, Jeff Laboom, Debbie Lechtman, Nicole McDermott, Claire McFarland, Allison O'Brien, Valentina Palladino, Karli Petrovic, Talia Pollock, Adam Popesco, Brianna Quaglia, Heather Rinder, Jessie Rosenberg, Shweta Shreyarhi, Dana Leigh Smith, Rebecca Toback, Katie Van Brunt, Allison Werner

ONLINE EDITOR

Marcy Franklin

PR DIRECTOR

Megan Corbet

SOCIAL MEDIA CHAIR

Brianna Quaglia

PHOTOGRAPHERS

Dan Berkowitz, Samantha Dolph, Megan Dreisbach, Erica Fisher, Darra Markland, Hannah McDonald, Nicole Silver

DESIGNERS & GRAPHIC ARTISTS

Dan Berkowitz, Ashley Calarco, Kathleen Corlett, Samantha Dolph, Hannah McDonald, Kate Morin, Andrea Streeter, Anita Sukha, Michelle Weaver, Allison Werner

Check out
what the health
on the Web!




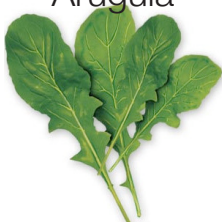

whatthehealthmag.wordpress.com

Tip of the Iceberg

Lettuce guide you to the perfect green

Story by Brianna Quaglia

If you can't decide which salad goes best with blue cheese dressing, check out What the Health's guide to leafy greens. We consulted Mary Kiernan, a culinary professor at Syracuse University, to find out what makes each green different. So whip out your sprouts, beans, mushrooms, peppers, bacon bits, and all your favorite toppings. It's time to go green. [with](#)

<p>Spinach</p> 	<p>Appearance/Texture: Dark and crinkly with prominent ribs and a pronounced stem. Baby spinach looks smoother.</p> <p>Taste: Sweet and mild. Baby spinach lends a more delicate, lighter flavor.</p> <p>Nutrients: Vitamins A, K, C, B2, B6, Manganese, Folate, Magnesium, Calcium, Potassium, Iron</p>	<p>How to prepare it:</p> <ul style="list-style-type: none"> • Can be great raw or cooked • Try it creamed or paired with: vinegar, lemon, salt and pepper, garlic, or onion. • Mix it into a quiche or use it to top off a pizza.
<p>Romaine</p> 	<p>Appearance/Texture: Large, broad leaves with a light-colored rib on the back. Look for leaves that are intact, not wilted. Hearty, thick texture from its crispy rib and chewy leaves.</p> <p>Taste: Mild and watery.</p> <p>Nutrients: Vitamins A, K, C, B1, B2, Folate, Potassium, Molybdenum, Iron, Phosphorus, dietary fiber</p>	<p>How to prepare it:</p> <ul style="list-style-type: none"> • Pair with thicker dressing, such as a Caesar dressing made with egg yolk.
<p>Iceberg</p> 	<p>Appearance/Texture: Light yellow color, crispy texture. Look for a head with a tight, intact, light-colored bottom and dark outer leaves.</p> <p>Taste: Like "crunchy water."</p> <p>Nutrients: Vitamins A, C, K (Usually darker greens contain more nutrients; Iceberg is one of the lightest.)</p>	<p>How to prepare it:</p> <ul style="list-style-type: none"> • Use as a filler in salads, sandwiches, or wraps. It won't change the flavor of your dish, but adds a refreshing crunch. • Holds a thick dressing or a lighter vinaigrette.
<p>Arugula</p> 	<p>Appearance/Texture: Leaves appear pointy at the bottom, but rounded at the top, like dandelion leaves. Light, soft texture.</p> <p>Taste: Bitter with hints of a hearty, peppery taste.</p> <p>Nutrients: Vitamins A, C, K, Manganese, Folate, Magnesium, Calcium</p>	<p>How to prepare it:</p> <ul style="list-style-type: none"> • Toss in a salad or cook with vegetables in stir-fry or soup. • Because of its big flavor, try pairing with bold flavors, like garlic or blue cheese. • If you're feeling less daring, drizzle with olive oil and lemon juice.
<p>Mesclun</p> 	<p>Appearance/Texture: Purple and green in color. Leafy and lacy textures.</p> <p>Taste: Mildly bitter because of the frisee and chickaree lettuces often used in the mix.</p> <p>Nutrients: Vitamins A, C, K, Manganese, Folate, Magnesium. Mesclun contains many of the same nutrients as arugula or romaine lettuce, as it often contains these greens.</p>	<p>How to prepare it:</p> <ul style="list-style-type: none"> • Cook or wilt (cooked on low heat for a short time to make the leaves softer and moister). • Eat raw as a salad, coupling with a lighter vinaigrette (because of its delicate texture).

The average person breaks **2 bones** in a lifetime

9 out of 10 Americans have been exposed to the **herpes virus** that causes cold sores

The average adult takes more than **20,000 breaths** a day

Americans drink about **400 million** cups of coffee every day

20 percent of Americans sleep less than 6 hours a night

42 percent of 1st- through 3rd-grade girls desire a thinner body

Tobacco use causes **1.8 million** cancer deaths each year

Healthy adults should consume no more than about 1 teaspoon of **sodium** per day

1 in 5 Americans will develop **skin cancer**

Americans purchase nearly **3 million miles** of dental floss each year

MYTH VS FACT

Tips for a clean bathroom

Story by Heather Rinder

FACT: Toilets have the highest germ count in the bathroom

Although the toilet seems, by far, the most disgusting place in your house, it's not as bad as it looks. Or smells. "Those are your germs," says Abigail Salyers, president of the American Society for Microbiology. "If anything, they are more protective than harmful." The bacteria on (or in) the toilet once lived in your body and helped rid the intestines of waste from digested food—some of the "good guys" of the bacteria world.

Technically, the "germiest" places are your hands, which contaminate everything you touch. Our bodies carry concentrations of bacteria far higher than any surface in our house, Salyers says.

FACT: Toilet seats in public restrooms can give you an STD

It would be extremely rare, Salyers says. Many disease-causing organisms can survive for only a short time—probably less than an hour—on the dry surface of the seat, she explains. You will not contract an STD unless the bacteria and viruses are in direct contact with the surfaces of your body that are most susceptible to infection by STDs: mouth, vagina, penis, and anus.

MYTH: You should always wash your hands with antibacterial soap

For everyday use, common, non-antibacterial soap works just as well as the antibacterial variety. It kills the same amount of bacteria.

Antibacterial soaps should be used in hospitals, where health care workers run the risk of transmitting bacteria or viruses to each other, Salyers says. Antibacterial soap reduces the possibility of infections more efficiently than regular soap. With so many open wounds and sickly people, hospitals cannot risk spreading bacteria or infecting workers and patients.

If you're still convinced you need to buy antibacterial soap, consider this: Bacteria can develop a resistance to the antimicrobial (bacteria-fighting) agents over time, making antibacterial soaps ineffective, Salyers says.

FACT: You can use bleach to remove the mold in your bathroom

Bleach efficiently cleans the mold off a surface. Scrub mold with a mixture of bleach and water to remove it, according to the National Association of Home Inspectors' website. Use one cup of bleach per gallon of water, and be sure to let surfaces dry completely after you clean them. NAHI recommends wearing gloves and goggles while cleaning to prevent harmful spores from getting in your eyes and on your hands.

Mold, a type of yeast, forms when mold spores land on a wet or damp spot, such as your bathroom ceiling or shower curtain, and begin growing. Molds produce allergens (substances that can cause allergic reactions), irritants, and, in some cases, potentially toxic substances, according to NAHI.

Clean a surface whenever mold appears. Better yet, keep surfaces in your house dry, to prevent mold growth before it starts.

Personal Story: “I had my gallbladder removed at age 16”



Story and Photographs by Katie Garton

All I could do for three months was curl up in a ball, nestled in the corner of my couch. If I moved, I felt like crying. My mom rubbed my back all the time. That was the only way I was comfortable. And my family knew not to wake me, because I rarely slept through the pain. They didn't even wake me up for meals, because sleep was precious. I lost about 15 pounds.

A mysterious pain on my lower right side swept around to my lower back. When I first noticed the pain, it felt like someone was stabbing me in the gut. The pain crippled me. I would automatically hunch over and grab my abdomen. It came and went from November 2002 until April 2003, when I finally had surgery.

My pain perplexed doctors and my dad—a physician's assistant—for six months. First, they thought it was an ulcer, then stomach problems, then my appendix, and then reproductive problems. I went to the emergency room once, and all they could do was give me pain pills.

Eventually, doctors found out the horrid pain was from my gallblad-



The surgeons cut four incisions in my abdomen to reach my gallstones and remove my gallbladder.

der, the organ that helps digestion and stores bile, liquid produced in the liver that aids in breaking down fats. I was only 15 years old, and had multiple medium-to-large gallstones in my common bile duct, the tube that connects the liver and the small intestine.

Gallbladder problems usually occur in people 30 years or older, making me an unusual case. Dr. Curtis Peery, my surgeon, says I was the youngest person on which he had performed this surgery. Now, however, more people are developing gallstones at younger ages because of high-fat diets, Perry says.

Despite my young age, I was at high risk to develop gallstones. Both my parents had their gallbladders removed, which Peery says increased my chances of developing problems. I was also about 25 pounds overweight. My gallstones most likely formed because I had excess cholesterol that crystallized, so bile couldn't break it down, Peery says.

After enduring six months of pain, my diagnosis finally came when I had an ultrasound. The results came back while I was in school, and my family doctor insisted that I be pulled out of class. My mother said no. After school, I went for a second ultrasound, which confirmed my doctor's urgency. He

found multiple stones, an inflamed gallbladder, and an inflamed bile duct. We ran home to grab clothes for my hospital stay. Then I was prepped and on the cutting table—the hospital's last surgery of the day.

During the surgery, the doctors cut four incisions in my abdomen. They used a fiberoptic tube that had a camera, three arms, and a basket to grab the stones, pull them out, and remove my gallbladder.

I stayed in the hospital overnight and returned to school four days later. My nurses were surprised I recovered so quickly, but they said my young age helped my body heal

“When I first noticed the pain, it felt like someone was stabbing me in the gut. The pain crippled me.”

fast. Recovery time differs for each person, Peery says. I was cleared from school for a week, but convinced my parents I was ready to return early. Still, I couldn't run, dance, play sports, or carry anything heavier than 10 pounds for two weeks. My family and doctors didn't want me to risk tearing my incisions.

I recovered quickly, but still have digestive problems. If I eat a lot of greasy and fatty foods—like chowing down my favorite burger, fries, and milkshake—I upset my stomach. Fewer than 2 percent of people without gallbladders experience digestive problems, Peery says. “It's a little unusual to have side effects. People tend to adjust well having no gall bladder,” he says.

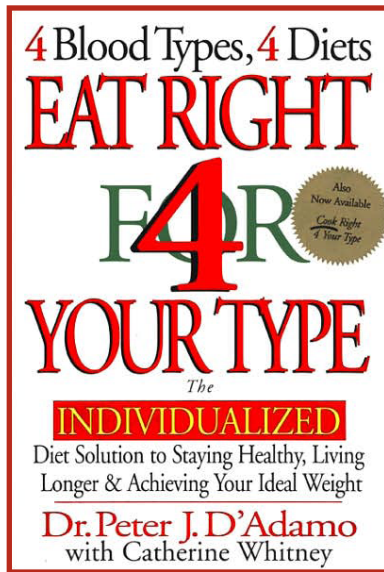
My diet is a lot healthier now that I've had the surgery. I try to eat as many fresh foods as my budget allows, and you won't catch me at a fast food place every day. I just wish I hadn't eaten so many cakes and pies in the first place. At least I have some battle scars to show for it. **with**

Eat Right 4 Your Type

Best-seller explains the best diet for your insides

Book by Peter J. D'Adamo

Reviewed by Claire McFarland



If your blood donor card reads Type-A Positive, stay as far away from meat and dairy as possible. In fact, you might consider becoming a vegan after reading “Eat Right 4 Your Type” by Peter J. D’Adamo, a naturopathic doctor who combines holistic approaches to medicine with modern science.

Since its publication in 1996, this New York Times best-seller sold more than 4 million copies prescribing diet and exercise plans based on blood type—a factor D’Adamo suggests is more important than race, cultural background, and geographic surroundings.

The gist

Blood type causes a person’s body to react differently with specific types of lectins, a group of proteins found in certain foods, according to “Eat Right 4 Your Type.” For example, lectins in red meat will rev up a Type O’s metabolism, while lectins found in simple starches, such as corn and seafood, will slow his metabolism. D’Adamo stresses the importance of getting the right lectins for your blood type and avoiding the wrong ones. His book lists the best and worst foods for each type, as well as the stress levels, illnesses, and exercise recommendations associated with each blood type.

Building the theory

Each blood type has its own history, D’Adamo says. The genetic background of ancestors can determine how people react to different lectins, leading to some of his recommended guidelines for weight loss, a healthier lifestyle, and a longer life:

- Type O’s (46 percent of the population) should eat meat daily because they be-

long to the oldest genetic group; the extra protein will satisfy Type O’s ancient hunter-gatherer needs.

- Type A’s (40 percent of the population) should go vegetarian, because their ancestors were farmers.
- Type B’s (10 percent of the population) can eat the most varied diet and are the only people that respond well to all dairy products.
- Type AB’s (4 percent of the population) should combine the requirements of both A and B.

Overlooking the obvious

D’Adamo presents an interesting theory, but with some serious holes in his logic. Dr. Karen Heitzman, M.D., a primary care physician with a private practice in Manlius, believes blood type is too general of a category to determine the nutritional and exercise needs of someone seeking a weight-loss solution. “There are only a few blood types and billions of people,” Heitzman says. “To say, ‘Because you are Type-A Positive you should eat as a vegan,’ would be like saying, ‘Because you have brown hair you should eat as [a vegan].’”

People who follow his plan may lose weight by cutting calories, not necessarily from eating according to their blood type. D’Adamo recommends basic healthy-eating guidelines, such as lower fat, so naturally, people would shed pounds. “Even if there is no genetic link between blood type and digestion, he promotes good general health guidelines that can benefit everyone,” Heitzman says.

The bottom line: Type-A Positives, the choice of becoming vegan is ultimately up to you—not your blood type. **with**



The Do's and Don'ts of Marathon Prep

How to train for a long run without draining your body

Story by Kimberly Johnson

After straining his quad muscle and suffering from an inflamed Achilles tendon within his first year of running for Syracuse University's cross-country team, Nick Roertgen brushed up on the how-to's of properly training for a big run. Don't switch shoes. "If you find a shoe that you love, you should wear that shoe

for the rest of your life," Roertgen says.

Whether you're running a 10K or a 26.2-mile marathon, long-distance running can be grueling, dangerous, and require a lot of training. Any injury before or during a race hinders performance and disrupts training. Common injuries such as pulled muscles, dehydration, and muscle

cramping hurt a runner's chance of finishing the race. Roertgen and Eliza Decker, assistant director of facilities, wellness, and aquatics at SU's department of recreation services, sat down with WTH to share the Do's and Don'ts of marathon training. [wth](#)

DO:

1. Structure your strides.

Plan the length of each training run before even tying your shoes. Provide ample training time so you're not rushing at the end. Decker recommends practicing different routes, terrains, and distances to avoid injury. By the end of training, you should be able to run the full race—or close to it.

2. Try a trainer.

For beginners, Decker recommends working with a personal trainer or someone who can start you off properly so you don't injure yourself before the race.

3. Hydrate.

Drink lots of water. Sports drinks like Gatorade are good for longer practice runs to replenish electrolytes lost in sweat. Sports beans and gels serve as good supplements for sports drinks, as they replenish the electrolytes and sugars lost during the run.

4. Carbo-load.

Decker and Roertgen highly recommend consuming ample carbs during training. Proteins build the muscle, but the carbs give you energy. Load up on your favorite bread, cereal, or pasta.

start

DON'T:

1. Rush.

Don't dive straight into the longer runs during the initial weeks of training. Beginners should wait at least a month before attempting the full run. Decker says training should last between three and six months.

2. Forget the weather.

Wearing the proper clothing and sneakers will prepare you for any weather conditions you may encounter.

3. Get stuck in a rut.

Practicing along different terrains and in varying weather conditions prepares you for anything you may face in a race.

4. Be a loner.

Get comfortable running with other people—most marathons are big races. Participate in shorter races to prep your body for the atmosphere. Running on your own is totally different than running with 1,000 other people.

finish

FLU FIGHTER

5 tips to stay sniffle-free

Story by Jill Feigelman // Photography by Samantha Dolph



You learn most of what you need to know in kindergarten. Teachers tell you to share, be kind, cover your mouth when you cough, use tissues and wash your hands for a full song of the alphabet. But if those are your only methods of preventing the flu, it's time to advance. Try these 5 tips to ward off the flu that go beyond the kindergarten basics.



Get the Flu Shot

It's the best, most direct way to prevent the flu, says Maureen Thompson, associate professor in the Department of Health and Wellness in the College of Human Ecology. "Take advantage of services on campus. The flu shot is free and convenient," Thompson says. Be sure to receive the vaccine every year to stay in top flu-fighting condition.

The flu shot contains a dead virus and cannot give you the flu. As with any vaccine, however, there are risks. Some people experience allergic reactions, low fever, soreness where the shot was given, and aches. There is no added benefit to getting the nasal flu vaccine compared to the shot, Thompson says. The nasal spray contains a live virus, or weakened flu virus, and may cause a runny nose, congestion, and fatigue.

Remember the Basics

Don't forget those rules from kindergarten. Simple actions that can prevent the flu include washing your hands, covering your nose when you sneeze, and avoiding contact with sick people.

Hand sanitization can make a world of difference when maintaining health. Wash your hands correctly by singing two rounds of "Happy Birthday" in your head to ensure that you are washing your hands for the recommended 20 seconds, according to the Center for Disease Control. "Make sure you have friction as you rub the hands together, and be sure to wash your hands before you eat," Thompson says. If you are sniffing, cover your nose with a tissue or your sleeve because it keeps the germs off of your hands and also avoid touching your eyes and nose, she says.

