



what the health

THE LATEST BUZZ ON FITNESS, NUTRITION, AND WELLNESS FALL 2011

WORK OUT YOUR ABS, STANDING UP

PG. 34

Plus:

4 Fresh Exercise Trends

The Science Of Love

Dealing With Death

& More



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THIS SEMESTER, THE **WHAT THE HEALTH TEAM** grew immensely. Our Public Relations and Advertising departments jumped from only one student in each, to a total of 11 students. In October, our social media team held their first ever TweetChat, a back-and-forth discussion with readers following #wthfitness. And a team of 17 bloggers kept *WTH Online* alive with 10 blogs going up on the site each week.

The editorial team worked on revamping our Front-of-Book section with shorter, news-related content, giving you a quick take on current topics like movie reviews and 5 health apps that you'll want to download from the App Store after reading it (page 7).

Our writers also tackled serious issues like dealing with loss in college (page 47), and the mess of complicated information on HPV — made *much* clearer for you on page 52. As always, WTH delivers workout tips like the new workout trends (page 36) and an ab workout that you don't have to do lying on your dorm room floor (finally).

Make the most of the last few weeks of the fall semester and whip up a few of our favorite winter treats (page 58), or hit our Get-Out-of-Town spot for this issue: a bowling alley with more-than-amazing deals on drinks and games (you might start going there more than the Marshall Street bars).

Our final goal for this semester: increase on-campus student awareness of our magazine. Do us a favor, and pass it to your friends once you've read it — the least they could do is use it as an oversized coaster for their Friday night pregame drink. Hey, maybe then they'll pick it up Saturday morning — we do have a hangover cure breakfast plan (page 26), just sayin'.

Enjoy,

Heather Rinder
Editor-in-Chief

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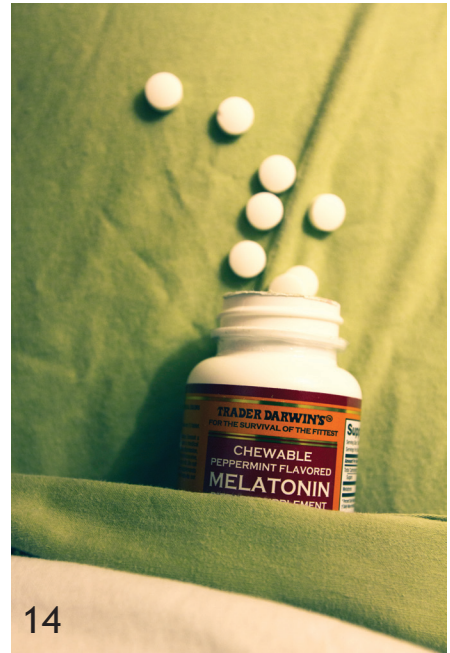
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THE BITS AND PIECES YOU SHOULD KNOW ABOUT NOW

compiled by caroline hugar // illustration by rebekah mackay

RUN TO FIGHT HEADACHES.

Recent research at the Sahlgrenska Academy at the University of Gothenburg, Sweden, found that exercise is just as effective as drugs at preventing migraines. Hit up the gym to prevent those headaches before you pop a pill.

EAT VEGGIES, NOT VITAMINS. New research proves that if you want the beneficial nutrients provided by eating vegetables, you need to eat the real thing. While some people take supplements in order to gain these nutrients, they are missing a key chemical that is poorly absorbed in these supplements. The enzyme myrosinase is missing from the supplements. Over-cooking your veggies can also cause vitamins to be lost. One alternative is to steam your veggies. This way you still obtain the necessary enzyme and nutrients.