De-Stress and Get Enough Rest

Skimping on sleep and getting stressed can compromise your immune system. Though little data specifically connects the flu to sleep habits, studies have shown that poor sleep patterns negatively affect the immune system, says Wilfred Pigeon, an assistant professor of psychiatry and the director of Sleep & Neurophysiology Research Lab at the University of Rochester Medical Center. Cytokines, substances secreted by the immune system, affect both sleep and the immune system. Stress and lack of sleep can elevate the levels of cytokines, and that's not a good thing. Plus, lack of sleep can lower the amount of antibodies your body produces to fight the flu, Pigeon says.

Pigeon recommends most people get an average of eight hours of sleep each night. "Don't do all-nighters, or nights when you only get a few hours of sleep," he says.

Eat Your Veggies

A balanced diet of fresh fruits, vegetables, whole grains and a little lean protein can help you outsmart the flu. Getting enough fruits, veggies and Vitamin C will ensure that your immune system stays in top condition, says Sudha Raj, assistant professor in the Department of Nutrition Science and Dietetics.

New studies suggest that Vitamin D might help in defense against the flu, but no direct link exists between Vitamin D and flu prevention, Raj says. Still, it can't hurt. "Vitamin D is good for the immunity and therefore it can help build immunity in the body," Raj says.

With a balanced diet from a variety of sources you'll get enough of the vitamins you need for a healthy immune system, and won't have to worry about taking vitamin supplements, Thompson says.

Exercise

When the weather turns cold and assignments pile up, your trip to the gym often gets knocked off your to-do list first. But if you want to put up a fight against the flu, keep it at the top. Cardiovascular exercise (such as walking, biking, aerobics) helps boost the body's immune system, according to The Mayo Clinic's Web site. This boost will help you get over the flu faster.



Couch Potato

Too much TV time can take years off your life

Story by Adam Popesco // Photography by Dan Berkowitz



Are you sitting down? Stop. Stand up. The latest reports say Americans spend more time sitting in front of screens than ever before.

Americans ages 18 to 34 watch TV more than 26 hours a week, according to the Nielsen Company's 2009 Quarter 4 Three Screen Report, an analysis of American media habits. The figures leave cause for concern based on older research that links the sedentary habit to health risks. Every hour spent watching TV increases risk of premature mortality by 11 percent and increases risk of cardiovascular disease-related death by 18 percent, according to an Australian study. A group of researchers from several universities examined the TV habits and mortality of 8,800 Australian adults 25 years of age or older in the Australian Diabetes, Obesity and Lifestyle Study. They concluded that time spent in front of the TV and other screens replaces exercise time, reducing physical activity, according to the study published in the January 2010 issue of *Circulation*, the Journal of the American Heart Association.

These findings show the increased health

risks of the time we spend off our feet, says Susan Scholl, an adviser in Syracuse University's department of health and wellness. "Think about it: Students are sitting in class, sitting at computers, sitting playing video games, sitting watching TV," she says.

Finance major Micah Thompson watches about two hours of TV a day, and his roommates watch more. Thompson's living room houses a big-screen TV, and on cold days, the roommates glue themselves to comfy couches, watching movies, working on computers, reading, or playing music. Turned to mute or full volume, the TV is on six to eight hours a day, Thompson says.

The problem is so much of the daily routine is sedentary, says Scholl. "We all know we need to be active, and yet, here we sit," she says. The 2009 State of the Media Democracy study found that Millennials (14- to 25-year-olds) spend less time watching TV each week compared with the amount other generations watch, but the most time with media in general, including Internet, music, and video game time.

Even for regular exercisers, prolonged periods of sitting may have an unhealthy

influence on blood sugar and blood fat levels for all people, says Michael Holmstrup, M.S., a Ph.D. candidate in SU's department of exercise science studying the effects of sedentary behavior on obesity as part of his dissertation. "Breaking up these periods with activity may provide even greater protection against chronic conditions like obesity, diabetes, and heart disease," Holmstrup says. Short, purposeful bouts of physical activity can help regulate short-term glucose levels, blood lipid levels, and appetite, he says. He recommends moving around every 15 minutes.

A little activity lets Jilian Jancuska clear her mind, says the SU Recreation Services yoga instructor and television, radio, and film major. "When I don't work out, I have nervous energy that doesn't get used up and I'm wrapped in whatever I'm thinking about."

Stay active, says SU's registered dietitian Ruth Sullivan. She recommends using SU's athletic facilities, gyms, and recreation leagues. Or get off campus and try skiing, snowshoeing, hiking, and ice-skating. **with**

Smoke Signals

WTH debunks the health risks of hookah

Story by Hannah Doolin // Photography by Dan Berkowitz

On warm days leading up to summer break, advertising major Danielle Gorski can often be found sitting on the grass with friends, smoking hookah. Gorski sits back, enjoys the sunshine, and takes a drag of fruity, aromatic smoke from the bubbling water pipe. “It’s a very social activity, and the smoke tastes good,” Gorski says. “It’s a nice way to relax and hang out when the weather is nice.”

But don’t let hookah’s calming effects mislead you. An hour of smoking exposes users to 100 to 200 times the volume of smoke inhaled from a single cigarette; the smoke is just as toxic as cigarette smoke; and hookah puts users at risk for the same long-term health effects as cigarette smokers, including lung cancer, oral cancer, stomach cancer, and reduced lung function, according to the Centers for Disease Control and Prevention. But despite the health risks, hookah use is on the rise and carries a milder reputation than cigarette smoking. Ten to 20 percent of young U.S. adults use water pipes, according to a study in the *American Journal of Health Behavior*. When asked about the appeal of hookah, biochemistry major Dan Buck says, “It’s probably filtered more than cigarette smoke, and people aren’t going to do it as often.” He’s only smoked hookah three times because he doesn’t believe it’s healthy, he says.

A 2009 study in the *American Journal of Preventative Medicine* directly compared hookah smoke exposure to cigarette smoking by connecting a measurement device to the mouthpieces of cigarettes and hookahs to measure puff volume, carbon monoxide levels, and nicotine levels. The measurements showed hookah users inhaled greater amounts of carbon monoxide, similar nicotine levels, and dramatically more smoke. “The exposure of smoke to the lungs and oral tissue is much more with hookahs than with cigarettes,” says Dr. Fares Elias, president-elect of the Academy of General Dentistry.

Many professionals believe hookah smoking should be included in tobacco-control campaigns to correct the misconception that it is less lethal than cigarette smoking.

“Advertisers want you to believe that hookah smoking is less dangerous, but this is simply not true,” said Patricia Briest, manager of the Cessation Center at St. Joseph’s Hospital in Syracuse. Hookah puts smokers at risk for the same diseases cigarette smokers face, she says. “It’s not high on the radar because the majority of people don’t use hookahs.”

But the 10 to 20 percent of young U.S. adults smoking hookah highlights the growing popularity of the drug. For the under-21 crowd, hookah bars provide an alcohol-free venue to meet with friends. For high school students, hookah bars are places to spend Saturday nights chatting and eating with friends, says Buck, who first smoked hookah as a junior in high school. “It was like a kids bar,” he says. Exscape, a smoke shop that opened on Marshall Street last year, attracts a college-age customer base. It’s legal and relaxing, says Sabrina LaDue, a former Exscape employee.

And many first-time users may find perfecting the hookah smoking technique easier to pick up than cigarette smoking. “Hookah smoking is almost certainly less likely to cause coughing, making it more accessible and easier to smoke than cigarettes,” says Thomas Eissenberg, a professor of psychology in the Institute for Drug and Alcohol Studies at Virginia Commonwealth University. When smoking hookah for the first time, there may be fewer noticeable negative effects than when smoking cigarettes, such as coughing, nausea, dizziness, and sweating, so people who avoid cigarettes don’t necessarily avoid water pipes.

The rising hookah trend among younger age groups leaves non-smoking advocates like Briest at a loss. “Hookah is very trendy and it’s marketed as a safer product than cigarettes,” says Briest, “but young people need to realize that it is just as addictive and dangerous as smoking cigarettes.”

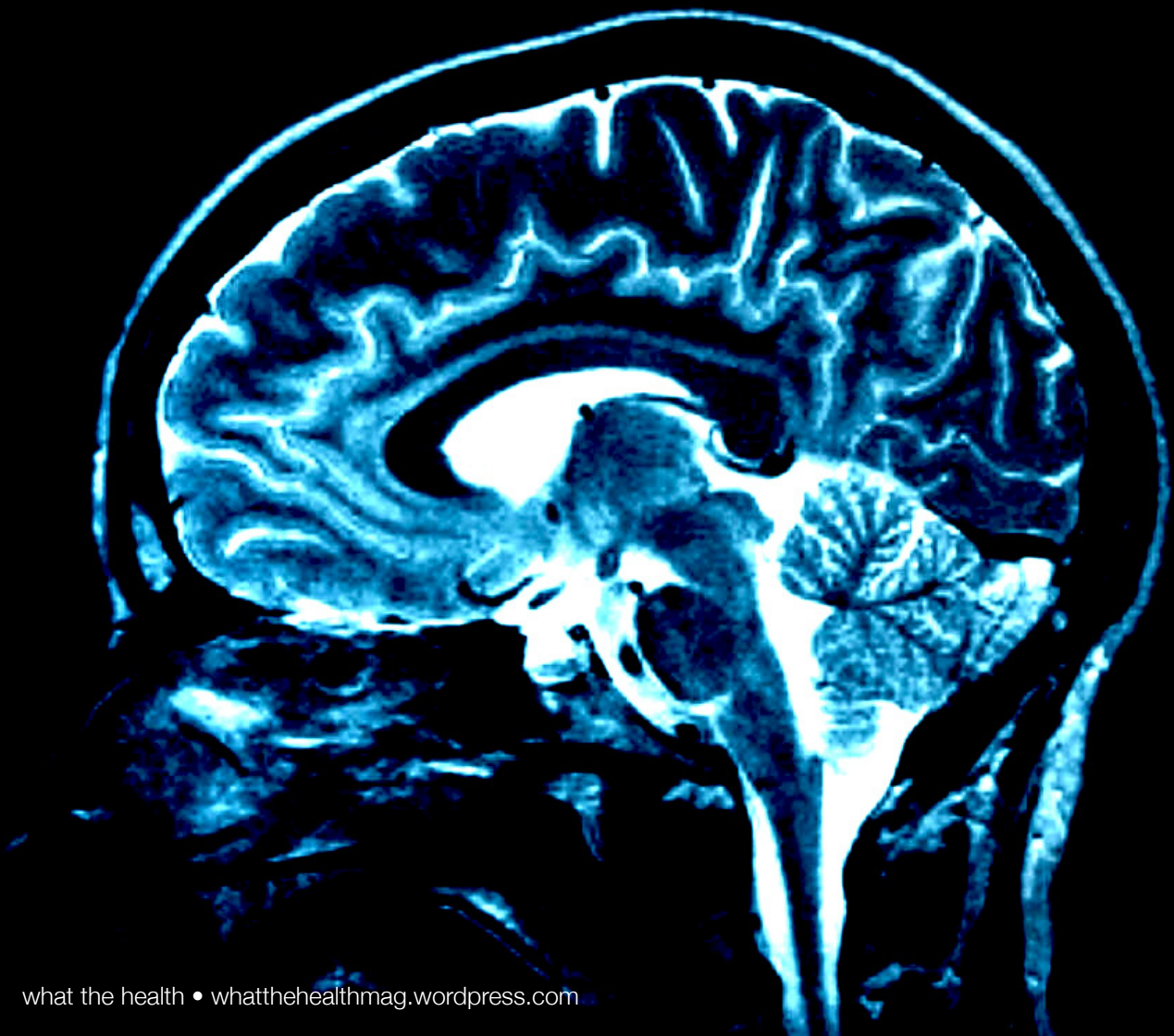


head-on collision

Increased brain injuries have athletes and trainers scratching their heads over what to do next

Story by Jessica Choi

Derek Hrinya's heart races and he feels his blood pump. Thoughts of making it to the NFL run through his mind. Whispers to "hit harder" and "run faster" ring in his ears. He makes quick eye contact with his opponent and immediately drops his head, charging toward his target. Little did he know, this would be his final day playing competitive football. ►



Hrinya, a communications and rhetorical studies major, woke up in a hospital room the next day, unsure of what put him there and why he could only see in tunnel vision. “The world around me felt unreal,” he says. Hrinya committed to Syracuse’s football team in 2005 on a full scholarship with dreams of one day playing in the NFL. But it all came crashing down after he suffered his fourth concussion during sophomore year.

Nearly 1.4 million people sustain traumatic brain injuries (TBI) each year, and of those, 50,000 die. Despite this alarming number, Dr. Brian Rieger, director of the sports concussion program at Upstate Medical University, says that it is unlikely for someone to die immediately after a concussion. Death or serious neurological injury may occur when a person sustains another concussion before fully recovering from a previous concussion, Rieger says. “In order to prevent complicated recovery and, in some cases, death or disability, it is important to properly manage the injury after it occurs.”

Tim Neal, Syracuse University’s assistant director of athletics for sports medicine, studies and rewrites guidelines relating to pre-participation medical exams and disqualifications to decrease the risk of head injuries for college athletes. SU’s conservative approach to treating head injuries keeps its student-athletes alive and healthy, says Neal. Physicians assess the athletes’ cognitive and visceral symptoms by repeatedly testing their memory functions with the Standardized Assessment of Concussion (SAC) test. Following a suspected concussion, doctors repeat the SAC on the day of injury and in the following days, depending on test results and how the student-athlete feels, Neal says. Tests that raise the athletes’ heart rate and blood pressure allow physicians to see if concussion symptoms return before allowing them to practice. “Syracuse University has had a strict set of protocols on terms of how we deal with concussions,” Neal says. “If we feel that we’re putting the athletes at risk, the physicians do not hesitate to disqualify them.”

Despite SU’s practices, not all college programs follow suit. The National Collegiate Athletic Association has yet to declare a universal guideline on concussions. Some colleges continue to allow players to return to practice without proper monitoring and treatment—medical attention that Neal says is vital.

Despite doctor’s warnings after his third concussion, Hrinya says nothing could stop him from playing the game, pointing to another factor linked to the rising severity of TBI: athletes’ personal denial of the dangers. “When they told me that if I get another concussion I won’t be able to play anymore, I told myself that I was going to hide it from them,” he says. “You have to have a screw loose in order to play football at this level,”



Hrinya says.

Risk of head injury runs beyond football. The American Association of Neurological Surgeons reports that more than 20 sports contributed to the highest number of head injuries in the U.S. hospital emergency room in 2008, including both contact and non-contact sports such as cycling, swimming, and skiing. Michelle Guy, a chemical engineering major, had her first concussion four years ago at a skiing event in Maine as a member of SU’s Ski Racing Club. Guy briefly remembers skiing fast and heading

toward a tree. “I woke up in a hospital and had 50 stitches across my forehead,” Guy says. “Three of my front teeth were knocked out and my helmet broke into two pieces.” Three years later, a similar accident at the same event left an 18-year-old girl brain-dead.

The growing number of sports-related TBIs led to the establishment of the Center

for the Study of Traumatic Encephalopathy (CSTE) in 2008 for further research. The center raises awareness by working with the National Football League and instituting a new policy requiring a neurologist to monitor and examine a player before he or she can return to the game. In February 2010, the NCAA announced a similar proposal to require the same guidelines for collegiate athletes.

Variations in resources, finances, and talent among the collegiate institutions pose a challenge for national collegiate guidelines. Still, a consistent protocol would better protect athletes, Neal says. “People can see a limp in a leg,” Neal says. “But it’s hard for people to see the limp in the brain.”

Nearly 1.4 million
people sustain traumatic
brain injuries each year,
and of those, 50,000 die.

What's the deal with TMJ?

The truth behind the numbing disease

Story by Nicole McDermott



Do you pop, lock, and grind? Not the moves from your high school prom—your jaw. The TMJ Association estimates that approximately 35 million Americans suffer from temporomandibular joint and muscle disorders, more commonly called TMJ.

Liz LaBeau always had an underbite, a “class three jaw.” When the public relations major was in elementary school, her dentist suggested she wear headgear. In high school, LaBeau suffered from jaw

pain for about a year and a half. She saw three different doctors before finally being diagnosed with TMJ at age 16. She went to physical therapy three times a week for six months, which included jaw exercises such as making clicking noises and lifting a Popsicle stick with her tongue. “The key point was forming the habit of keeping my tongue on the roof of my mouth and my teeth apart,” she says.

Nearly pain-free, LaBeau avoids foods that agitate her joint. “I can’t eat bagels,”

she says, “and I never chew gum.” Every night, LaBeau wears a retainer-like jaw device to stabilize the muscles around her temporomandibular joint.

LaBeau’s condition affects 5 to 12 percent of the U.S. population, according to the National Institute of Dental and Craniofacial Research. What the Health gets the facts from experts from the TMJ Association.

Terrie Cowley, president of the TMJ Association, offers these four suggestions if you think you or someone you know has a TMJ disorder:

- See a doctor to get a diagnosis.
- Eat soft foods, use ice packs on the joint, and avoid gum chewing to ease pain. If pain persists, try over-the-counter pain medicines.
- Avoid treatments such as crown work, bridge work, or braces, which permanently alter your jaw.
- Avoid grinding teeth.

What is TMJ?

A condition in which pain and dysfunction are felt in the jaw joint and the muscles that control jaw movement, says Terrie Cowley, president of the TMJ Association. Two temporomandibular joints, one in front of each ear, connect the lower jawbone to the skull and allow the joints to exhibit a full range of motion. People with TMJ problems often experience a clicking or popping sound when chewing or opening the jaw because the joint or surrounding muscles become damaged, says Dr. Daniel M. Laskin, a clinical adviser for the TMJ Association and chairman emeritus in the department of oral and maxillofacial surgery at Virginia Commonwealth University. Most muscle problems are affected by stress, while most joint problems tend to be arthritis-related, he says.

Who gets TMJ?

Muscle-related TMJ problems are more common in women than men, and most people who are affected by TMJ disorders are 20 to 40 years old, Laskin says. “It appears that hormonal influences in puberty may be a trigger for TMJ pain.”