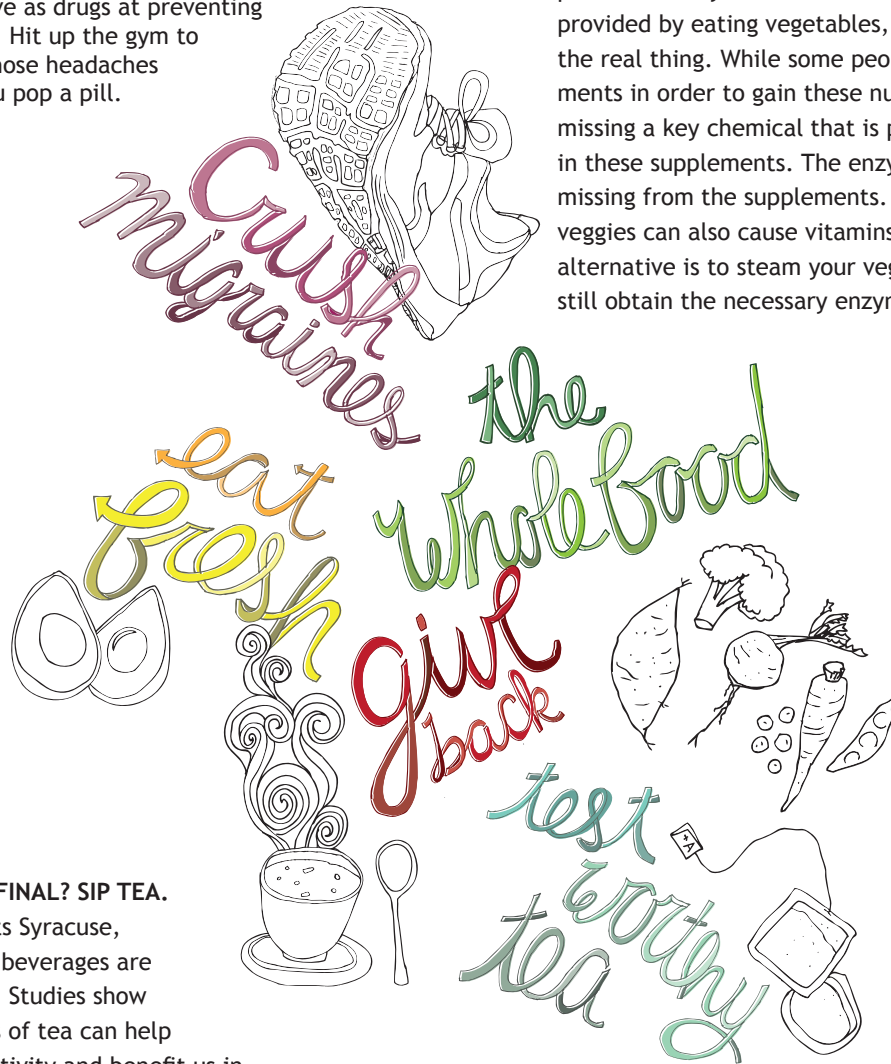
GIVE BACK TO 'CUSE.

Before you head home for the winter break, find time to do some good. Donate clothes in one SU's Ten Tons of Love bins, or stop by The Samaritan Center soup kitchen in the basement of St. Paul's Episcopal Cathedral on Montgomery Street.

WANT TO ACE A FINAL? SIP TEA.

Once the cold hits Syracuse, everyone's go-to beverages are teas and coffees. Studies show that some flavors of tea can help enhance brain activity and benefit us in multiple ways. Mint provides alertness and cinnamon increases blood flow to the muscles and brain. With well-circulated blood, attention spans increase, which could help students conquer tough exams. With its high concentration of vitamin C, green tea boosts your immune system—helpful during the winter months. It also contains the highest amount of minerals and antioxidants.

SLICE UP SOME GREEN. Subway added in avocado to its topping options. This newcomer is loaded with nutrients and high in beta-sitosterol, a compound that has been shown to lower cholesterol levels. Avocados are also high in monounsaturated fats, a compound necessary for a healthy diet. Replacing mayonnaise with avocados will cut the calories and add a new element of flavor. It's a simple way to spruce up your sub and cut unwanted fat contents.



stories by // lauren bartos

THE BEST HEALTH APPS & BLOGS

MYFITNESSPAL

PRICE: FREE

Whether you're looking to shed a few pounds or just know the nutritional breakdown of what you're eating, this app is for you. The app offers a free calorie-counter with thousands of foods, drinks, and meals from restaurants. You also have the option of inputting the recipes that you cook at home to determine your overall intake. Available on iPhone, Android, Blackberry, and Windows phone markets.

EVERYDAY HEALTH

PRICE: FREE

Everyday Health is an all-around health app. It includes a calorie counter, daily healthy living tips, doctor Q&A, health conditions A-Z, and countless health and nutritional articles. It also offers "Mom Says," a cute section that gives straight forward motherly answers to common problems. For example, you can see what to do about a fever or heartburn. This is a supportive feature for college kids away from mom. Available on iPhone markets.

SILVA MEDITATIONS

PRICE: FREE

Silva Meditations is a guided meditation app. A calming voice with soothing background music helps to calm you into deep relaxation. It comes with four meditations, including good morning and good night versions, as well as an energy boosting meditation and a centering exercise. This is an essential app for the stressed out, sleep-deprived college kid. Available on iPhone.

COUCH-TO-5K

PRICE: FREE OR UPGRADE
TO PRO FOR \$2.99

Running is a simple way to stay fit; you can do it anywhere, anytime. However, many people don't know the basics of how to run properly. Couch to 5k (or 10k if your feeling ambitious) is a nine-week starter course in running, which teaches you how to pace yourself and sets you up for success. Available on iPhone, Android, Blackberry, and Windows phone.

FOODUCATE

PRICE: FREE OR UPGRADE
TO PLUS FOR \$3.99

Fooducate is an easy to use bar code scanner app. Simply scan your food and the app grades it on an A through F scale. The chosen grade depends on trans fats, sugar content, or other hidden dangers. The app offers healthier alternatives, or you can scan another product and compare the two. Fooducate goes far beyond just reading the nutritional label and is a perfect tool for concerned eaters. Available on iPhone, and Android markets.

ALLNATURALANNIE.COM

This "natural" blog was started in 2008 by a certified Holistic Health Counselor and graduate of the Institute for Integrative Nutrition. The goal of her blog is to encourage people to use all natural and healthy products in everyday life. The blog highlights natural food companies, makeup companies, and natural household cleaners, as well as reviewing natural spas. It also offers free giveaways and coupons.

IATEAPIE.NET

Iateapie, a witty diet-food review blog, lives up to its clever name. It includes hundreds of reviews, on everything organic, low-fat or whole grain, along with much more. The site hosts comparisons on everything from frozen foods to energy drinks, all composed by Tanya Taylor, a Ph.D. in food science and nutrition and two of her affiliates. They also offer weekly meal plans, which incorporate frozen dinners with home-made ones.

HEALTHY-DELICIOUS.COM

What started as a dieting blog has transformed into a recipe blog to help people use "fresh, in-season fruits and vegetables, and whole grains" to create healthy meals. The best part is that all of the recipes take less than 40 minutes to complete-perfect for the hectic lifestyle of a college student.

VEGANYUMYUM.COM

Vegans need loving—blog loving, that is. Veganyumyum was started by a self-taught vegan chef in order to provide delicious recipes for vegans and non-vegans alike. The blog was the recipient of the 2007 best food blog award by the Blogger Choice Awards. Along with her recipes, a "how to" section features photo tutorials like "how to slice tricky fruits and vegetables." Among other perks, the blog also includes some fruit and veggie selection tips.

CRANKYFITNESS.COM

This all-around blog promotes itself as "your guide to health, fitness, nutrition, personal development, and whining," and that's exactly what it does. It's not your typical fitness blog where gym freaks boast about how much they can lift. Instead, *Cranky Fitness* approaches exercise and healthy eating with the same attitude that most of us do: "Do I have to?" It includes motivational tips, nutritional blurbs, and overall wellness advice, all with a much-needed dose of whining.

FIT FACTS

facts compiled by // madison flavin
infographics compiled by // anita sukha

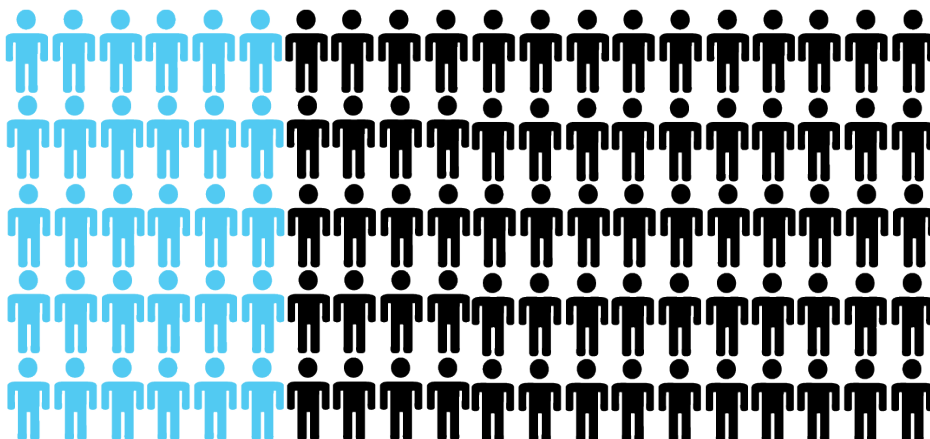


One cup of pineapple contains **76** percent of one's daily manganese, which is necessary for maintaining healthy bones and muscles.

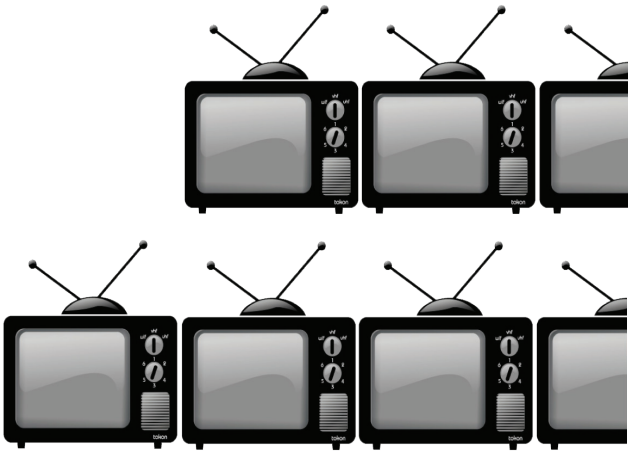
#1

Heart disease is the # 1 threat to men's health.