What are symptoms of TMJ?

Chewing motions nearly always cause jaw and mouth pain, which can bring on headaches, Laskin says. Many people experience earaches because the joint is near the ears. Other symptoms include dizziness, vision problems, and pain in the back, neck, and shoulders.

How do you treat TMJ?

Apply heat and use over-the-counter painkillers to soothe mild cases of TMJ, Laskin says. A removable plastic night guard can stabilize the joint for those who clench or grind their teeth. If pain persists, surgery may be needed to realign the jawbones.

Camera Conscious

When image can make or break your career, students feel the pressure to stay thin

Story by Lindsay Kukla

Anorexia gnawed at my bones with excruciating pain, leaving me with osteoporosis by age 19. Food was all consuming; I physically trembled trying to eat. The addiction began at age 11. I boarded a rollercoaster of starvation and distorted body image I still ride. Last year came the steepest drop: I lost control of everything but anorexia—my coping mechanism. As other Syracuse University students headed home for winter break, I spent eight hours each day in an eating disorder clinic.

My skewed mind often equates thinness to beauty and beauty to success. I assumed if I plan to be in front of a camera, I must stay very thin. I worry about the role appearance will play in my career as a broadcast journalist in a society that celebrates thinness.

The average American model stands 5 feet 11 inches tall and weighs 117 pounds. It turns out, I'm not alone.

SU students feel the pressures that come along with careers that put individuals in the spotlight, like broadcast journalism and acting. A 2004 University of Sussex study analyzed the effects of image-based careers on self-esteem. The study compared how teachers and fashion ad-

vertising employees reacted to seeing images of skinny and average-size models. The teachers experienced less anxiety when shown average-size models, whereas the fashion industry women's anxiety levels stayed high. The researchers concluded that image-driven industries influence body-focused anxiety. College students seem to know these pressures all too well.

Amy Hayden, a broadcast journalism major, wanted to cover sports on-air. But, she feels pressured by the media and considers working behind the scenes. "I don't think that I could make it because I'm not a bombshell," she says.

Dona Hayes, chair of SU's broadcast journalism department and a former reporter and anchor for WIXT-TV, now NewsChannel 9 Syracuse, said she favors good reporting over good looks in her classes. But she says body image pressure exists. "This is a visual medium and I think it's difficult [to work on air] if your looks are distracting," she says.

Image-focused industries hold men and women to different standards. Beauty plays a bigger role for women than for men, says Ryan Doyal, a broadcast journalism major. "It helps if you're a good-looking guy, but it's not necessary to succeed," he says. "With women, it's definitely more of a pre-requisite." Doyal is shocked by the pressures he notices on campus for females to stay thin, which he doesn't feel. He blames the media's portrayal of the "ideal" stick-thin figure.



“My skewed mind often equates thinness to beauty and beauty to success. I assumed if I plan to be in front of a camera, I must stay very thin”

“I overheard a girl recently say, ‘Oh my God, I shouldn’t have eaten that apple. It’s going to make me fat.’”

But men should keep the concern on their radars. Body image can affect males just as much as females, says Lisa Thomas, SU Health Services dietician and nutritionist at Centre Syracuse. Having eating disorders or body image issues can be shameful for both sexes. Many men perceive it as “women’s disorder,” she says. Many men deny they suffer from body image anxieties, trying to convince themselves the pressure doesn’t affect men, Thomas says. “I spend a lot of time saying, ‘Yeah, it does.’ It holds no boundaries.”

Jennifer Myers, an acting major, eats healthier and works out more often since coming to college to keep up with body pressure. Myers compares the pressure to being watched under a microscope. “If it’s between you and the

girl who looks better in the costume, who’s going to book the job?” she says.

I used to believe that if I was the thinnest person in the room, I was the most powerful—the most successful. People say the “ideal” is unobtainable. I fought to prove them wrong. If Barbie were a flesh-and-blood woman, her waist would be 39 percent smaller than that of anorexic patients, according to a 1992 University of Sussex study. Going to treatment and having to gain weight, I felt like I was going against the flow of our entire culture. But, I caught a glimpse of an existence without constant imprisonment, and I’m chasing that dream. Eight years after boarding the rollercoaster, it’s time to take control.



LEGAL DILEMMA



WTH asks the burning questions you want to know about medical marijuana

Story by Rebecca Toback

Before its prohibition in 1937, marijuana was ranked the third most prescribed medicine in the United States. Since 2000, more than a dozen states have legalized medicinal marijuana. It has proven to help patients with cancer, AIDS, neurological disorders, inflammatory pains, and autoimmune diseases, according to the Genetic Science Learning Center at the University of Utah. What the Health asked two Syracuse University experts—Dessa Bergen-Cico, assistant professor in the department of health and wellness specializing in addiction studies, and Maureen Thompson, associate professor of public health—the facts on medical marijuana.

Is medicinal marijuana administered differently than smoking recreational marijuana?

No. Both get smoked the same way and have similar effects, with additional healing properties seen for people with negative medical conditions. People commonly smoke medicinal marijuana in a joint, but it can be eaten or smoked multiple ways, like with a bong or a pipe, Thompson says.

What is medicinal marijuana used to treat?

Symptoms of several diseases, says Bergen-Cico. It eases nausea caused by chemotherapy. It alleviates muscle problems caused by multiple sclerosis, glaucoma and AIDS. It acts as an appetite stimulant for patients with anorexia. And, it can help treat depression and anxiety. The drug's 400-plus different compounds can affect many parts of the brain.

Is medical marijuana effective?

Marijuana has proven to be effective for multiple sclerosis, AIDS, anorexia, illness from chemotherapy, and eye pressure related to glaucoma, Bergen-Cico says. "There are a lot of other medications you can take, but they don't necessarily have the same effectiveness," she says. For depression and anxiety, the findings aren't as straight forward.

Why legalize marijuana?

It could provide relief to multiple sclerosis and AIDS patients, as well as people suffering from nausea who lack cheap, effec-

tive options. Marijuana should be classified in the "soft" drug category for its medical benefits with fewer immediate health risks, Bergen-Cico says, rather than grouped in the "hard" drug category, which includes cocaine and heroin. "We could benefit greatly from marijuana being legalized," she says. In 1944, New York City Mayor Fiorello LaGuardia released a marijuana study, which public health researchers still cite today, that showed marijuana does not lead to morphine, heroine or cocaine addiction, as was believed at the time. The study also showed that juvenile delinquency is not associated with smoking marijuana or committing major crimes.

Why not legalize medical marijuana?

Legalization could make the drug more available to the public and increase recreational marijuana use. But, research proves this outcome didn't appear in states that have legalized the drug for medical use, Thompson says. Another concern is that the drug could be physically and psychologically addictive for its patients, Bergen-Cico says. And, no clear distinction between who could use the drug legally for medicinal purposes and who could not may result in improper use.

How do states that have legalized the drug designate legal users?

Methods of controlling users differs among the 12 states who have legalized marijuana for medical use. Many states require medical marijuana users to purchase an ID, ranging in price from \$25 to \$150. Punishments and fines differ among states, Thompson says.

Food for Thought: Healthy Harvest Choices

By Allison O'Brien

During the holiday season, dishing out healthy spoonfuls at the dinner table can be as daunting as a 1,000-page textbook. Despite standing the test of time on taste, many holiday favorites report menial nutritional scores. To navigate the spread of dips, meats, casseroles, and pies at your next holiday mixer, let What the Health help choose the best meal that will be both satisfying and waist-friendly.

Appealing appetizers:

Pigs in a blanket: 5 small, 324 cal, 24.7 g fat
Potato latkes: 1 latke, 240 cal, 11 g fat

Potato puzzle:

Mashed potatoes: 1 cup, 210 cal, 7.4 g fat
Mashed sweet potatoes: 1 cup, 234 cal, 6.7 g fat

Eating meat:

Roast turkey: 8 oz, 445 cal, 18.8 g fat
Smoked ham: 8 oz, 390 cal, 18.9 g fat

Veggie verdict:

Green bean casserole: 1 cup, 197 cal, 10.6 g fat
Creamed spinach: 1 cup, 148 cal, 9 g fat

Cocktail conundrum:

Eggnog: 8 oz, 343 cal, 19 g fat
Hot buttered rum: 8 oz, 292 cal, 11 g fat
Mulled wine: 8 oz, 96 cal, 0.6 g fat

Sweet and sticky:

Cornbread muffin: medium size, 174 cal, 4.8 g fat
Frosted cinnamon bun: 1 large roll, 314 cal, 13 g fat

Pie perfect:

Pumpkin pie: 1 average-sized slice, 323 cal, 14.6 g fat
Pecan pie: 1 averaged-sized slice, 456 cal, 21.1 g fat

Brew Basics: How to order the right 6-pack

By Shweta K Shreyarathi



Light Beer

Light beers are cheap and low in calories. As the amount of calories drops, the concentration of alcohol does the same, giving light beer a weaker taste, says Dr. Tibor Palfai, a drugs and human behavior professor at Syracuse University. Light beers usually have about 4 percent alcohol and 100 calories. Bud Select 55 offers one of the lowest-calorie options, with just 55 calories and 2.4 percent alcohol.

Fruity Beer

Fruity beers taste sweet, but depending on the variety of hops, flavor can vary. “Hops are plants with special smells and tastes,” Palfai says. The sweeter the beer, the more calories it has, Palfai says. Most fruity beers have higher sugar content to keep their signature sweet taste, but still have fewer calories than dark and wheat beers. Calorie counts range from 116 calories in a Bud Light Lime (4.2 percent alcohol) to 176 calories in a Sam Adams Blackberry Witbier (5.5 percent alcohol).

Wheat Beer

Wheat beer has the dry taste of other wheat products because it's made from wheat, Palfai says. Without hops (found in fruity beers), it's not as sweet. These beers pack more carbohydrates than most other varieties. And compared with light, dark, and fruity beers, this variety is usually more expensive because of higher alcohol content and more complicated production. If you're looking for a beer that doesn't have a “hoppy” taste, this one's for you.

Dark Beer

Dark beers are both high-calorie and alcohol-dense. Dark beers, like stout, beat the calorie counts in most light, wheat and fruity beers. “The darker the beer, the more calories—you can bet on it,” Palfai says. The beer is also high in congeners, the alcohol-packed substance that can cause hangovers, he says. Some dark beers have alcohol contents as high as 15 percent, says Kieran May, owner of Landmark Brewery in Syracuse. Heineken Special Dark Beer contains 170 calories and 5.1 percent alcohol.

Chewy Choices



WTH grades the best granola bars for your lifestyle

Story by Katie Van Brunt // Photography by Samantha Dolph

The granola bar tops our grocery list every time: the ultimate convenient food that comes in enough tasty varieties to satisfy any palate. But lots of options means tough decisions. Look for bars with whole grains, lots of fiber, and low saturated fat levels to find your healthiest choices, says Tanya Horacek, registered dietician and Syracuse University nutrition professor. To pick the best granola bars any time your stomach needs fuel fast, What the Health asks advice from Horacek and Lynn Brann, another registered dietician and SU nutrition professor.

Best for breakfast

On a dash to class, pair a Clif Bar with a glass of water or milk, fruit, or enjoy alone. Clif Bars come in a variety of flavors including apricot, blueberry crisp and carrot cake. Each bar contains 270 calories or less, at least four grams of fiber and seven grams of fat or less. For breakfast, Horacek says to check the trans fat and saturated fat content, which some bars can be unusually high in. All Clif Bars are trans-fat-free with two grams of saturated fat or less.

Best midday snack

Luna Bars and Fiber One Bars make great snacks because high-fiber counts keep your metabolism

going during sleepy moments in your day. Fiber is important for digestive track health, too, Brann says. Both come in assorted flavors like chocolate and oatmeal raisin. And both bars' calorie-counts stay in the reasonable 90 to 140 range. Spoiler alert: A piece of fruit provides the same nutritional boost, Brann says.

Best meal replacer

Granola bars should never replace meals because they lack the range of vitamins, minerals, and calories that you can get from a full meal, Brann says—even if the bar has whole grains, fiber, and low saturated fat levels. The 100 to 200 calories in most

granola bars is less than anyone should eat for a meal, Brann says.

Gluten free

Gluten-free products are getting easier to find every day. Bakery On Main's gluten-free granola bars come in assorted flavors such as Extreme Trail Mix and Peanut Butter Chocolate Chip, offering options to those on a gluten-free diet. Prices run higher than other bars—Bakery On Main charges \$5.89 for one box of five bars. At 140 calories and seven grams of sugar, the bars are a healthy choice, but, besides lacking gluten, they do not offer advantages over other bars. Besides individuals with celiac disease, who cannot tolerate gluten, gluten-free bars are not necessary for most people, Brann says. Most people digest gluten without problems.

Best protein granola bars

Clif's Builder Bars are packed with 20 grams of protein and made from 100 percent soy and nuts. They are also free of hydrogenated oils and trans fats, products usually found in other protein bars. Builder Bars are low glycemic foods, meaning once digested, the glucose is released slowly and gradually into the system. Most people consume adequate protein in their diets and do not need bars with high protein content, Brann says. **with**



GROCERY GRABS

Tips for picking the perfect produce

Story by Emily Borgeest



Busy students don't have hours to run to the grocery to purchase fresh foods more than once a week. Even then, picking inexpensive, long-lasting produce that won't spoil quickly can cause grocery store dilemmas. What the Health takes a walk down the aisle with food experts to find affordable, quality produce, and ask how to keep produce fresh once it comes home.

STAY ON BUDGET

Yes, there is a way to stay healthy without going broke.

Buy local: It's fresher and less expensive. "The farther the produce has to travel, the more expensive it is," says Mary Kiernan, a professional chef and professor in the College of Human Ecology. Local produce also guarantees the best, freshest quality—considering it only had to travel a few miles to get to you, unlike non-local produce shipped from across the globe. But not all produce can be bought locally in Central New York. Produce grown in tropical climates (such as bananas, avocados, melons, and citrus fruits) must be shipped.

Buy produce in season: In Central New York, there is an abundance of local produce. Apples are a staple of the fall season. Potatoes, squashes, and root vegetables are terrific in the winter months. In the spring and summer, berries, cherries, and corn are in their peak season.

Go to farmers markets: There are many markets surrounding Syracuse University in the spring, summer, and fall. Kiernan suggests going to the market toward the end of the day, when the vendors are getting ready to pack up. They want to go home without leftover produce, so they tend to reduce prices later in the day.

Avoid pre-packaged, pre-washed produce: Prepared is pricey, says Erika Vidler, a Wegmans employee who works in the produce section.

PICK IT RIGHT

Think seasonal. In general, the freshest, best-quality produce is available when it's in season.

Root vegetables: Carrots, potatoes, and squash are picked at a point of growth, so when they are in stores, they are ripe and ready to eat. Root vegetables are grown underground, which is what makes them a great winter produce. Kiernan suggests sweet potatoes because they last a long time.

"How hearty the produce is indicates how long it will last," Kiernan says. "The heartier, heavier, and thicker the skin, the longer it will keep."

Avocados: Though available all year, their best season is winter. You can tell an avocado is ripe if it's black and soft, Vidler says. Look for firm avocados that have a little give, avoiding the rock solid ones, Kiernan says. Firmer avocados can be left out on the counter for a couple days to ripen.

Bananas: Buy bananas while still a little green, allowing them time to ripen. The darker the yellow, the riper they are. When they turn brown, the fruit is rotten. Eat when perfectly yellow, or if you prefer a sweeter taste—wait for a few brown spots.

Citrus fruits: Avoid soft dimples and select the citrus with a heavy weight. The heavier the fruit, the juicier.

Berries: Again, use your nose. Pick the berries that are most fragrant. You are looking for the plumpest berries without bruises or mold.

KEEP IT FRESH

Don't buy more produce than what you'll consume in a week. "Produce isn't meant to last a long time; it should be bought on a need basis," Kiernan says. Follow these tips to get the longest life out of your produce.

Melons: To determine if they are ripe, Kiernan suggests smelling the fruits. When it comes to selecting produce, "my nose is my key," says Kiernan. Ripe melons have a fresh, sweet smell. Overripe melons start to

smell like alcohol because the sugars ferment. Make sure to avoid dents and pick the melon that is heaviest. It should also sound hollow if you tap it.

Potatoes: Store in a cool, dark place, but don't refrigerate. "If potatoes are stored in the fridge, the starch turns to sugar, causing them to turn gray," Kiernan says.

Bananas: It is a good idea to buy them green and let them ripen on the counter. Refrigerating bananas before they are fully ripe causes them to go brown. "Once they are ripe, you can refrigerate them," Kiernan says. "There is nothing wrong with the insides and they taste good cold."

Apples: If they won't be consumed within a couple days of purchasing them it is best to refrigerate. "Apples get mealy if they sit out too long," Kiernan says.

Avocados: Store unripe avocados on the counter at room temperature and out of direct sunlight. Once ripe, store in the fridge and eat within two or three days.

Carrots: Refrigerate them to keep these vegetables for up to six weeks. The longer

"The heartier, heavier, and thicker the skin, the longer it will keep."

Mary Kiernan

Professional chef and professor

you keep them, the more nutritional value they lose. Freezing is a good alternative.

Berries: This fruit must be refrigerated and are best consumed within a couple days of purchase; they will rot after a few days of refrigeration. Do not wash the berries until you are ready to use them. When you do wash, use cold water.

Citrus fruits: Store citrus fruits at room temperature if they are going to be eaten within a couple of days. Otherwise, they can be kept in the fridge for up to eight weeks.

Melon: A firm melon can be left on the counter at room temperature for several days. The longer it sits out, the juicier and softer the melon will get. But only store at room temperature if it is a whole melon. If cut up, store in the fridge and be sure to tightly seal the melon in a Ziploc bag or a Tupperware container. **with**



The Big 10

Superstar foods to give you extraordinary health

Story by Kathleen Kim // Artwork by Andrea Streeter

Superfoods are protein-loaded foods rich in fiber, fatty acids, and antioxidants that are vital to good health. They help strengthen the immune system, protect the heart and other important organs, and decrease risks of cancer, heart disease, debilitating disorders, and life-threatening illnesses. Maureen Fauler, registered dietitian and manager of Clinical Nutrition at Crouse Hospital, says that superfoods, if integrated into daily diets, can help provide long and healthy lives. What the Health found 10 superfoods with enough healthy perks to earn a spot in any pantry.

Blueberries

Low in calories, these sweet and tart berries are loaded with vitamin C and potassium. Because of their high water and fiber content, blueberries control blood sugar and help prevent binge eating. Studies have also shown that they can lower the risk of heart disease and Alzheimer's, as well as prevent the development of cancer. Fauler says that the darker the color of the berry, the more antioxidants it contains. Frozen blueberries are great to stock up on when fresh berries are not in season.

Tomatoes

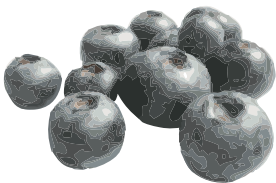
Tomatoes are potassium-rich and packed with vitamin C, and help reduce blood cholesterol and the risk for prostate cancer. The tomato also has a high supply of lycopene, a rare nutrient that protects us from the sun's damaging rays.

Broccoli

This nutritional powerhouse. It is packed with fiber, calcium, and vitamins A and C. Broccoli can reduce the risk of eye complications, colon cancer, and heart disease, earning its spot in "Superfoods Rx: Fourteen Foods that will Change Your Life" by Steven Pratt, an expert who studies the role of nutrition in disease prevention. To get the maximum intake of antioxidants, eat them raw or after steaming.

Pumpkin

Cheap, available year-round and low in calories, this high-fiber superfood is one of the richest providers of carotenoids, which have been shown to decrease the risk of lung cancer and heart disease. Just one cup a day can promote healthier skin and improve brain function.



Honey

This rich golden sweetener naturally packs more antioxidants than refined white sugar, which promotes a healthy immune system—a.k.a. your body's disease-fighting powerhouse. Nutrient levels vary, depending on the types of flower nectar bees consume before producing the sweetener, Fauler says.



Walnuts

Before running to the vending machine, reach for a handful of walnuts. Chock-full of protein, heart-healthy fats, and fiber, walnuts give you a boost of energy and keep you feeling full longer. Regular consumption of these nuts can decrease risk of coronary heart disease and diabetes, according to Pratt's book. A daily ounce of walnuts can lower cholesterol and promote weight loss. Choose the unsalted varieties to keep your sodium intake in check.

Spinach

The omega-3 fatty acids and the rich supply of vitamin K in this dark, leafy green help strengthen the body and boost brainpower. A cup of spinach a day can reduce risk of cardiovascular disease and stomach and ovarian cancers, according to Pratt's book.

Extra Virgin Olive Oil

This healthy fat is rich in vitamin E and can reduce high blood pressure and the risk for breast and colon cancer. Fauler recommends two to five teaspoons of extra virgin olive oil each day as part of a healthy diet.

Tea

High antioxidant levels earn tea a spot on our list. A daily cup of this warm drink can improve memory and mood. Tea has been linked to lower cholesterol levels and to promoting cardiovascular health, according to Pratt's book. Fauler says that while green tea is considered to be the most nutrient-rich, other varieties of teas, such as black and red, contain many nutrients as well.

Dark Chocolate

The large amount of flavonols in dark chocolate helps improve cholesterol, increase weight loss, and keep hearts healthy. It can also promote blood flow and prevent atherosclerosis. Fauler recommends looking for dark chocolate bars with high percentages of cacao. The darker it is, the richer it is in antioxidants and the lower its sugar content. [with](#)

hold the heat

a look inside the raw food lifestyle

Story by Talia Pollock // Photography by Hannah McDonald



Think back to lesson one in high school chemistry class: Heat initiates chemical reactions. Now think about your food: The marinara sauce you just heated up, the leftovers you always microwave, the warm apple pie you shovel in by the forkful... If heat changes chemicals in chemistry class, what do you think heat does to your food?

"It cooks out the vital nutrients," says Ami Beach, a licensed holistic health counselor and nutritionist. Which is why she, and countless other raw foodists around the world, practices a raw food lifestyle.

Most raw food diets are vegetarian or vegan, though a small subset of raw foodists still include a little meat and dairy, Beach says. "I try to eat only food in its live, active state," she explains.

Live, active food includes items like fruits, vegetables, nuts, and seeds that have not been heated, and consequentially depleted of their natural health benefits. While there is much discrepancy over the exact temperature at which food starts to lose nutrients, 115 degrees is usually the limit. So, raw foodists avoid food prepared to temperatures above that mark.

Prep techniques introduce a host of new "cooking" methods. In place of heat, a dehydrator warms food to make bread, veggie burgers, chips, and cookies. "It works similarly to the sun," Beach explains. "It uses air and a low temperature to take the moisture out and dehydrate." Raw foodists use blenders and food processors to create smoothies, sauces, soups and cheeses. Soaking nuts and legumes awakens the dormant vitamins and minerals in the food. Sprouting, Beach explains, is soaking a seed or bean in water for two to three days until it literally grows like a plant, transforming it into a pure energy source. "It has the same energy we get from the sun," Beach says.

Beach's husband, Mark Shadle, cooks for It's Only Natural, an award-winning vegan, vegetarian restaurant in Middletown, Conn., that includes several raw food selections on its menu. Shadle's pizzas (made with a crispy dehydrated crust and cashew Parmesan cheese) and his lasagnas (made with zucchini pasta, blended herb and tomato sauce, nut cheese, and dehydrated veggies) are best-selling entrees, Beach says. Desserts are made without refined sugar and include coconut-based smoothies, shakes, and juices.

"Being a raw foodist is definitely a life choice," Beach says. "It's a commitment and a lifestyle." She explains that eating 100 percent raw takes a lot of preparation time and planning. Because few restaurants' menu options meet the "raw" guidelines, raw eaters must learn to avoid the easy "take-out" dinner.

If you're ready to start eating raw, read on to find out where to start.

Easy Almond Milk

Serves 2

Blend:

2 heaping tbsp. raw almond butter (OR $\frac{3}{4}$ -1 c. raw almonds)
 2 c. filtered water
 2 tbsp. agave nectar
 1 tsp. vanilla extract
 1 heaping tsp. coconut butter
 generous pinch of salt (omit if you used salted nut butter)

*drink by the glass, or use for cereal and smoothies

No-Bean Hummus

Serves 3-4

Blend:

2 zucchini, peeled and chopped
 $\frac{3}{4}$ c. raw tahini
 $\frac{1}{2}$ c. fresh lemon juice
 $\frac{1}{4}$ c. olive oil
 2-4 cloves garlic, peeled
 salt to taste
 $\frac{1}{2}$ tbsp. ground cumin

*enjoy with veggies, crackers, bread, etc.

Get the tools:

- High-speed blender
- Food processor
- Chef's knife
- Cutting board
- Jars/bowls/containers for storage/soaking
- Juicer

Read up:

- "Everyday Raw" by Matthew Kenney
- "Living Raw Food" by Sarma Melngailis
- "Raw: The Uncook Book" by Juliano Brotman
- "Raw Food Cleanse" by Penni Shelton
- "The Complete Idiot's Guide to Eating Raw" by Bo Rinaldi, Jennifer Murray, Mark Reinfeld
- "RAWVolution" by Matt Amsden

Surf the Web:

- <http://rawdorable.blogspot.com/>
- <http://www.oneluckyduck.com>
- <http://gingeristhenewpink.blogspot.com/>
- <http://www.realfoodtula.blogspot.com/>
- <http://www.rawmazing.com/>
- <http://www.youtube.com/user/aniphyo>

Sweet Tart Shake

Serves 2

Blend:

3-4 oranges, peeled

then add to blender:

$\frac{1}{2}$ small pineapple
 $\frac{1}{2}$ large banana
 $\frac{1}{2}$ c. fresh or frozen raspberries
 2 tbsp. agave

Mexican Fiesta

Serves 2-4

Taco Meat**Grind (in food processor):**

1 $\frac{1}{2}$ c. raw walnuts

In a small mixing bowl, mix:

ground walnuts
 1 $\frac{1}{2}$ tsp. cumin
 $\frac{3}{4}$ tsp. coriander

Add:

2 tbsp. Nama Shoyu or Tamari and mix well

Nacho Sauce**Blend:**

2 c. cashews, soaked at least 2 hours
 2 small red bell peppers
 $\frac{1}{4}$ c. lemon juice
 2 clove garlic
 $\frac{1}{4}$ c. nutritional yeast
 $\frac{1}{4}$ c. tahini
 about 2 tsp. salt
 $\frac{1}{2}$ c. water (as needed)

Use collard green leaves as taco shells

Add meat and nacho sauce to greens

Also add tomatoes, salsa, and guacamole as desired.

Enjoy!



Switching It Up

Recipe substitutions to pack the nutrients and preserve taste

Story by Liz Labeau

Swapping ingredients for reduced fat products isn't the only path to a healthy diet. Pay attention to the foods you're bringing into your kitchen, says Tanya Horacek, a registered dietician in the College of Human Ecology. She recommends a wide variety of fruits, vegetables, and grains, and fewer processed foods and baked goods. In the kitchen, aim to boost nutrient density and fiber content in the meals you prepare. Horacek suggests seven healthy swaps you can use in your everyday cooking for healthier meals.

Try an egg substitute instead of eggs.

The egg is a common ingredient in many recipes, but notorious for providing unwanted saturated fat. To decrease the fat intake of eggs, substitute 1/4 cup Egg Beaters for every whole egg used. Maureen Fauler, the manager of clinical nutrition at Crouse Hospital, suggests this method will decrease the fat because the yolk is what contains the fat in an egg. Egg substitute eliminates unwanted saturated fat and still provides the savory flavor you enjoy. In particular, the egg substitute brand Egg Beaters eliminates the yolk, removing all fat and cholesterol.

Try frozen fruits and vegetables instead of fresh ones.

Frozen products are flash-frozen at the peak of freshness, and therefore can be more nutrient-dense than the week-old fresh strawberries sitting in your fridge. Over time, fresh fruits and veggies begin to lose their nutrients, Horacek says. The time it takes a fruit or vegetable to lose nutrients depends on harvesting, transportation, and type, Horacek says. You can load up on a variety of frozen berries and veggies (and vitamins) to avoid worrying about the food spoiling before you have a chance to eat it, or before the nutrients start to drain.

Try olive oil instead of butter.

For healthier oil choices, Horacek suggests olive and canola oil instead of corn oil. Using these oils rather than butter reduces saturated fat, Horacek says. Olive and canola oils also have higher densities of mono-saturated fats, which promote heart health. You can also replace oil in baked goods with applesauce or prune puree, as Fauler suggests. If substituting puree for oil, use only half the required amount.

Try beans and legumes instead of meat.

Beans can be substituted for meat in almost any dish, Horacek says. This reduces fat and increases nutrients, like fiber, which keep you full longer. Try swapping garbanzo beans for the ground beef in your next spaghetti sauce for a low-fat, high-fiber version of the classic dish.

Try yogurt instead of higher-fat dairy products.

Use Greek yogurt to replace sour cream. It will provide the same flavor and texture qualities in dips, Fauler says. You can also use yogurt to make cheese. The result offers the same qualities and texture as cream cheese, without the high amount of fat. It has the same consistency as cream cheese, and can be used in cheesecake and dips. To make your own cream cheese, Fauler suggests using Neufchatel Cream cheese, lowfat yogurt, or pureeing lowfat cottage cheese as a base.

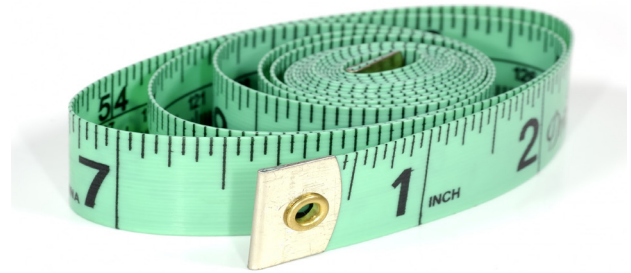
Try whole grain instead of white flour.

When using flours and grains in your cooking, Horacek suggests using Kashi 7 or barley, instead of pasta or rice. These wheat products have a nutty flavor and are more flavorful, nutrient-dense, and provide more fiber than their alternatives. Swap regular flour for whole-wheat flour. But if the recipe does not call for the whole grain, be sure to only replace half the measurement with whole-wheat flour with half of the white because whole wheat will make the product denser, Fauler warns. If a recipe calls for bread crumbs using “rolled oats or crushed bran cereal,” fiber content will increase without altering the flavor.

Little Food, Big Loss

The benefits and dangers of slimming down with detox diets

Story by Kortney Kavanagh



Detox diets claim the power to flush our insides clean to jump start healthy eating. But some super-low-cal diets lead many to question the science behind these meal plans. In principle, detox removes potentially toxic substances from the body, such as oxidized fats and cholesterol, as well as free radicals that are released, says Ellen Geheber, nutritional consultant at the Premier Center Santa Monica, a supplementation and herbal research company specializing in detox. By removing these deteriorating toxins, the functioning of vital organs, such as the liver and kidney, may improve, as well as skin, dermal glands, and the respiratory system. What the Health breaks down the pros and cons behind detox:

How long is a typical detox diet?

Diets typically last from one to three weeks but first-time users should start with no more than a one-week detox, Geheber says.

How often is detox recommended?

It's continual. Dieters either follow minor detox once per week or follow a one- or two-week detox twice per year. How often you detox and how long depends on your age and your general health. Geheber recommends checking with your doctor to find the right detox schedule. Experts recommend limiting detox to two or fewer cycles in one year.

What do you eat during detox?

Each detox diet has specific eating guidelines, but fruits and vegetables, both raw and juiced, become the bulk of the diet, Geheber says. Detox diets include high-fiber foods that provide vitamins, nutrients, and antioxidants the body needs to flush out harmful substances. Diets also require followers to stay hydrate—just water, no alcohol or caffeine. Detox diets avoid preservatives, all processed foods and animal products.

What are the benefits of detoxing?

Detoxing improves energy; reverses serious diseases; assists in weight loss; clears the mind; and removes poisons, toxins, chemicals, and pesticides from our bodies. It also regulates bowel movements and helps our bodies become less acidic, says Cathy Shea, author of “Why Detoxify our Bodies: An In-Depth Look at Internal Detoxification,” published by the Colonic Institute of West Hartford. Detox diets help our bodies by removing these toxins before this process of self-poisoning begins.

What are the risks of detoxing?

Severely limiting calorie intake can heighten emotions and psychological effects, a sort of energy that can clear your head, says Lyndsey Atwater, nurse practitioner at Albany Medical Center. Some people become obsessed with and addicted to detox diets. If done improperly, a detox can sometimes lead to dramatic weight loss during the diet. To reach a healthy weight after the diet, introduce solid foods slowly and try to eat slowly, Geheber says.

Are there detox side effects?

Yes. Headaches may occur within the first few days of starting the diet, sometimes due to caffeine withdrawal, Geheber says. Gradually decreasing the amount of caffeine prior to starting a detox diet could help dieters avoid headaches. Other side effects include excessive diarrhea, which can lead to dehydration and electrolyte loss. Constipation may occur if you don't stay hydrated. And any fatigue, nausea, irritability, and hunger that dieters experience can be attributed to the fasting process and limited food intake. Consult a doctor to make sure your detox symptoms are normal, especially if symptoms become severe, Atwater says.

What is a typical day?

Many detox diets are monotonous—dieters consume one type of food per meal, Geheber says. One of these diets is the juice-based diet. Followers pick one type of fruit or vegetable juice to eat at each meal, Geheber says. But dieters avoid drinking any mixed juices, such as an apple beet juice, which eases the digestive process. **with**

Hit the Gym Right

Tips to sync your workout with your schedule

Story by Jeffrey Laboon

On Tuesdays and Thursdays, Amanda Abbott, a geography major, lifts weights in the morning and does cardio in the afternoon. Her exercise time varies between the afternoon and night on Wednesdays, Fridays, and Sundays. Though Abbott works out at different times each day, she always plans her trips around her class schedule. She works out when she is commitment-free and when the gym is less crowded.

“I hate going to the gym when it’s super crowded because I like to go there, work out, and leave,” she says. “I’m not a fan of waiting around for machines.”

Choose your workout time based on your schedule. Work out at a set time each day so it becomes part of your daily routine. If the thought of waking up at 6 a.m. for a workout makes you weary, then, let’s face it, you will probably skip your exercise. Consider a late-

night gym visit if classes and meetings pack your weekdays. Leave enough time to try different workouts each day and wait for open machines, says Eliza Decker, assistant director of facilities, wellness, and aquatics at the department of recreation services.

Experts share the pros and cons of different workout times so you can find the best slot in your schedule. [with](#)

MORNING

PROS: Morning workouts can promote weight loss, says student trainer Peter Weintraub. A morning workout can boost your heart rate and metabolism, which helps you digest the food you eat throughout the day more quickly.

CONS: Several hours of inactiveness can cause muscle stiffness after waking up. To loosen your body for a morning workout, spend more time stretching.

TIP: Decker says nothing wakes you up quite like a trip to the gym, because the workout triggers your endorphins, your “feel-good hormones.”

EVENING

PROS: Many people feel fully awake, Weintraub says. Your muscles perform best when you’ve been up for a while, he adds.

CONS: After a long day of classes, you may lack the motivation to venture back out. It’s easier to opt out of exercise after classes have drained you both mentally and physically, Weintraub warns.

TIP: Decker suggests taking your gym clothes with you to class and going directly to the gym the moment class ends.

AFTERNOON

PROS: Decker suggests scheduling your workout for the afternoon because it gives you something to look forward to. Your body will also be loose from the morning’s activities, so you will not need to devote much of your gym time to stretching.

CONS: Afternoon meetings may change your gym time, and you may be tempted to skip your workout because you already showered for the day. Later classes also rush your training, limiting how effective it is, Decker says.

TIP: Decker suggests not washing your hair in the morning so that the need to wash it later in the day will motivate you to hit the gym.