Chocolate milk has **double** the carbohydrate and protein content than regular milk, water, and sports drinks.



Only **30** percent of adults get the recommended daily amount of physical exercise.



Average # of TVs per household
for non-overweight people: **2.6**

Average # of TVs per household
for overweight people: **3.4**

25g

Eating 25 grams of fiber
per day boosts fat burn
up to 30 percent.



People who fill their plates with
food before sitting down to eat
consume up to 35 percent less
food than people who pass food
around a table.



Athletes inhale **20 times**
more air while exercising
than while at rest.

400

Shivering can burn
up to 400 calories
per hour.

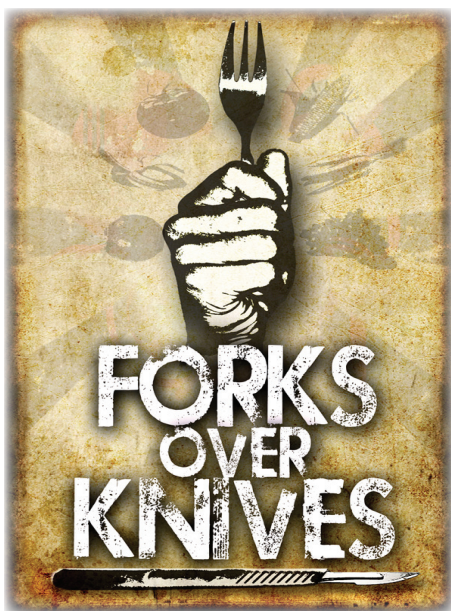
Two Food Documentaries: One Healthier Lifestyle



story by // victoria brown

Sadie and Safiyah, 11-year-old girls from New York City, were first introduced to organic food when on vacation in Ohio. It was locally grown cherry tomatoes. The girls noticed that they tasted much better than the ones in their school lunches, and they wanted to know why. This experience sparked the idea for a documentary: *What's On Your Plate*. Directed and produced by Catherine Gund, the film follows Sadie and Safiyah as they trace the origin of their food, examine its preparation, and then advertise how to take a more sustainable (and healthy) approach to eating.

What's On Your Plate is the perfect film to introduce audiences to a healthier lifestyle. Rather than rattle off facts about genetically modified veggies and scare viewers away, it emphasizes how to use local farmers' markets and the relationship between food and eating healthy. At times it may seem a bit 'young' for a college audience, but it is an excellent segue into deeper problems within the food industry. It raises questions that most people choose to ignore, which just might cause you to think about what's on your plate in an entirely new way.



story by // crystal tang

Imagine if the way you eat could control or even reverse degenerative diseases that plague Americans today. What if an alternative diet could reduce the risks of having heart disease, diabetes, and cancer? The documentary "Forks Over Knives" examines this theory and follows the investigations of two medical researchers and their personal findings regarding this claim.

While working in the Philippines, Dr. Campbell, a nutritional biochemist at Cornell University, learned that the more affluent people of the country who were eating animal-based foods were heavier and more likely to get liver cancer. Dr. Esselstyn, an American physician, discovered that many of the diseases that he has encountered are practically nonexistent in the areas where animal-based foods are rarely consumed. Campbell and Esselstyn discovered that it was possible to prevent or even reverse degenerative

diseases by regulating protein intake. A plant-based diet may decrease the risk of getting cancer and heart disease.

The film follows real patients with heart disease and diabetes who have adopted the plant-based diet. It charts their journeys before and after the change, emphasizing the success that the diet has had in treating their afflictions. Despite the proven results of a plant-based diet, the public is still relatively unaware of this new form of disease prevention and treatment.

The film was interesting, engaging, and surprisingly relevant to college students. We make healthy living decisions every day. Cancer isn't completely preventable, but limiting consumption of meat and including more vegetables and fruits in an everyday menu could potentially help. As the film advises: "eat to live, but don't live to eat."



story by: christopher langsdorf // photo courtesy of lawrence marbury

ELBOWS IN, HEAD UP

LAWRENCE MARBURY is well on his way to becoming a well-known fitness trainer to the stars. However, the road he traveled on to get there was more than a little rocky.

During the beginning of his junior year at Howard University, Lawrence Marbury dealt with a serious problem. It was not a declining GPA, poor grades on tests, or lack of turning in homework. Marbury was homeless. Suddenly something that most college students rely on during their college years--a place to live--vanished from Marbury's life.

Marbury's new living arrangements were far from ideal. He would sleep in various classrooms at Howard University, his local subway station even after it closed down, and whatever fast food restaurant he was closest to. This was far from the adjustment to college that most students expect. Marbury did his best to keep his head up. »



Marbury's favorite escape from the streets was the gym. "I got a membership so I could have a place to shower and store my clothes in the lockers," he says. "One day the lady from the gym offered me a chance to work the front desk and it all kind of happened from there."