LATE NIGHT

PROS: Scheduling your workout for the end of the day gives you an activity to vent any stress. A lack of any further obligations for the day may free your mind to concentrate on the effectiveness of your late-night workout.

CONS: Weintraub warns that working out wakes you up. “It boosts your metabolism and your heart rate, so you’re not going to be able to fall asleep quickly,” Weintraub says.

TIP: Decker suggests leaving some down time between your training and bed time, to lower your heart rate.

stretch ^{it} OUT.

Know the right warm-up to prevent injury

Story by Debbie Letchman // Photography by Hannah McDonald



Stretching prepares the body for physical activity. Benefits include playing a better game, having a better run, and preventing serious injury. Yet, some personal trainers at Syracuse University say they rarely see students at campus gyms stretching properly before and after exercise.

George Sabotka, head coach of SU's club gymnastics team and owner of Westside Gymnastics School in Syracuse, recommends stretching for 15 minutes before and after working out. The consequences of skipping a pre-workout stretch could be detrimental, he explains. One of the Sabotka's gymnasts came in from the cold weather and forced himself right into a split and ripped his tendons. Though he was able to work out within two weeks, the athlete's pain lasted about eight months, Sabotka says.

According to Sabotka, long-distance runners, athletes in track and field, gymnasts, and athletes in other sports should stretch a differently. Runners should take a few long strides to simulate their workout. Cyclists should stretch all muscles in the legs before spinning their wheels. But, regardless of your workout, all athletes should make time for a quick, full-body stretch to prevent injury. Sabotka recommends the following stretches to target specific muscles before your next workout.

For exercises that work the legs:

Perform these stretches before using the treadmill, elliptical, stair climber, and bike. Use for other activities with lots of leg-work: dancing, aerobics, and running sports such as basketball and soccer.

- Start standing and move one leg in front of the other in a lunge position. Put most of your weight on your back leg to stretch the calf muscles.
- Stand on one leg. Bend the other leg toward your butt, grabbing your ankle to deepen the stretch.
- Sit with your legs extended straight in front of you. Bend your torso forward, reaching for your toes.
- Lunge with one foot forward. Allow the knee behind you to touch the floor and sink your pelvis toward the floor to deepened the stretch.
- Lie on your back, with legs fully extended on floor. Bend one knee, keeping that foot flat on the floor. Bend the opposite leg and pull your knee to your chest with your hands.



“The consequences of skipping a pre-workout stretch could be detrimental.”

George Sabotka

Head coach of the Syracuse University gymnastics team

For workouts that use the arms:

Try these stretches before running, using the treadmill, weight lifting, swimming, aerobics, dancing, and sports that use the arms, like tennis.

- Place your arm flat against a wall (extended at shoulder height) and turn your body in the opposite direction.
- Extend your arm in front of you, palm facing the ceiling. Lift your arm all the way back and above your head until your elbow points toward the ceiling. Use other arm to grab your elbow, reaching first arm toward the floor.

For exercises that work your back:

Use every time you work out.

- Lie on your back, with your knees bent and your feet flat against the floor. Pull your knees to your chest and hold.
- Lie on your stomach, with your palms on the floor, and gradually straighten your arms, pushing your upper body off the floor and arching your back to stretch the abdominal muscles.
- Kneel on the floor, on all fours. Contract your stomach in, curling your back, reaching your spine toward the ceiling. Hold. Reverse, releasing the stomach, arching your back and pushing your stomach toward the floor, and let your head reach back, looking toward the ceiling. [with](#)



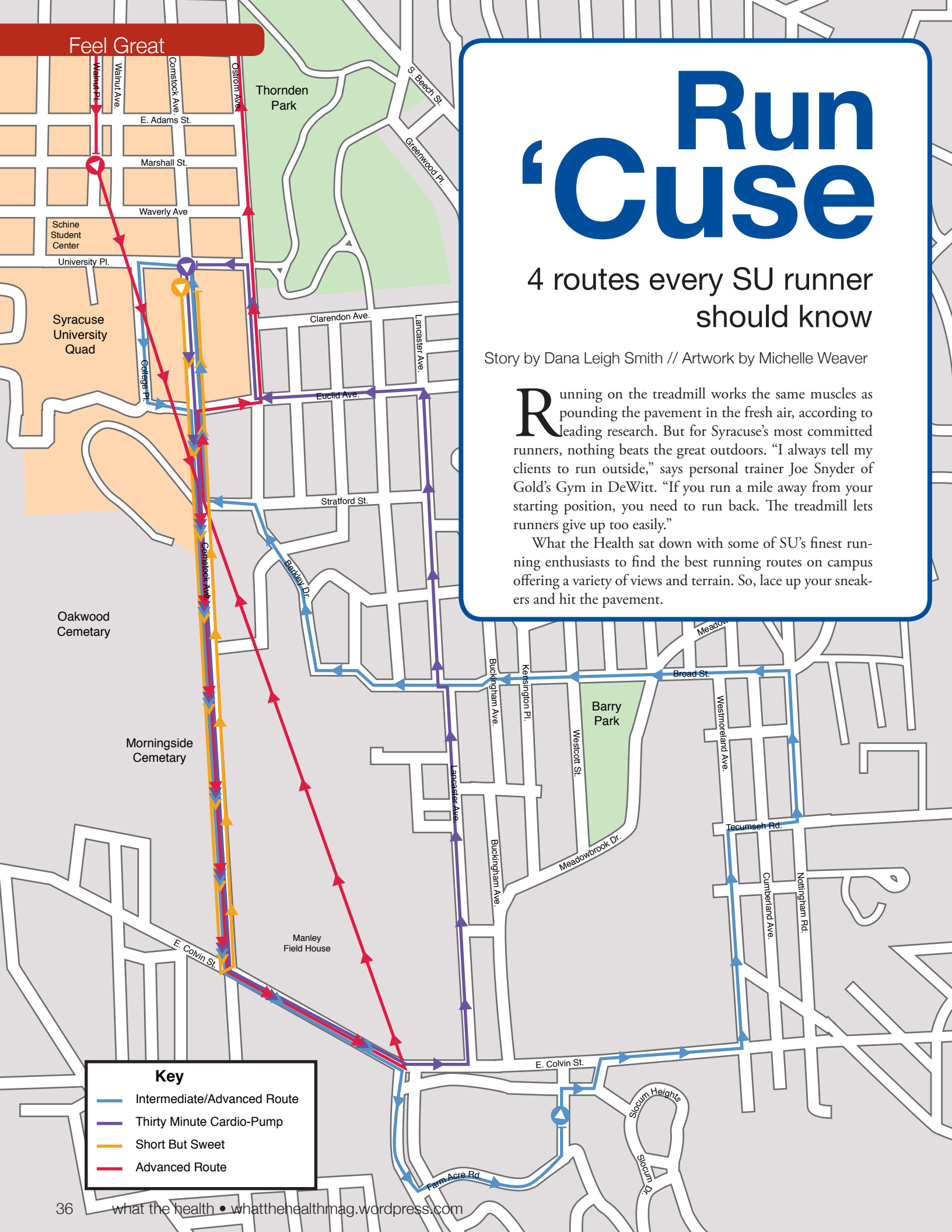
Run 'Cuse

4 routes every SU runner should know

Story by Dana Leigh Smith // Artwork by Michelle Weaver

Running on the treadmill works the same muscles as pounding the pavement in the fresh air, according to leading research. But for Syracuse's most committed runners, nothing beats the great outdoors. "I always tell my clients to run outside," says personal trainer Joe Snyder of Gold's Gym in DeWitt. "If you run a mile away from your starting position, you need to run back. The treadmill lets runners give up too easily."

What the Health sat down with some of SU's finest running enthusiasts to find the best running routes on campus offering a variety of views and terrain. So, lace up your sneakers and hit the pavement.



Key

- Intermediate/Advanced Route
- Thirty Minute Cardio-Pump
- Short But Sweet
- Advanced Route

INTERMEDIATE/ADVANCED ROUTE

Distance: 4.49 miles
Hill Factor: Flat with a few moderate hills
Terrain: Pavement
Calories Burned: 562, based on a nine-minute mile for a 5'10", 160lb 20-year-old male
Recommended By: Thomas Hall, finance and marketing major (running for four years, three days a week)
Route Review: "I like that this trail is half on campus and half off campus. There is light traffic and it's easy to cross the road. You can see parks and things other than just the Syracuse campus. It's also entertaining because I get to see people around while I run."

30 MINUTE CARDIO-PUMP

Distance: 3.04 miles
Hill Factor: Flat with a few moderate hills
Terrain: Pavement
Calories Burned: 304, based on a nine-minute mile for a 5'5", 135lb 20-year-old female
Recommended By: Katie Hursey, physical education major, Northeast Reign 2009 Athlete of the year, SU Cross Country and Track (running for six years, seven days a week)
Route Review: "I like this route because of the convenience of it. There's not very much traffic, there's a big shoulder along the road, and it's the perfect distance."

SHORT BUT SWEET

Distance: 2.04 miles
Hill Factor: Mostly flat with a few gentle inclines
Terrain: Pavement
Calories Burned: 205, based on a nine-minute mile for a 5'5", 135lb 20-year-old female
Recommended By: Katherine Salisbury, magazine journalism and sociology major (running for six years, five days a week)
Route Review: "This route is great because you don't have to cross the street except for once. I feel really safe running this route, but I wouldn't recommend running it at night."

ADVANCED ROUTE

Distance: 3.56 miles with additional miles on track, varies from runner to runner
Hill Factor: Several large hills and gentle inclines
Terrain: Pavement and track
Calories Burned: 445+, based on a nine-minute mile for a 5'10", 160lb 20-year-old male
Recommended By: Jeffrey Roggin, history major (running for eight years, two days a week)
Route Review: "I like the route because it has a little of everything. It has hills but also flat areas where you can sprint and go fast. It's scenic... You go by[Thornden] Park."

Safety First

Outdoor running poses dangerous concerns, that gym-goers should avoid, such as traffic, darkness, and weather. Chris Fox, head track and cross-country coach at Syracuse University, recommends the following safety tips, which he uses to keep his team up and running.

LIGHT THE NIGHT

Some people have to run at night due to busy schedules, but it gets dark early in the winter. Most running clothing and shoes have reflective features built in, so try to look for those items when shopping for athletic wear.

DRESS FOR SUCCESS

Wear multiple layers of clothing to face bitter Syracuse temperatures. "Dressing for 15 to 20 degrees warmer than it is will allow for your body temperature to increase and reduce the risk of overheating and excessive sweat," says Coach Jenny Hadfield, the co-author of "Marathoning for Mortals." You should feel slightly chilly when you walk out the door, Hadfield says. "Less is more."

BE AWARE

Avoid using an iPod or listening to music when running anywhere near cars. Save the music for running around a park or a track.

BUDDY UP

Run with a friend, especially if you're running after dark or in an unfamiliar neighborhood. If you must go alone, always make sure you let someone else know where you're running and when you are coming back. Ask them to come looking for you if you don't return soon after your allotted time.



power

60 minutes to a stronger bod

Story by Christina Giaquinto // Photography by Nicole Silver

circuit 1

Whether you want a leaner, more defined look, or muscular size, this 60-minute workout helps you reach that goal. Besides increasing strength and defining muscles, strength training leads to stronger bone structure and enhanced metabolism that keep debilitating diseases like osteoporosis and obesity at bay.

Veronica Dyer, a strength and conditioning sports director at Syracuse University, designed a workout that takes you through a series of four circuits, working opposite body parts.

For size and strength, do six to eight reps. Then move on to the next exercise in the circuit. Choose a weight that will tire your muscles. Rest about one minute between circuits.

For a leaner, more defined look, use smaller weights and do 10 to 15 reps of each exercise. Rest about 45 seconds between circuits.

Remember, rest is key. During the session, breaks allow the muscles to recuperate and prepare for the next circuit. Your breathing rate should come down to almost normal. Stay hydrated with water during your rest, and be sure to give yourself enough time between workout sessions. To build muscle, take two days of rest between workouts. For toning, do the workout every other day.

learn the terms

exercise: a movement that places good stress on a muscle over an extended period of time

repetition: the number of times an exercise is performed

set: a group of repetitions

circuit: a series of exercises performed one after the other

a

Dumbbell Bench Press

Muscles worked: Chest

Equipment: Flat bench or training ball and a pair of dumbbells

1. Start by sitting on the bench with a dumbbell in each hand, resting them on your knees.
2. Lie backward and bring the dumbbells with you to a starting position even with your outer chest, palms facing each other, feet flat on the floor.
3. Press the weight up over your chest. Rotate your wrists so your palms are facing forward at the top of the movement and exhale.
4. Lower the weight to the starting position and repeat.

Note: For added benefit, at the top of the movement (arms extended), bring the two dumbbells toward each other, but do not let them touch. Now, lower the weight and repeat.

hour


b

Dumbbell row

Muscles worked: Back

1. **Equipment:** Two dumbbells
 2. Stand with both dumbbells on the floor in front of you.
 3. Bend over at the waist, keeping your knees slightly bent to keep pressure off your lower back.
 4. Grab the dumbbells and pull the weight up (**as pictured on the right**) to the sides of your chest, hold for a second or two, and exhale.
 5. Lower the weight with control to the starting position and repeat.
- Note: This exercise can be done one arm at a time with the free arm used as support on a bench.

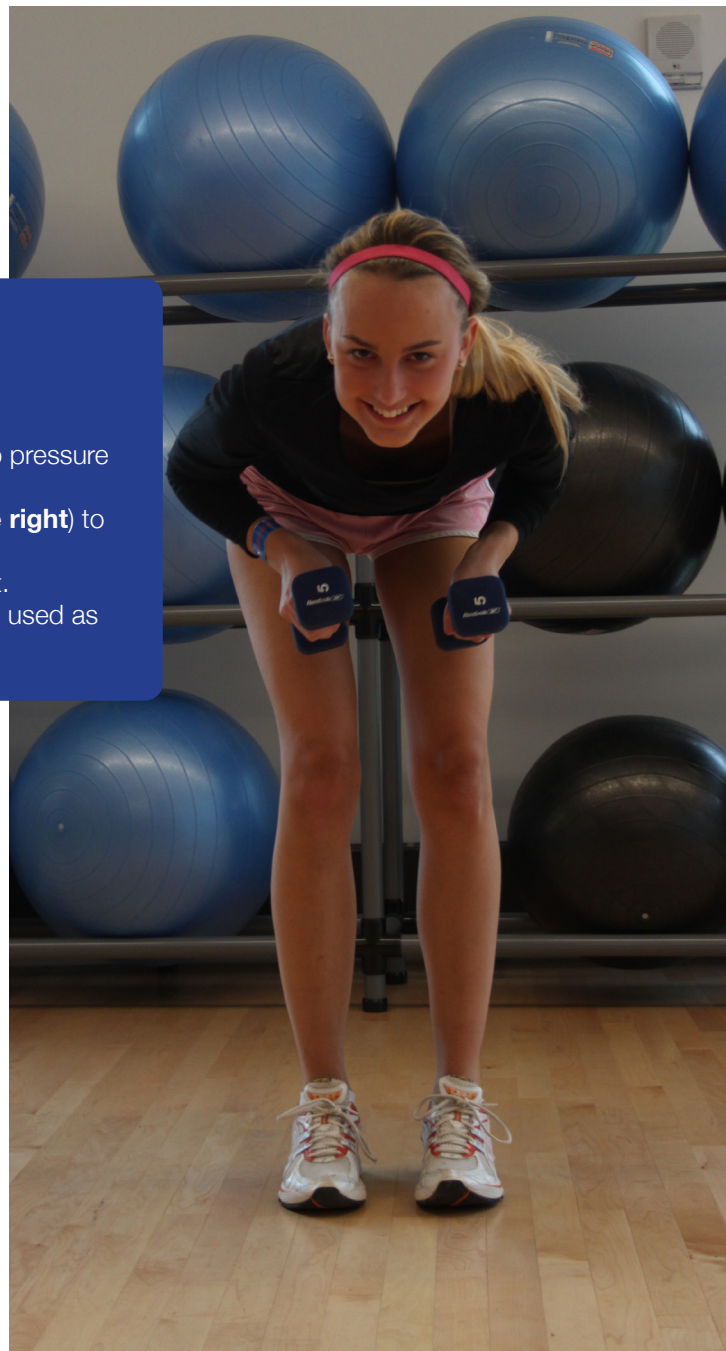
C

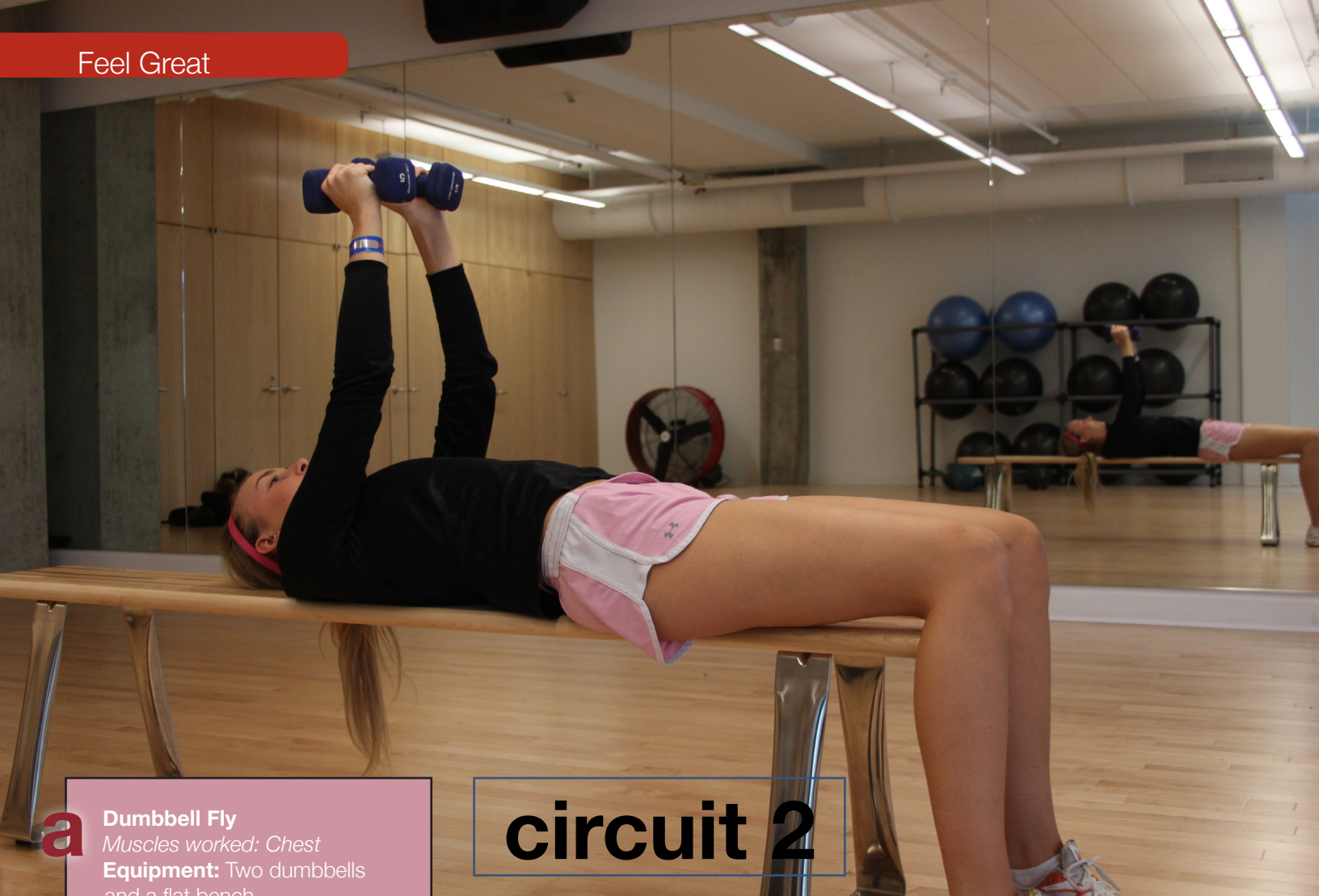
Bench Step-up

Muscles Worked: Legs, glutes (your butt)