Signing up for the gym unexpectedly saved Marbury's life.

Marbury was no stranger to working out. He recalls doing push-ups, sit-ups and even racing other kids to school as early as age seven. He credits his mother for instilling in him a healthy way of living. "She grew her own vegetables in her garden back in Philly," Marbury says. "She also made sure that we knew about herbs and vitamins." Marbury's past had collided with his present, as he found his mother's lessons of health coinciding with his new job and home at the local gym.

Marbury was determined to take advantage of his new living conditions. He began to pay special attention to the people working at the gym and immediately saw something that interested him. He befriended one of the personal trainers who later set him up with a few friends at Howard University. After two long years, Marbury saw his life headed in a positive direction. He says, "My big break as a personal trainer came when I

“

My big break as a personal trainer came when I started working with professional athletes and I started doing fitness seminars, sports camps and working with different trainers in the industry.”

started working with professional athletes and I started doing fitness seminars, sports camps and working with different trainers in the industry.” By 2008, Lawrence Marbury had created a successful life for himself.

Just one year earlier, Marbury experienced one of the most devastating events in his life. His father, who had been battling lung cancer for over a year, passed away. In his honor, Marbury devoted time to researching different types of cancers and created workouts that would keep people healthy both physically and mentally. Marbury's ultimate tribute to his father came this past January when he organized the "Half-Naked Workout." Held in Times Square in New York City, the event fell on Jan. 15. In 30-degree weather Marbury worked out in his underwear while voicing various cancer facts and statistics.

In the heart of Times Square, New Yorkers and tourists alike stopped to watch a man unafraid to work out in pink underwear in support of breast cancer awareness. Some even participated in the exercises.

Marbury's most chilling announcement came near the end of the event. Marbury motioned to the crowd and stated "Every hour 156 people find out they have cancer. 156 people. That's all of you right here."

Today Marbury works as a personal trainer in several capacities, from helping kids battling weight problems to achieving drastic results for his celebrity clients (like former Philadelphia Phillies baseball player Craig Pippen and rapper "Freeway") Marbury's newfound passion has taught him some valuable lessons in fitness and life in general. As Marbury would advise, when doing push-ups always keep your elbows in, when living life always keep your head up. **WTH**

WHAT THE HEALTH // FALL 2011

get well



story by: daisy becerra // photography by: lauren levy

PROTECTION PAID-FOR

With a new health insurance measure taking effect next year, college-aged women will find easier ways to obtain contraceptives *without breaking the bank.*

IMAGINE KNOWING YOU SHOULD BE TAKING BIRTH CONTROL, but having no way to pay for it. With the help of a recent U.S. Department of Health and Human Services decision, for many, this will no longer be the case.

In early August, the government mandated that all insurers cover a range of women's reproductive-related and prenatal health care expenses including birth control and contraceptive methods without additional out-of-pocket costs or co-pays starting in 2013. Many organizations, including the Planned Parenthood Federation of America, welcomed the announcement as a victory for women's health praising the government's move to eliminate co-paying for contraceptives in a press release. Planned Parenthood said that the order would without a doubt reduce the rate of unintended pregnancy in the United States.

Imani Jackson, a junior biotechnology major, agrees. "Most teen pregnancies are caused by people not having available resources and knowledge," said Jackson, who is also a member of Sex S.Y.M.B.A.L.S., an on-campus organization that promotes awareness of contraceptives for African American and Latino students.

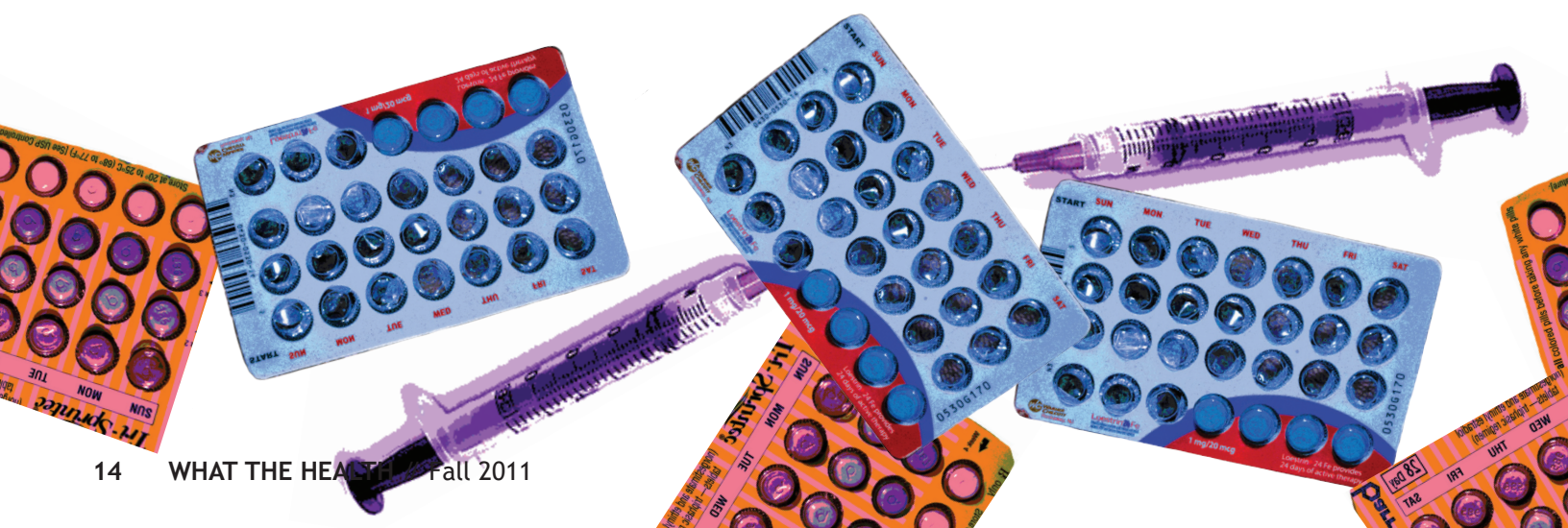
For many women across the country, the measure will make it easier to obtain the right kind of contraceptives without a financial burden. Christine Carter, a senior biology major, says "the birth control that my doctor recommended was very expensive," says Carter. "Fortunately, my insurance was able to cover the samples that I needed."

Betty DeFazio, director of community affairs and public policy at Planned Parenthood in the Rochester/Syracuse region, says that many women struggle with the cost of birth control, even with co-payments.

"In this economic climate, with women spending money on so many other necessities, to have this off of their plate is something that's really going to help," she says.

Jackson says the measure will make things better for fellow students who don't have the resources to pay for birth control.

"My hope is that once this plan goes into effect, it will bring down the number of teen pregnancies," she says. "I don't know if that is going to happen; but since it's free, I would hope that people will take the initiative to use it." **WTH**



story by // stephanie bouvia

"THE PILL" FOR GUYS?

New research shows male birth control may not be too far from the market SU students and staff discuss whether or not they think men would use this contraceptive.

THE IDEA OF GETTING A HORMONE INJECTION, taking a pill every night, or having an object implanted under the skin as a form of birth control may seem a little daunting for men. But, the truth is, male birth control may be available and on the market soon.

Research is being done on male contraceptives in China, Europe, Canada, and the United States. Reversible Inhibition of Sperm Under Guidance, or RISUG, is a method of male birth control that is currently being researched, says Jenna Weintraub, an outreach and education specialist for Planned Parenthood of the Rochester/ Syracuse Region. RISUG is a silicone plug that is inserted into the vas deferens. It breaks the cell membranes of sperm present in ejaculation. Without that membrane, the sperm cannot dissolve the cell wall of an egg, and are rendered infertile.

Weintraub, who has done extensive research on male contraceptives, says she is confident that if given the option, men would be willing to use contraceptives in the form of pills, injections or patches. "I think a lot of men feel left out in a way," says Weintraub. "Research shows that men are ready and willing to take part in birth control." In about five years we can expect

the start of clinical trials of RISUG in the U.S., Weintraub says.

According to a recent Time article, most male contraceptives started out as treatments for unrelated illnesses. A drug called Gamendazole was first developed as an anticancer drug, but researchers found that it also interrupts the maturation cycle of sperm, causing sperm to be nonfunctional.

Susan Scholl, a Syracuse University department of public health, food studies and nutrition professor says birth control has been the province for women, for better or for worse. "It will be interesting for men of certain generations; it will be more challenging for men of other generations."

Justin Tasolides, a senior television, radio and film major, said he would be hesitant to take male birth control. His concern lies with the potential health risks involved.

"I enjoy sex but I don't find condoms all that cumbersome. Plus [the thought of taking] birth control drugs make me feel odd. I'm sure there are cancer risks," he says.

Weintraub says there needs to be more funding for research of male contraceptives to make them affordable and readily available in the future. **WTH**





story by // katherine anne connolly
photography by // rebekah mackay

It's 3 a.m. Your body feels exhausted but you just can't fall asleep. This is when some students reach for sleep aids.

According to a recent survey, 33 percent of college students use a synthetic form of melatonin. Melatonin is a natural hormone secreted by the brain when it's dark out to induce sleepiness, according to the University of Maryland Medical Center (UMMC). While melatonin is produced naturally, its synthetic over-the-counter pill form may cause concern.

The body produces high levels of melatonin during the nighttime and low levels during the day. This determines our internal clock if sleep and waking hours, according to the UMMC. Being exposed to bright lights in the evening or too little light during the day can alter

the body's melatonin production. For example, jetlag and working night shifts can disrupt the melatonin cycle. It comes as no surprise then that college students, with hectic schedules full of late nights and early mornings, sometimes have difficulty falling asleep and might enlist the help of a supplement.