Equipment: A flat bench

1. Stand in front of a flat bench so the bench is long ways in front of you.
2. Now step up onto the bench using one working leg.
3. Stand on the bench with one leg and your free leg bent at the knee.
4. Squeeze your glutes at the top
5. With control, step back down and repeat.





a

Dumbbell Fly

Muscles worked: Chest

Equipment: Two dumbbells and a flat bench

1. Start by sitting upright on a bench with a dumbbell in each hand, resting them on your knees.
2. Now, lie backward and bring the dumbbells into your chest, palms facing each other. Keep your feet flat on the floor.
3. Press the weight up (just like in the dumbbell bench press). At the top, keep your palms facing each other (**as pictured above**).
4. Keeping your arms slightly bent, palms facing each other, lower the weight in an arc away from your body until you feel your chest muscles stretch.
5. Now, squeeze the weight back to the starting position over the same arc and repeat.

Note: For added benefit, do not let the dumbbells touch when your arms are extended.

circuit 2

b

Leg Curl

Muscles worked: Hamstrings (back of your legs)

Equipment: A lying, or standing leg curl machine.

1. Lie face down on a leg curl machine and place your feet under the pads so the pads are resting at the back of each foot.
2. Hold on to the support handles with your hands and curl your legs to bring your feet (curl them) to your butt.
3. Squeeze and hold at the top for a second or two and lower your feet with control to the starting position. Repeat.

c

Tricep Press Down

Muscles worked: Triceps

Equipment: Cable machine with attached "V" bar, rope, or flat bar at the end of the cable

1. Stand in front of the triceps machine and hold the bar you have chosen, palms facing down, chest high.
2. Now, press the weight down, in front of your body, using your triceps while keeping your arms at your sides. Fully extend your arms and hold this position for a second or two.
3. Exhale and bring the weight back up with control. Repeat.

Note: Each attachment that is used (V-bar, rope etc.) works the triceps in a different way.

circuit 3

a Plank

Muscles worked: Core

1. Assume a push up position propped up by your forearms, keeping your body parallel to the ground (Try not to let your middle droop or your butt stick out.)
2. Lift your head up and hold for 30 seconds.

Note: To add even more stress, continually increase the amount of time you hold this position, or have a partner put a plate weight on your back.

b Reverse Leg Crunch

Muscles worked: Lower abs

1. Lying flat on your back, place both hands under your body at a spot just at the bottom of your spine, keeping your knees bent.
2. Contract your abs and bring your knees toward your stomach, curling your lower body toward your upper body.
3. Now bring your knees down, straighten your legs, and repeat the movement.

Note: Try not to touch your feet to the floor from the starting position.

c Toe Touches

Muscles worked: Upper abs

1. Lie on your back on the ground and extend legs up, so they form a 90 degree angle with your torso and the ground.
2. Extend arms overhead, reach up and touch your toes.

d Russian Twist

Muscles worked: Obliques

1. Sit on the floor with knees bent and feet off the floor.
2. With the back arched slightly arched backward, twist torso from side to side (**as pictured below**).

Note: For added stress, continually add to the number of reps for each workout, or start to add weight by holding a weight plate with both hands, in front of your chest.

e Double Crunch

Muscles worked: Lower and upper abs

1. Lie with your back flat on the floor, legs lifted, and knees bent. Keep your arms tight to your sides with your hands raised to your shoulders.
2. Contract your abs to come to a "V" position, simultaneously bringing your knees toward your upper body and your upper body towards your knees.

Note: Do not put the hands behind your head.



To see photos for each of these moves, visit whatthehealthmag.wordpress.com.

Techno Toning

Almost half of all kids ages 8 to 16 watch between three and five hours of television each day, and the most frequent TV watchers are the most likely to become obese, according to the National Institutes of Health. Though we know some technologies discourage staying active, there's a whole different line of technology geared to get you in shape. Today's new gadgets, like the Wii Fit, online food trackers, and iPhone health and fitness apps, encourage weight management and wellness goals. People constantly struggle to stay motivated to eat healthy and make exercise a priority, says David Chu, a Syracuse-based personal trainer. "If something makes things easier, then it's a positive thing."

Log-on to lose weight (with online trackers)

Story by Valentina Palladino

Logging

what you eat and how much

you exercise on a daily basis can help you lose and maintain a healthy weight.

According to a study in the *Journal of Preventive Medicine*, dieters who kept track of their daily food intake and sweat sessions lost twice as much weight as those who didn't. What the Health profiled three of the Web's most effective and efficient food trackers. Pick the best one for your lifestyle, log on, and lose.

Self Food Diary (www.self.com/fooddiet)

PERFECT FOR: *The weight-conscious woman*

Powered by Self magazine's website, the Self Food Diary has the most detailed library of food out of our profiled trackers. Look up Cheerios, and Self's food library lets you choose any of Cheerios' many varieties, from regular, to honey-nut, to multi-grain. Also, this tracker allows you to create custom foods and track their calories if you're unable to find certain foods you eat in the site's library. Workouts are divided into cardio and strength training as well.

BONUS: The Self Food Diary also has a water tracker to make sure you're getting those recommended eight glasses a day.

The Daily Plate (www.thedailyplate.com)

PERFECT FOR: *The achieving athlete*

A branch of *Livestrong.com*, The Daily Plate separates food by tracking individual meals to help you accurately track what and when you eat. The website provides daily calorie recommendations and a section to track your fitness for the day. In the fitness section, you can even customize your workouts on the "My Workouts" page—you create a workout and track the type of activity, the distance, and the heart rate, which appears on the same chart as your nutrition info.

BONUS: The website recommends links to further health education tools based on the food and fitness you track.

MyPyramidTracker (www.mypyramidtracker.gov)

PERFECT FOR: *The knowledgeable nutritionist*

MyPyramidTracker is associated with the USDA's website, *MyPyramid.gov*, which provides personalized eating plans and other tools to assess your food and exercise choices based on the Dietary Guidelines for Americans. The tracker not only counts calories and fat, but also tracks other nutrients such as vitamins A and E, folate, and calcium. It's one of the more reliable food trackers available, says Dr. Lynn Brann, professor in Syracuse University's nutrition science and dietetics department. "The database of foods to choose from is vast and there are other tools on *mypyramid.gov* that can help people determine portion sizes," she says.

BONUS: The Meeting Dietary Guidelines option allows you to choose if you are trying to maintain your weight or achieve a healthier weight. To make sure you're consuming enough vitamins and minerals, the guidelines merge to tell you if you ate sufficiently during the day—complete with smiley face emoticons.

Gadgets to Amp Up Your Workout

Story by Christina Decker

WTH tracked down the best tools to help you get the most out of your workout, no matter where you choose to sweat.

• **Nike Plus kit for iPod:** Runners use this iPod program during their workouts to track distance, pace, time, and calories burned. The program requires an iPod Nano, Touch, or iPhone as well as a pair of Nike Plus-compatible shoes. After a workout, sync your iPod with your computer so your information is sent to the Nike Plus website to be logged. There, track your progress and even upload training schedules to fit your personal needs. [Nike Plus running shoe \$48-\$185, Nike Plus sensor \$19; all may be purchased at Nike.com]

• **iFitness:** This application acts like a personal trainer, available via your iPhone or iPod Touch. The program has more than 115 separate exercises categorized by body regions or the exact muscle you want to target. Each move features step-by-step instructions, as well as pictures and video instructions. You can even add your own custom exercises and access seven pre-made routines designed by experts with different goals in mind, from strength training to weight loss. [\$1.99 on iTunes]

• **Polar FT7 heart rate monitor watch:** This gadget monitors your heart rate and lets you set your target heart rate zone to help reach your desired workout intensity. The energy pointer feature also tells you if the main effect of your training is fat burning or aerobic fitness improvement. There's even a calorie monitor to tell you how many calories you've expended during a training session. [\$120, polarusa.com]

Healthy Eating—There's an App for That

Story by Christina Decker

Living a busy life can often take a toll on our health, particularly our nutrition. We try to eat a balanced diet, but what's most convenient isn't always what's healthiest. Download these gadgets for portable and fast nutritional support.

• **Absolute Fitness:** This iPod application allows you to keep a virtual food log. At each meal, log what you eat by choosing from more than 10,000 food items including fast food, fresh, and pre-packaged goods. Then access nutritional information like calories, fat, and vitamins and minerals, among other things. You can set your personal profile so the application can calculate your daily nutrient limits and dietary goals. The application also allows you to keep track of how many glasses of water you drink, to make sure you're getting your recommended eight glasses each day. [\$4.99, iTunes.com]

• **Restaurant Nutrition app:** If you're a fast food junkie, there's an app for you, too. This free application works with the PHRnetwork.com to bring nutritional information on menu items from fast food chains all over America right to your iPod. The map feature allows you to locate restaurants nearby and then view their menu items to find out what you're really being served. [Free, iTunes.com]

• **Eat This, Not That app:** This application, based on the best-selling book series, helps you eat healthier by suggesting food swaps wherever you go, whether it's the aisle at the grocery store or the drive-through at your local fast food joint. With calorie information on more than 13,000 restaurant menu items and 10,000-plus grocery products, the program will let you compare two items head-to-head and instruct you on which one is healthier. It even lets you build a healthy grocery list, which you can store in the application. [\$4.99, iTunes.com]



Virtual Fitness Game Plan

Story by Amelia Bienstock

If you're looking to mix up your workout routine and need something more enjoyable than a treadmill, head back to your younger years and start playing (and sweating) with video games. Interactive fitness games—like Wii Fit, virtual cycling, and Dance Dance Revolution—can help you stay committed and keep you working harder at your workouts, says Michael E. Holmstrup, M.S., a PhD candidate in the College of Human Ecology's exercise study department at Syracuse University.

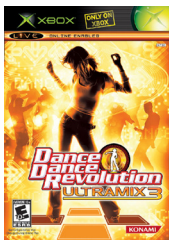
Interactive cycling programs can improve exercise adherence, as well as increase exercise intensity, according to research at the University of British Columbia. The study showed that participants in the interactive video game group attended their sweat sessions 30 percent more often than those who worked out without a game. Video game exercise is a fun way to interact with friends while still being active. Plus, it shows results. Many programs incorporate large muscle groups (especially the lower body) and can be an excellent substitution for traditional exercise, Holmstrup says.

So turn on the TV and plug in your favorite fitness video game. WTH found three interactive games to make your workout fun again.

Dance Dance Revolution: Flash back to a few years ago and whip out your DDR mat. Players follow arrows on the screen with their feet at varying speeds and to selected music. While it seems like this might only work your coordination, the faster paced songs and higher levels can really cause you to break a sweat.

PRICE: Prices vary. Sold as low as \$4.99 on eBay.com, or \$49.99 with dance pad controller at Best Buy.

STUDENTS SAY: Ashley Gavin, a computer science major at Bryn Mawr College, lost 10 pounds playing DDR without even trying to. "I really liked DDR as an alternative to aerobic workout. It got my heart rate up and was a great replacement for something like jogging," Gavin says.



Wii Fit Plus: This toy-turned-video-game includes a motion-censored balance board that reads your body's moves and recreates them on the television screen. The sensor makes sure your body is in the proper exercise positions. Players can choose from routines in the Lifestyle, Health, Youth, and Form categories, and pick from different training modes such as Yoga, Balance Games, Strength Training, and Aerobics. The game even lets you set goals (like how many calories you'd like to burn), chart daily progress, and compare workout results with prior sessions.

PRICE: The Wii Console and Wii Fit Plus Bundle are sold for \$299.98 on Bestbuy.com. Software alone is only \$19.99.

STUDENTS SAY: "I like that, especially in Syracuse during the winter, I don't have to leave my room to workout," says Sean Dotson, an international relations and geography major. "I'm not in the best of shape, you know, so, there's no embarrassment."

Expresso Stationary Bikes: At the Ernie Davis Gym, hop on one of four bikes and ride on a virtual course. These exercise bikes let riders choose from a variety of preset courses based on time and distance, and allow you to race against other virtual players. The game tracks your basic stats—heart rate, calories, and distance.

PRICE: Free, at Ernie Davis Gym. \$5,144 for the upright and \$4,500 for the seated bike at Fitsupply.com

STUDENTS SAY: Kayley Noonan, an advertising and psychology major, works at the Fitness Zone help desk at Ernie Davis Gym and believes the interactive experience helps motivate riders. "I think it distracts people from the fact that they're working really hard exercising," Noonan says.

A Healthy Bet

Story by Kathleen Corlett

How much would it cost you to lose weight? Financial incentives often up the ante and can give more than quadruple chances for success in dieters wanting to lose weight, according to a 2008 study published in the *Journal of the American Medical Association*. The website stickK.com offers an arena for users to set personal goals and bet money on their ability to reach them. StickK launched almost three years ago, and since then has handled \$3.6 million in stakes for more than 34,000 contracts.

Why Money Works: It's all economics, says Jordan Goldberg, CEO of stickK. People are more likely to reach a goal if money is at stake, he says. And, the more specific your goal, the more likely you are to reach it. Your long-term self may want to be healthy, but your short-term self prefers to eat cheeseburgers. Before stickK, the consequences of not being healthy are far down the road (like heart disease). "But if you bet \$20 on the week to lose a pound, you may look at the cheeseburger and realize it will put you over," Goldberg says. "A \$5 cheeseburger is now \$25, and most people won't eat a \$25 cheeseburger—and suddenly it's not worth it." To get started, follow the site's four steps:

Step 1: Select a goal. While personal goals can range from academics to getting seven hours of sleep a night, fitness and nutrition goals are the site's bread and butter. The site allows users to set as many goals as they choose. Goldberg keeps two or three running at a time.

Step 2: Set the stakes. Though not required, putting money on the line makes the program effective. Stakes vary from \$5 a week to as high as \$1,000—whatever would compel you to change your behaviors. Money lost can be wired to a charity, an "anti-charity" (an organization that you wouldn't want to see your money supporting), or a "friend or foe."

Step 3: Get a referee. You can go "on your honor," or choose a referee (a friend, family member, or coworker) to hold you accountable. Your personal ref creates his or her own account and will confirm your progress at check-in points—they make sure you aren't pulling the wool over stickK's eyes.

Step 4: Add friends as supporters. Your cheerleaders can create profiles on the site and offer encouragement by writing on your "commitment journal" (a tool for tracking your progress).

Reclaiming Waste

Dumpster divers turn trash into treasures

Story by Karli Petrovic // Photography by Angela Sutfin



Freegan Josh Cook salvages food from a restaurant in April 2009.

On Valentine's Day 2004, 26 people gathered to celebrate a friend's birthday in Fredonia, NY. Just after 10 p.m. everyone split up to forage under the moonlight. Jessica Humiston, a published poet and avid dumpster diver from Syracuse, donned a tattered green jacket from the Salvation Army, tied her long strawberry-blond hair into a bun and jumped in a friend's white Dodge Ram pick-up. When the two arrived at the Aldi grocery store dumpster, their options seemed limitless. The dumpster, filled to the brim, nearly burst with more than 20 pounds of sweet potatoes, a few bags of tomatoes and 30 cases of vegetable trays, in which the only flaw was expired packages of ranch dip.

Just before midnight, everyone reported back to the initial party spot. Friends brought back dented cans of black and pinto beans and an entire pillowcase of discarded conversation heart candies. The spread covered the kitchen. With 26 growling stomachs accounted for, the partiers opted for a menu with sweet potato enchiladas and veggie sticks. While the guests peeled, washed, and chopped the goods, the birthday boy took on the role of cook. For the cost of enchilada wrappers and fresh cilantro, the group feasted all night, with leftover food to spare.

Humiston's successful night of dumpster diving identifies a growing problem in America: waste.

About 40 percent of the food produced in the U.S. is tossed out, according to the Times of Indiana. College students alone produce an estimated 222 million tons of waste each year, according to the Sustainable Community Development Initiative at Grand Valley State University. With numbers like these, it's less than surprising that some people use discarded items to thrive on a student's budget.