Alexandra Tartell, a senior accounting major at Syracuse University, says she uses melatonin regularly after a late night of caffeine-induced studying. "I take it when I know I won't be able to fall asleep otherwise and it helps me feel sleepy," says Tartell.

The synthetic form of melatonin is sold as a dietary supplement. It is the only hormone sold in the United States without a prescription. Tartell says she hasn't done much research on the supplement. "It is over-the-counter and all natural so I hadn't really thought I needed to."

Because melatonin is contained naturally in some foods, the U.S. Dietary Supplement Health and Education Act of 1994 allows it to be sold as a dietary supplement, according to the National Sleep Foundation. These do not need to be approved by the Food and Drug Administration or regulated in the same way as drugs. It is made in unregulated factories and side effects are not listed on the package. Furthermore, listed doses are not controlled, which means the amount of melatonin in a pill is not necessarily the same as what is listed on the package. Most commercial products offer levels of melatonin that can cause blood melatonin levels to rise about 1 to 20 times the normal level, according to the National Sleep Foundation.

While Tartell swears by the supplement, Jane Uzcategui, professor at Syracuse University's Department of Public Health, Food Studies and Nutrition says that its effects are not entirely proven. "It's usually useless," says Uzcategui. "Especially in college-age students when there is no melatonin deficiency." The National Sleep Foundation agrees. "When scientists conduct tests to compare melatonin as a 'sleeping pill' to a placebo most studies show no benefit of melatonin," its website says.

"It is more a question of sleep hygiene," says Uzcategui. "It's how much caffeine you are drinking, do you have distractions, do you have a dark place, do you have a laptop when you are going to sleep, do you have roommates? These are the things to alter that can truly affect how much sleep you are getting."

Looks like it's time to just turn off the lights and the laptop for some good old-fashioned shuteye. **WTH**

HYDROXY- energy

THE POPULAR DIET PILL
IS BEING USED FOR
MORE THAN JUST
LOSING POUNDS.

story by // brianna sander
illustration by // nicole wajack



image by // google images

When in need of an energy boost during the day, students often reach for a Red Bull, a 5-Hour Energy shot, Starbucks coffee, or more recently, diet pills. “I’m so productive on Hydroxycut,” says a junior psychology major, who chose to remain anonymous.

Hydroxycut’s advertisement claims that the product is a source of energy. When squeezing in homework and study sessions before a night at the bars, some find that Hydroxycut proves an easy way to remain productive and awake so that they can complete their work with time left over to party. But health concerns exist regarding the pill. Hydroxycut, once banned by the FDA after evidence that it causes liver damage was discovered, was put back on the market (in a reformatted version) only a few weeks later.

Hydroxycut contains as much caffeine as two cups of coffee (200 mg per serving), according to the Dietary Supplements Label Database. Combine caffeine with alcohol and there may be serious consequences. Similar to the concerns with Four Loko, this combination can harm your body.

While many of us don’t have the luxury of napping between classes or sleeping for 10 hours every night, there are several ways we can alter our eating habits to gain the energy we need. “Foods such as fresh fruit or vegetables and almonds, contain omega-3s and fiber; which will naturally boost your energy and focus and provide your body with the nutrients it needs,” suggests Deborah Senenfelder a Pennsylvania-based Health Coach. With simple alterations, like storing a bag of almonds or dried fruit in your bag instead of snacking on fast food you can make the changes you need to balance your lifestyle from the library to the bar. **WTH**



tension AT OUR FINGERTIPS

How excessive laptop usage puts
students at risk of **Carpal Tunnel Syndrome**

story by paige carlotti // photography by rebekah mackay

When it comes to illnesses, college students tend to think they are invincible, or too young to begin worrying about them. When it comes to carpal tunnel syndrome, the situation is no different.

“I don’t even know what carpal tunnel syndrome is,” says Leigh Miller, a freshman magazine major, “nor do I know anyone who has it. Isn’t that for old people?”

The truth is, with advances in technology, students are becoming more susceptible to developing carpal tunnel syndrome in their adulthoods. Students’ excessive laptop usage is a major source, says Kathy Manser, a nurse practitioner at Syracuse University Health Services.

In carpal tunnel syndrome, the nerve running from the forearm into the palm of the hand is pressed or squeezed at the wrist. “Major causes of carpal tunnel syndrome include repeti-

tive motion, namely, computer work,” says Manser. “Students who type on their laptops while sitting on their beds are most vulnerable to this disease because the position causes them to overstretch, further straining their tendons.”

If students find themselves in this position, Manser advises that they take frequent stretch breaks and sit in an ergonomically sound position; that is, one free from strain, like sitting at a desk as opposed to lying in bed.