The people who turn another person's trash into treasures, using discarded goods as a primary means of survival, are called freegans. The online organization associated with the group, Freegan.info, defines freegans (a term created by combining the words "free" and "vegan") as "people who employ alternative strategies for living based on limited participation in the conventional economy and minimal consumption of resources." In a country stuffed with waste, the freegan approach dives right into one solution to use the excess.

Diving for food hardly means eating someone's half-eaten cheeseburger. Many freegans stick to prepackaged, nearly expired, or almost over-ripened foods. While the average person spends \$100 a week on groceries, the average dumpster diver spends the same amount over a few months.

Many people have heard of freegan forages for food, but fewer people know about the other goods people come across in the dumpster. Humiston scored three bundles of paper, a half-box of pens, and printer ink from broken cartridges at an Office Max dumpster. Someone spilled coffee on the box of paper, which meant the entire package couldn't be sold. "It was a pretty amazing find – that was a couple hundred dollars in paper that I got for free," she says. A few of the pens had exploded, but aside from the mess, the majority of pens remained in perfect condition. And despite broken cartridges, Humiston was able to transfer the inkwells into her old cartridges. She saved a lot of cash on the school supplies.

Other divers found expensive handbags discarded after one season of being "in style," fine jewelry and wristwatches, an antique pocketknife, and pricey electronics like a five-disc CD player. Occasionally, a diver will pick out discarded metal or bottles that can be collected and recycled for cash at the local scrap yard or grocery store.

In 2005, the Onondaga County Resource

Recovery Agency studied the breakdown of the region's trash. OCCRA categorized how much gets thrown out and what types of materials are discarded, says Andrew Radin, OCCRA's director of recycling and waste reduction. The Waste Quantification and Characterization study involves taking a 300-pound sample of trash from a garbage truck and picking through to separate each item into one of 50 categories including food waste, electronics and various categories of plastics. After sorting the garbage, OCCRA identifies the amount of each particular type of waste in proportion to the total amount of waste. According to the 2005 study, paper accounted for most of America's recyclable waste. Consequently, OCCRA's efforts focus on educating people and businesses on what to do with their paper so that it ends up reused instead of languishing in a landfill.

According to Richard Smardon, an environmental policy professor at the State University of New York College of Environmental Science and Forestry, one way students and businesses can minimize their carbon footprint is buying products in bulk. It may seem counter intuitive, but buying large amounts of a particular item cuts down on the amount of packaging wasted. Smardon also says that there tends to be less packaging around items from organic grocery stores. Whatever you buy and wherever you shop bring your own bags and avoid the paper-or-plastic option at the store.

"Our economy is based on predictable waste," says Jeff Ferrell, a sociology professor and author of "Empire of Scrounge: Inside the Urban Underground of Dumpster Diving, Trash Picking, and Street Scavenging." To research and write the book, Ferrell gave up a tenured professor position to support himself by dumpster diving. While some freegans would settle for an unlocked dumpster, others suggest that grocery stores and other companies should hand out items that cannot be sold. Some think no person should have to climb into trash receptacles for usable items that consumers refuse to pay for. "As long as society encourages people to buy new fashions and new gadgets, there will be waste everywhere, all the time," Ferrell says. "Wealthy people throw new things away and poor people have to live off it." **wth**

The Freegan Code:

Guidelines to keep the planet healthy

Waste reclamation

Although dumpster diving tops the list, some freegans also surf the Web for free listings on sites like Craigslist or "freemeets," events comparable to clothing swaps but with more items to trade.

Waste minimization

While recovering waste may entail finding a new lamp, freegans avoid creating excess trash by recycling religiously, passing their old items onto others, and even composting food waste into rich soil for community gardens.

Eco-friendly transportation

Freegans make good friends with their bikes, boards, and boots by not driving whenever possible. Hitchhiking, train-hopping, and using discarded vegetable oil from restaurants to fuel diesel-engine cars constitute the more unique ways of traveling freegan-style.

Rent-free housing

Because freegans agree that everyone deserves the right to housing, they often live in abandoned spaces—a practice known as "squatting." Often, these abandoned spaces, such as old warehouses, become community centers or areas for other people to spend time creating art, learning about environmental issues, and holding community group meetings.

Going green

Although recycling reduces one's carbon footprint, freegans attempt to survive without supporting supermarkets or drug stores. Employing "wilderness survival strategies," freegans rely on the earth's gifts such as natural plants and herbs to keep them healthy and satisfied.



a sad story

A look at why today's students are more depressed than any other decades'

Story by Brittney Davies

Erin Werner and her mother knew something was wrong when college life at Syracuse University became too hard to handle. Online surveys suggested some variation of a stress disorder. The interior design major tried to level her hormones with birth control, but when that didn't end her feelings of being overwhelmed, she began taking an organic stress pill that did.

Werner's struggles echo recent findings that suggest five times as many students suffer from anxiety and other mental conditions as they did in 1938. The number of students facing depression has been steadily rising for decades, says Brittany Gentile, co-author of a 2009 study that analyzed student responses to the Minnesota Multiphasic Personality Inventory (MMPI).

The study compared students' desires for extrinsic goals—status, attractiveness, and success—with their desires for intrinsic goals—relationships, learning for fun instead of a high grade. The study found that students' desires for extrinsic goals increased and their desires for intrinsic goals decreased. Gentile believes this finding explains the rise in anxiety over the years. “Being so

extrinsically motivated, you create this gap between the way you would like your life to be and the way that it is,” Gentile says. “The more you concentrate on that gap, the less satisfied you are with your own life, and the more distressing it is that you can't reach those really hard-to-obtain goals.”

Werner says her peers and other students today feel the demanding need to be successful. “That's the dream everyone wants—to have a family and a job and to be successful,” she says. “But just getting through college would be great.” Werner says much of her stress comes from the pressure to get good grades, which she felt through high school and now feels to maintain her GPA.

Achieving high grades is an extrinsic goal because grades can be used as a symbol of status, says Peter Gray, a research professor of psychology at Boston College. A professor since the 1970s, Gray says he has noticed grades become more competitive, as have students' extrinsic goals in general. “Sometimes I would ask students things like, ‘What do you really want to do in life?’ ‘What do you want to make of life?’” he says. In his earlier teach-

ing years, students answered they wanted to live a life that was consistent with their ideals. More recently, his students believe it is unrealistic to incorporate their ideals into the future. He notices his students put more emphasis on status and success than reaching goals that make them personally happy. A student who wanted to become a forest ranger to pursue a love of nature—an intrinsic goal—would say that the job would not be rewarding enough in terms of money or status—extrinsic goals—or fulfilling his or her potential for a high-paying or high-status job, he says.

Susan Pasco, an associate director at SU's Counseling Center, says she's noticed the same trend. "Given the current economy, more students are worried about financial security than students in the past," she says. While anxiety has surpassed depression as the most common condition seen at the Counseling Center,

overall, Pasco has not seen significant increases in the conditions lately.

Anxiety and depression, related conditions that were examined in the MMPI study, stem from people feeling a lack of control over their life and fate, Gray says. Thoughts like, "I don't know how to pass these tests," "I don't know how to make friends," and "I don't know how I'm going to get a job" cause anxiety, he says. "When it proceeds to 'I can't pass tests,' 'I can't make friends' and 'I'll never get a job,' then it could be depression," he says.

Gray says the extrinsic goals theory is a likely explanation for students' increased anxiety, citing a survey entitled "The American Freshman, Forty-Year Trends: 1966–2006," conducted by UCLA's Higher Education Research Institute. The survey examined how incoming college freshmen ranked their values. In 2006, 69 percent of students considered "to be able

to make more money" a very important reason to attend college, compared with 49.9 percent in 1976. Students in both 1976 and 2006 ranked "to learn about things that interest me" and "to get a better job" as the top two reasons to attend college—making "more money" ranked third.

Some researchers discount findings like Gentile's, claiming the rise in depression may result from people's increased willingness to report their feelings, Gray says. Although Gentile's study used a scale that detects an increase in students' openness to answer questions about mental health disorders as a standard measurement, there is still a possibility that the survey questions did not yield reliable results because the researchers must draw conclusions based on certain assumptions



about how people answer surveys.

"I don't know of any way to absolutely rule that out," Gray says.

Yet the increase in reported cases increases awareness, as well, Pasco says. At SU, increased awareness of mental health means

more awareness of the resources available to cope with it. Today, Pasco sees more students at SU's Counseling Center who are interested in healthy ways to deal with stress.

"Ten years ago, when I would talk to students about things like exercise, meditation,

and relaxation techniques, people weren't really interested in hearing that," she said. "Students today are a lot more open to hearing those things." assumptions about how people answer surveys. "I don't know of any way to absolutely rule that out," he says. [wth](#)

The Breakdown

The Anxiety Disorders Association of America says nearly half of those diagnosed with depression also have an anxiety disorder. While stress might result in similar symptoms, it's important to know the difference in order to seek help.

Stress: The body's response to feeling threatened. Symptoms include restlessness, worry, irritability, headache, sleep problems, and upset stomach.

ANXIETY AND COMMON DISORDERS

Anxiety

The body's response to stress. Symptoms include nervousness, irritability, and difficulty sleeping and concentrating.

Generalized anxiety disorder (GAD)

Persistent exaggerated worry, fatigue, restlessness, trouble sleeping, and edginess that affects day-to-day activities

Panic disorder

Recurring panic attacks and preoccupation, with fear of recurring attacks

Agoraphobia

Fear of the site of previous panic attacks

Social anxiety disorder

Extreme fear of being judged by others, usually in a social setting, which interferes with speaking aloud and forming relationships.

DEPRESSION AND COMMON CONDITIONS

Depression

Feeling helpless, unmotivated, and uninterested in life to the point that it interferes with daily activities.

Major depression

Depression that causes at least five of the following symptoms for at least two weeks: pessimistic thoughts, loss of interest in hobbies and daily activities, insomnia, difficulty concentrating, fatigue, restlessness, irritability, changes in appetite and weight, feelings of worthlessness or hopelessness, and headaches.

Bipolar disorder

Moods seesaw between severe highs (with increased energy, thoughts, talking, sexual desire, and poor judgment) and lows (with symptoms of major depression)

Source: Anxiety Disorders Association of America, ADAA (adaa.org)

Out Of Options

One student's struggle to stay alive

I decided to kill myself a year and a half ago. I drank three 40-ounce bottles of beer, smoked a blunt to prevent myself from vomiting and swallowed 100 Excedrin PMs combined with two bottles of NoDoz. I thought it would do the trick.

I woke up the next morning in a panic. I didn't want anyone to know there was something wrong with me. I was afraid it would disrupt my plan to finish the previous night's task later that evening. So I went to play street hockey with my friends, as planned. I had trouble standing up. My head was all over the place and I couldn't stop shaking. I put on my skates, started vomiting, and fell down. I told my friends I thought I had food poisoning. They didn't think anything of it, and I went home.

A few painful years of depression drove me to rock bottom that day. I grew up in a loving household with supportive parents and two brothers. I went to private school. I got good grades. I had friends. Senior year of high school, depression spontaneously struck, and things started to spin out of control. My family and friends hated me for the person I had become. I didn't have a care in life. I drank too much; I smoked too much and became extremely angry and violent. I manipulated people to get what I wanted. The summer after my freshman year in college, my parents found weed on me. They staged an intervention and told me I needed help. I refused to participate, and they threw me out of the house.

I lived in my car for two weeks and crashed at friends' houses before I found a near-by apartment complex to move into. There was nothing in my life worth living for. I attempted suicide, but I failed.

After my attempt to play hockey, a friend came over to my apartment. She

found the leftover pillboxes and alcohol in the trash can. By the time I hopped out of the shower, four cop cars had surrounded my building. I kicked in my bedroom window, tried to make a run for it and was caught.

My mom stood in the parking lot with a horrified look on her face saying, "Honey, what happened?" The cops grabbed me and told me I was going with them. I pushed and struck one of the officers and was tazerred twice before they took me to the justice center.

I was furious. I didn't want to get detained because I wanted to die, and jail makes it extremely difficult to do that. I

"I woke up the next morning in panic. I didn't want anyone to know there was something wrong with me."

spent a month behind bars until my parents finally found a rehabilitation center that could treat me. There are only four facilities in the country that take such severe depression cases, and it took a lot of persuasion for them to accept me. After spending four months in rehab and trying every form of treatment possible, I was diagnosed with treatment-resistant clinical depression. I've tried antidepressants, psychotherapy, meditation, yoga, holistic therapy, and St. John's Wort. I gave it my all, but nothing offered me relief. I was released because the facility realized there was nothing more it could offer.

Rehab succeeded at one thing. It taught me to function in the real world. My family saw a complete transformation. Everyone loved being around me. I improved my physical appearance, went back to school, joined a fraternity, and got into a relationship. They were overjoyed. I didn't have to see them cry. I wasn't tearing them apart. They could finally sleep at night.

But the demons that haunted me the night of my attempt still haunt me today. I feel like a different person on the outside, but on the inside, nothing has changed. I'm just better at portraying a normal persona. It's all an act. To this day, I wish my suicide attempt had worked. But I just keep going, one day at a time.

If it were up to me I just wouldn't get out of bed; I wouldn't do anything. But instead I have to get up, go to class and be as upbeat as possible. If I see one of my fraternity brothers, I have to put a stupid grin on my face.

When I'm with my friends, I talk and smile. I feel like I'm a spectator in my own life. My smile's not genuine. That's why I hate taking pictures. I can see the pain in my face. There are times when someone will say something funny and I laugh. I enjoy the moment. But when it's over, back to the depression.

I keep going now because I'll never forgive myself for the pain I caused my friends and family. I'm living for them. It's exceptionally hard to make the decision between continuing to suffer or doing what I feel is right for me and changing their lives forever. I continue seeking treatment. Everyone is more hopeful than I am. [with](#)



Shaking the Habit

Story by Sarah Jane Capper // Photography by Megan Dreisbach

The bloated truth about America's excessive salt habit

Dwiveck Custodio lifted the lid off a pot of white rice, stirred, replaced the lid, and left her kitchen to find a photograph. In the picture, she and her roommate sit across the table from one another, smiling and holding a jar labeled "Salt." They took the photo to document their "deep love" for the mineral, says Custodio, a magazine major.

Her roommate, Melanie Zilora, spoke quickly as she sliced chicken breasts. "Why do we love salt?" asked the economics and policy studies major. "Because it's delicious. It makes dishes more flavorful, and helps lock in moisture."

Although most of us haven't smiled for the camera while clutching a jar of it, Americans have a love affair with salt. And it's not an innocent romance. It's a deadly seduction.

The USDA recommends that a person consume at most 2,300 milligrams of sodium per day, or about one teaspoon of salt. Some people, such as those with high blood pressure, African-Americans, and the middle-aged, should keep their daily sodium intake at 1,500 milligrams or less. Nonetheless, most Americans consume more than 3,400 milligrams of sodium each day, according to the American Heart Association.

The medical community has long linked high-sodium diets with an increased risk of heart disease. A January 2010 study published in the *New England Journal of Medicine* (NEJM) showed just how deadly a love for salt really is. The study found that if Americans decreased their salt intake by three grams per day, it would save hundreds of thousands of lives and up to \$24 billion in health care costs each year. The number of new cases of coronary heart disease could drop by up to 120,000 cases; the number of strokes could drop by up to 66,000 cases; the number of heart attacks could drop by up

to 99,000 cases; and deaths from any cause could drop by up to 92,000 each year.

Although the terms "salt" and "sodium" are often used interchangeably, they are different. Salt is made up of sodium and chloride. Sodium is an essential nutrient, which helps the body maintain a proper balance of fluids and transmit nerve impulses, says Sari Greaves, a registered dietitian and American Dietetic Association spokeswoman. Natural foods already contain small amounts of sodium, and processed foods are often jam-packed with it.

It's not just the salt shaker

Zilora tore open a packet of Lipton's onion soup mix, and dumped it into some water. The dry soup stuck in a clump at the top of the measuring cup, then gradually sunk to the bottom. She added the mixture to the chicken that was simmering on the stove. Later at dinner, she explained how her family often cooks with the dry mix, which is an easy way to get a concentrated flavor. "I grew up eating this," Zilora says. "This is comfort food for me."

Mixes and packets are convenient, but they are often high in sodium. One tablespoon of the onion soup mix contains 610 milligrams of sodium. Even if a person avoids the saltshaker, his or her sodium intake could be considered unhealthy. About 77 percent of sodium in an average U.S. diet comes from prepared and processed foods, while only 11 percent comes from salt added while eating or cooking, according to the Mayo Clinic.

Even nutritious foods, such as wholegrain breads, granola bars, and canned vegetables, often contain added sodium because they are processed, Greaves says. A packet of Quaker Apples and Cinnamon instant oatmeal, for example,

contains 170 mg of sodium, while a serving of Quaker old-fashioned oats contains no sodium.

Why so salty?

Manufacturers have several incentives to increase the sodium content of their foods, says Dr. Kirsten Bibbins-Domingo, lead author of the NEJM study. Salt serves as a natural preservative, but Bibbins-Domingo doubts that preventing spoiling is the main reason manufacturers add so much sodium to their products. She offers other explanations.

First, salt enhances the flavor of foods. A baker, for instance, will add a pinch of salt to chocolate chip cookies to bring out the sweetness of the dessert. Second, salt is addictive. “We all know that when you have a bowl of chips, it’s hard to eat just one,” Bibbins-Domingo says. She says studies have shown that the more salty foods a person eats, the more he or she will crave. Manufacturers have incentives to exploit this human craving to increase sales. Salt also makes people thirsty, and as salt consumption has boomed over the past decades, so has the consumption of sugary beverages. Finally, salt increases the water weight of foods. With added salt, foods such as processed and fresh deli meats can contain less meat and more water, allowing manufacturers to produce the foods at less expense.

A Broader Initiative

Salt is everywhere. There are healthy steps you can take now to cut back on sodium, but with so many high-sodium foods, finding healthy options can be difficult. “Lowering sodium intake can’t happen individually,” says Bibbins-Domingo.

“There needs to be a more concerted effort to put pressure on manufacturers.” People deserve more choices, she says.

Recently, the National Salt Reduction Initiative has taken the first steps toward providing more low-salt options. The New York City Department of Health is leading the initiative, which aims to slash Americans’ salt intake by 20 percent over the next five years. The initiative asks companies that sign on to meet certain targets for the overall salt content of prepackaged and restaurant foods.

Bibbins-Domingo supports the effort. “New York City has aimed high, but the experiences of other countries tells us it’s doable,” she says, citing the United Kingdom as an example. The UK undertook a similar initiative and has managed to reduce the amount of salt food producers add to food by 10 percent since 2003. Finland, Japan and Portugal have also succeeded in nationwide salt reductions.

Benefits for All Ages

After dinner, Custodio sat on her couch and munched on the cream cheese blintzes dessert that Zilora made. Custodio’s mom tells her that she uses a lot of salt, but right now, she’s not concerned about how it affects her health. “If I get tests back that something’s wrong because I eat too much salt, I will probably cut down,” Custodio says. “In the mean time, I don’t think so.”

It’s easy to forget that today’s salty dinner can lead to heart disease in 20 years. Bibbins-Domingo says lowering sodium consumption can benefit college students. A slightly elevated blood pressure at age 20 will only continue to increase over time, she says. The effects of a high-sodium diet will accumulate. All people should keep their sodium intake in

a normal range, although most of the benefits will occur down the road for college students, she says.

Everyone can benefit from lowering their sodium intake, but some people are salt-sensitive, or experience a larger-than-average reduction in blood pressure when they decrease the amount of salt in their diets, Bibbins-Domingo says. African-Americans, people above the age of 50, and people with hypertension are more salt-sensitive.

Shaking the Habit

Salt is an acquired taste, Greaves says. If you grew up shaking salt on

Sneaky Sodium Sources

By Sarah Jane Capper

WTH found some more sneaky sodium sources. If these are your favorite treats, try tweaking the rest of your diet to stay within the USDA-recommended 2,300-milligram limit per day.

Cream of mushroom soup (1/2 cup, Campbell’s)	870 mg
BBQ sauce (2 oz, Kraft Original Barbeque Sauce)	424 mg
Deli ham (2 oz, Hillshire Farm Smoked)	620 mg
Cinnamon raisin bagel (Bruegger’s)	510 mg
Baked beans (1/2 cup, Bush’s Original)	550 mg
Tomato Sauce (4 oz, Prego Traditional)	580 mg
Creamed Corn (1/2 cup, Del Monte)	360 mg
Italian dressing (2 tbsp, Newman’s Own Family Recipe)	400 mg
Ketchup (1 tbsp, Heinz)	90 mg

your french fries, it can be difficult to cut back initially, but most people stop craving the extra sodium after just a few weeks, she says. “You don’t have to eliminate salt entirely,” Greaves says. “Just try to slash a little off.” There are plenty of vegetables with “sharp flavors,” such as scallions and garlic, and healthy spices such as cilantro and oregano that can provide zest and tang without hurting your heart (see **WTH’s Salt-less Substitutions**).

Greaves recommends cutting back on foods without nutritional benefit first, such as chips and white crackers. Next, she buys foods in their “most natural form,” and adding flavors. Instead of purchasing prepackaged pilaf, create your own with dried fruits, unsalted nuts, and reduced sodium broth. Avoid condiments, marinades, and dressings, which are often very high in sodium. Also, try rinsing canned vegetables to reduce their sodium levels.

For students who eat in dining halls, low-sodium options include fresh fruits and vegetables, wholegrain pastas, and baked items, such as chicken breast or fish, says Ruth Sullivan, SU Food Services dietitian. She says the dining halls use low-sodium broths and sauces when they are available, but certain dishes do contain high levels of sodium, according to the nutrition information on the SU Food Services website. For example, a slice of spinach quiche contains 811.3 mg of sodium, a serving of meat lasagna contains 1,120.9 mg of sodium, and a breakfast sandwich contains 805 mg of sodium. To see how your favorite dining hall dishes stack up, click on the “daily nutrition” link at the SU Food Services website.

Portion control and a holistic approach are key to keeping your sodium intake in check, Greaves says. Think healthy overall—choose low-salt foods, limit alcohol, try low-fat, and opt for potassium-rich. “Work on multiple fronts,” Greaves says. Next time you’re having pizza, try one slice of cheese with a salad instead of two slices of pepperoni. Don’t wait until it’s too late to begin choosing lower-sodium foods. A healthy step now could have a life-saving result.

Salt-less Substitutions

By, Jessica Dysart

We’re all guilty of it—as soon as the plate of food is in front of us, we reach for the saltshaker. But, many other spices keep your meals delicious and satisfying, sans sodium. Next time, grab something new to sprinkle.

- 1. GO INTERNATIONAL:** Recipes from other countries, like Thailand, use less sodium and more flavorful spices, says registered dietician Patricia Endy. Cilantro comes from the coriander plant and has a sharp odor. The parsley look-alike adds a tangy taste to dishes like soups, salsas, and marinades. Cumin accentuates the flavor of cilantro when used together. If using alone, heat with olive oil and garlic to drizzle over zucchini or any sauce or stew for a slightly bitter kick.
- 2. ACID TRIP:** Use acids for another great flavor enhancer, says SU culinary professor and chef William Collins. Vinegars and citrus juices can add tartness or sweetness. Balsamic vinegar can be a great marinade or salad dressing. Fresh-squeezed lemon and lime juice can spice up fish or chicken recipes, salad, and even drinks.
- 3. FIRE IT UP:** Spicy ingredients, Endy says, mask a lack of salt. Cayenne pepper adds a kick to soups, salsa, chicken, or pizza. Jalapeños can also add some heat to bland dishes.
- 4. SPICES WITH PUNCH:** Turmeric, a spice native to South Asia, carries a mustard-like smell and gives food a tangy, peppery taste. Comparable to ginger, it is commonly used in curries and adds flavor to meat, vegetables, and rice.
- 5. BITTER BITES:** Sage and saffron, both spices from plant leaves, have a slightly bitter taste. Sage paired with veal or even in a sauce over pasta makes a dish distinctive

and delicious. Saffron is a main ingredient in the Spanish dish paella and, though frequently used, it can be quite expensive. However, a little goes a long way. Sprinkle a pinch into salsa and marinades, and pair it with shrimp, potatoes, rice, or mushrooms.



4 Ways to Squash

You'll have no trouble cleaning your plate with these recipes, which make a versatile veggie a sweet or savory treat

Story and photography by Jordan Clifford

Attention amateur chefs: Did you know that more than 40 different types of squash exist? These autumnal veggies pack vitamins A and C, potassium, and fiber. Just one cup of cooked squash serves up enough Vitamin A to meet your daily requirement. And with many varieties come many delicious dishes. Take your pick of this winter's squash selection: acorn squash, butternut squash, spaghetti squash, or pumpkin (yes, jack-o-lanterns were once squash, too).



1

Sweet Roasted Acorn Squash

2 servings

Ingredients:

- 1 acorn squash
- 2 Tbsp. butter
- 2 Tbsp. brown sugar, loose
- Cinnamon for taste
- Dash of nutmeg

Directions:

1. Preheat oven to 425° F.
2. Halve the squash crosswise and scoop out the seeds. Place on a foil-lined tray. Add butter, brown sugar, and a dash of nutmeg to each half. Sprinkle cinnamon to taste.
3. Bake for 45 minutes to one hour. Squash should be tender and easily pierced with a fork.



2

Lasagna-Style Spaghetti Squash

4 servings

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 1/2 onion, chopped
- 2 Tbsp. minced garlic
- 1 Tbsp. olive oil
- 2 cans stewed tomatoes
- 1 Tbsp. dried basil
- Black pepper to taste
- 1 c. shredded mozzarella cheese
- Grated Parmesan cheese

Directions:

1. Preheat oven to 325° F.
2. Spray a baking sheet with a thin layer of cooking spray. Place squash halves with insides down on the baking sheet. Bake squash 45 minutes to one hour in the oven, or until knife can be easily inserted.
3. While the squash is cooking, spray a medium-sized non-stick saucepan with cooking spray. Over medium heat, sauté the chopped onion and minced garlic with the olive oil until golden brown. Stir in tomatoes, basil, and black pepper. Cook ingredients for about 15 minutes, or until you have a medium-to-thick sauce. Set aside.
4. Once the squash has cooled, remove the squash strands with a fork and place in a separate bowl, careful to save the shells. Layer each squash shell half with a spoonful of sauce, a layer of spaghetti squash strands, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used.
5. Bake for 20 minutes in the oven or until cheese melts. Sprinkle with grated Parmesan cheese and serve hot.



3

Pumpkin Pancakes

Makes about 10 pancakes

Ingredients:

- 1 medium egg
- 1 c. milk
- 1 and 1/2 c. all-purpose flour
- 1/2 c. canned pumpkin
- 1 Tbsp. sugar
- 2 tsp. baking powder
- 1/4 tsp. ground cinnamon
- Pinch of ground nutmeg
- Pinch of ground ginger

Directions:

1. Combine egg, milk, pumpkin, and sugar in a medium-sized mixing bowl. Stir in flour, baking powder, ground cinnamon, nutmeg, and ginger until smooth.
2. Grease a griddle or frying pan. Pour about 3 Tbsp. batter on hot griddle or frying pan. Bake until bubbles break over surface, flip, and brown other side. Serve hot.

4

Roasted Butternut Squash Salad

4 servings

Ingredients:

- 1 medium butternut squash, peeled and diced (3/4 in)
- 2 Tbsp. olive oil
- 2 Tbsp. pure maple syrup
- Salt and freshly ground pepper
- 3 Tbsp. dried cranberries
- 4 oz baby arugula, washed and dried
- 1/2 c. walnut halves
- 3/4 c. grated Parmesan cheese

Directions:

1. Preheat the oven to 400° F
2. Place the butternut squash, drizzle olive oil, and two tablespoons of maple syrup in a bowl. Season with salt and pepper to taste, then toss. Spread mixture out on a greased sheet pan. Roast the squash for about 20 to 30 minutes, turning once, until tender. Add cranberries to the pan for the last five minutes.
3. Once the squash is cooked, place the arugula in a large salad bowl, and add the roasted squash mixture, walnuts, and grated Parmesan cheese. Top with your favorite sweet vinaigrette dressing and serve.

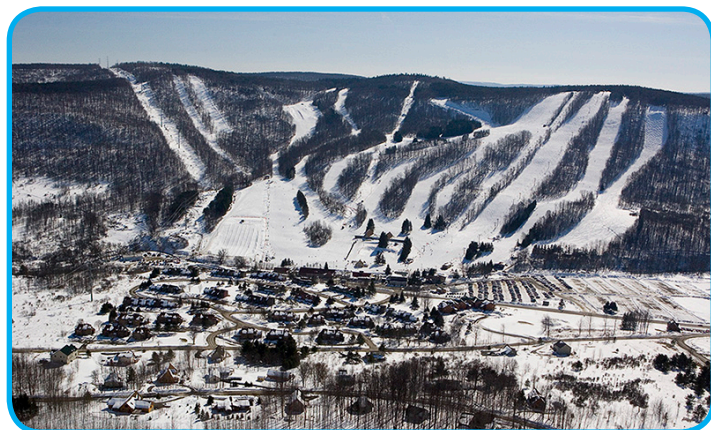




Hitting the Slopes

Check out Greek Peak for powdered ski trails and water resort fun

Story by Jennifer Cheng // Photographs courtesy of Kevin Morrin



The ski trail rolls out into a snowy carpet. The only audible sound is the swooshing from my snowboard as it carves through the powder. After a few runs, I break at the lodge's crackling fireplace, warming up with friends and a bowl of chili before tackling more of the mountain's 32 trails.

Greek Peak Mountain Resort, in Cortland, N.Y., is a 45-minute drive from Syracuse University. While Central New York terrain often limits skiers and snowboarders with its wide, gentle hills, Greek Peak includes a variety of well-kept trails steep enough for downhill fun. After the slopes, check out the resort's other features—from fine dining to a water park.

Thousands of college students hit the slopes every season, says Kevin Morrin, Greek Peak's director of sales and marketing. "Greek Peak is suitable for boarders and skiers of all levels, and fun for families as well as college students," Morrin says. The resort keepers ensure that all of the trails are generously caked with powdery snow to limit icy, dangerous trails, and even pump artificial snow when the ground dries up. In the terrain park, the paths leading to jumps are

always flattened and cleaned so boarders can safely and confidently tackle their tricks.

For those who aren't yet masters of the hills, Greek Peak's spacious trails make the mountain beginner-friendly. Skiers and snowboarders have enough room to roam the slopes without fear of collisions with careless flyers. Beginners can visit the bunny hill and its magic carpet, a conveyor belt that brings people to the top of the hill. SU even runs a skiing and snowboarding program at Greek Peak every spring semester. The six-week program (\$414) includes a bus ride to and from the Hill, a lift pass, rentals, and a one-hour lesson every weekend.

If you're not feeling confident enough to strap your feet to a board or skis, head over to the Tubing Center, where you can tuck snugly into an inflated doughnut and ride down one of six chutes. To return to the top of the mini hill, sit in a tube and grab onto a rope that drags you back to the top.

Bonus: This mountain resort offers plenty of warm, indoor fun, too. Its ski lodge, Hope

Lake Lodge, features a water park (exclusive to lodge guests) with a three-story-tall waterslide. Greek Peak is the only resort with overnight ski lodging in Central New York, Morrin says. It's the perfect place to stay with a group of ski or snowboard buddies—a four-person suite costs \$330 a night on weekends.

Two restaurants cater warm food to cold skiers and snowboarders. On the fancier end, there's Orion's Pub for a sit-down dinner—try the "Bread Boule," a steamy bowl of chili served in a bread bowl and topped with shredded cheese (\$7.50). Penny-pinching college students may prefer the Taverna Cafeteria. This informal setting offers instant comfort food such as hot dogs, quesadillas, clam chowder, and a no-frills version of chili (\$4.75).

Greek Peak's top-notch slope maintenance and wide range of trails make a skiing or snowboarding trip worthwhile. Variety is key, from the snowy slopes to the indoor water park. [with](#)



Backing off the Booze

Finding the line between social drinking and alcoholism on a college campus

Story by Jesse Rosenberg



During my sophomore year, I was hospitalized for alcohol poisoning. I awoke the next morning with two IVs in my arms, a pounding headache, and a view from my hospital bed. The doctor stood beside me, informed me that my stomach had been pumped, and asked what happened the night before. I could only remember leaving a fraternity's pre-bar party and walking to Harry's Bar on Marshall Street. As I tried to piece the story together, the doctor informed me that I was found passed out on the steps of a fraternity. My friends tried to revive me, but I was knocked out cold.

I always saw myself as a social drinker. Out with friends, I'd have about five drinks, depending on the night—typically shots of straight vodka. I would always end up wasted, but I thought this kind of drinking was normal. Like many of my peers, I belonged to a sorority with opportunities to attend private fraternity parties, pre-bars, and overnight formals in Canada.

After my hospitalization, things changed. My parents forced me to check into rehab and get help for my alcoholism, threatening to stop financing my education. As an advertising major with a 16-credit course load, I attended an 8 a.m. substance abuse rehabilitation clinic at Crouse Hospital three times a week. I felt out of place surrounded by people from jails and hospitals, especially

when we broke into discussion groups.

On weekends, I continued what I considered a "normal" social life. I went out with friends and drank. Back at the clinic during the week, I lied: I said I didn't drink. After a couple weeks, I walked out. How could I show up to get help when it was all a lie? I continued to drink.

That summer, I studied abroad in South Africa through a rigorous entrepreneurship program. As a result of my hospital stay earlier that year, I needed to sign a contract with the head of the program in April 2008, affirming that I wouldn't drink. I blacked out the first night abroad.

The following week, my professor confronted me about my breach of contract. "The next time you drink, Jesse, you'll be kicked out of this program and I'll send you back on a plane," he said.

Returning to Syracuse in the fall, I faced the possibility of expulsion and completely lost the privilege to go abroad to Hong Kong the following spring. My entire world crumbled before my eyes. I needed to change my life, so I called someone I met in the Options Program at SU's Counseling Services to join a support group. I also called my therapist at home in California to schedule therapy sessions.

But sobriety wasn't as simple as two phone calls. For a while, I spent nights alone;

I couldn't muster the courage to go out without drinking. It took me awhile to understand that drinking wasn't the only way to socialize.

Thankfully, my friends supported my decision, making it much easier to believe I wasn't alone. My counselor assured me that other college students struggle, too. "From research, we know that 6 to 7 percent of college students at any given time are diagnosable as alcohol-dependent," says Jim Byrne, an options counselor at SU. The rate increases to between 10 and 15 percent when considering the general population, he says.

My last drink was in June 2009. I still go out on Marshall Street and attend parties, but I won't stay out as late as I used to. My friends are the first ones to order me tonic water or Diet Coke. Sometimes I still struggle, but I'll turn to a close friend to release my anxiety. She'll remind me how much I have overcome, and what I've achieved—in academics, internships, and honors. Today, I get my highs from working out, not getting drunk.

On my birthday, a couple friends and I ventured to Turning Stone Resort and Casino, spent the night out, and relaxed with massages in the morning. It was one of the best birthdays I've ever had, and it didn't involve drinking. **with**

What the Health asked six students:

What is the most alcohol
you've drank in one night?



"I killed a bottle
of peach schnapps."

—television, radio, and
film major, age 31



"Probably 12 shots—
eight or nine gin and tonics
and four or five beers."

—political science major,
age 23
Political Science

"I never really count,
but I know it is over five."

—magazine, newspaper,
and online journalism
major, age 22



"Three drinks
and whatever my share
of two pitchers of Long
Island iced tea equals."

—Goldring Arts Journal-
ism student, age 23



"14 shots
of Jose Cuervo."

—magazine, newspaper,
and online journalism
major, age 23



"I'm not sure,
but I can tell you
what it was when I got ar-
rested: .17—about twice
the legal limit."

—magazine, newspaper,
and online journalism, age
25



By Rhéma Hill



Brought to you by your student fee

Visit us online at whatthehealth.wordpress.com