Carpal tunnel is caused by repetitive motion, says Annie Candela, a physical therapist at the Orlando Regional Health Center. “It is one that develops over time and, therefore, is unlikely to affect people at such a young age.” Although the pain caused by carpal tunnel syndrome may not be experienced until tomorrow, the source of the problem is literally at students’ fingertips today. **WTH**

story by rakelke shapiro // photography by lauren levy

ARTIFICIAL FOODS, REAL HARM?

For years, people have been consuming food additives such as MSG and aspartame in many processed foods, unaware of the potential health risks



On the back of your mac and cheese box, the ingredients section lists white flour, salt, cheese culture, and about 20 other names you've never heard of, and can't pronounce. Some of these are food additives.

Food additives are integrated with a food product during processing, according to the National Institutes of Health. They're often added to maintain freshness, preserve flavors, and enhance the appearance of food.

While the FDA recognizes approximately 700 food additives as safe, such as vinegar used to pickle foods, artificial ones are potentially harmful. These additives can still be used in food, but only in quantities of one-one hundredth of the amount thought to be dangerous. This requirement aims to protect consumers from eating too much of a harmful substance.

Aspartame, one of the more common additives, is used as a substitute for sugar in products such as Splenda and Equal. In an attempt to reduce their intake of sugar and cut calories, many people use sugar substitutes in their coffee and desserts or drink diet sodas and chew sugar-free gum.

Recently, there has been a movement on behalf of consumers to find foods that contain little to no sugar substitutes. A new chewing gum called Pur gum is aspartame-free and made with xylitol, a naturally occurring sugar alcohol. "I noticed a demand in the food industry for foods that were not artificially sweetened with aspartame," says Jay Klein,

“

MSG is an excitotoxin that if consumed in high quantities can damage brain cells, potentially causing neurological disorders.”

JIM HEALTHY

President of Pur Gum. This chewing gum has become very popular among health-conscious consumers looking for an alternative to sugar-free gum.

Monosodium glutamate is another popular food additive, used in the preservation of food and also as a flavor enhancer. Commonly known as MSG, it is the sodium salt of the amino acid glutamic acid. However, other concerns have been raised over the safety of MSG. MSG is an excitotoxin that if consumed in high quantities can damage brain cells, potentially causing neurological disorders, says Jim Healthy, co-author of *The Fast Food Diet* and *The 30-Day Diabetes Cure*.

With companies using food additives for a variety of reasons and in varying quantities, it is important to become more aware of the foods they eat. Some students recognize this and have started making a conscious effort to eat fewer processed foods. "I always try to find healthier alternatives to my favorite processed foods," says Remy Seiken, a sophomore retail management major at SU. "So many foods have unnatural ingredients in them now that I think it's important to eat healthy whenever I can." **WTH**

story by // hannah redfield
photography by // audrey hart

POPPING PILLS FOR *beauty*

YOUNG WOMEN
ARE TAKING A
SURPRISING PILL
HOPING TO GROW
LUSCIOUS LOCKS AND
GORGEOUS NAILS

When it comes to quick and easy beauty fixes, women are always looking for the latest craze. One of the newest trends among young women is taking pills. Not diet pills or pills for breast growth but instead they're popping prenatal vitamins.

Natalia Krawiec, a freshman business management major, has taken prenatal vitamins to help her hair grow for about two years. "I think it works on me because I have naturally really thin hair," Krawiec says.

Prenatal supplements, thought to aid in hair and nail growth, consist of a variety of vitamins and minerals, like iron, calcium, and folic acid, according to the American Pregnancy Association. Folic acid is a synthetic form of folate; which occurs naturally in food and helps produce and maintain new cells, according to the Office of Dietary Supplements at the National Institutes of Health.

Professor Jane Uzategui, a registered dietitian who specializes in life cycle nutrition and medical nutrition therapy at Syracuse University, doesn't think this fad is worth it.

"I am always an advocate of food first," she says. "If you have a balanced diet, you wouldn't need any additional supplements." Natural sources of folate include leafy greens, citrus fruits, papayas, mangos, and egg yolks. She also says that unless you have especially sub-clinical deficiencies, meaning you don't have nearly enough of the recommended intake of a particular vitamin, the hair and nail growth may not even be noticeable.

Uzategui also says that prenatal vitamins wouldn't do anything that a general multi-vitamin can't do. A CVS generic brand prenatal vitamin costs around \$20, while generic brand regular multi-vitamins are only about \$9.99. Buying daily dietary supplements is a cheaper plan and just as efficient.

Although Uzategui says there are no serious side effects, the additional iron that is found in prenatal vitamins may cause constipation. Aside from this discomfort, the only thing that will suffer from taking prenatal vitamins is your bank account. **WTH**



story by: elizabeth carey // photography by: erica fisher and jessica laurello

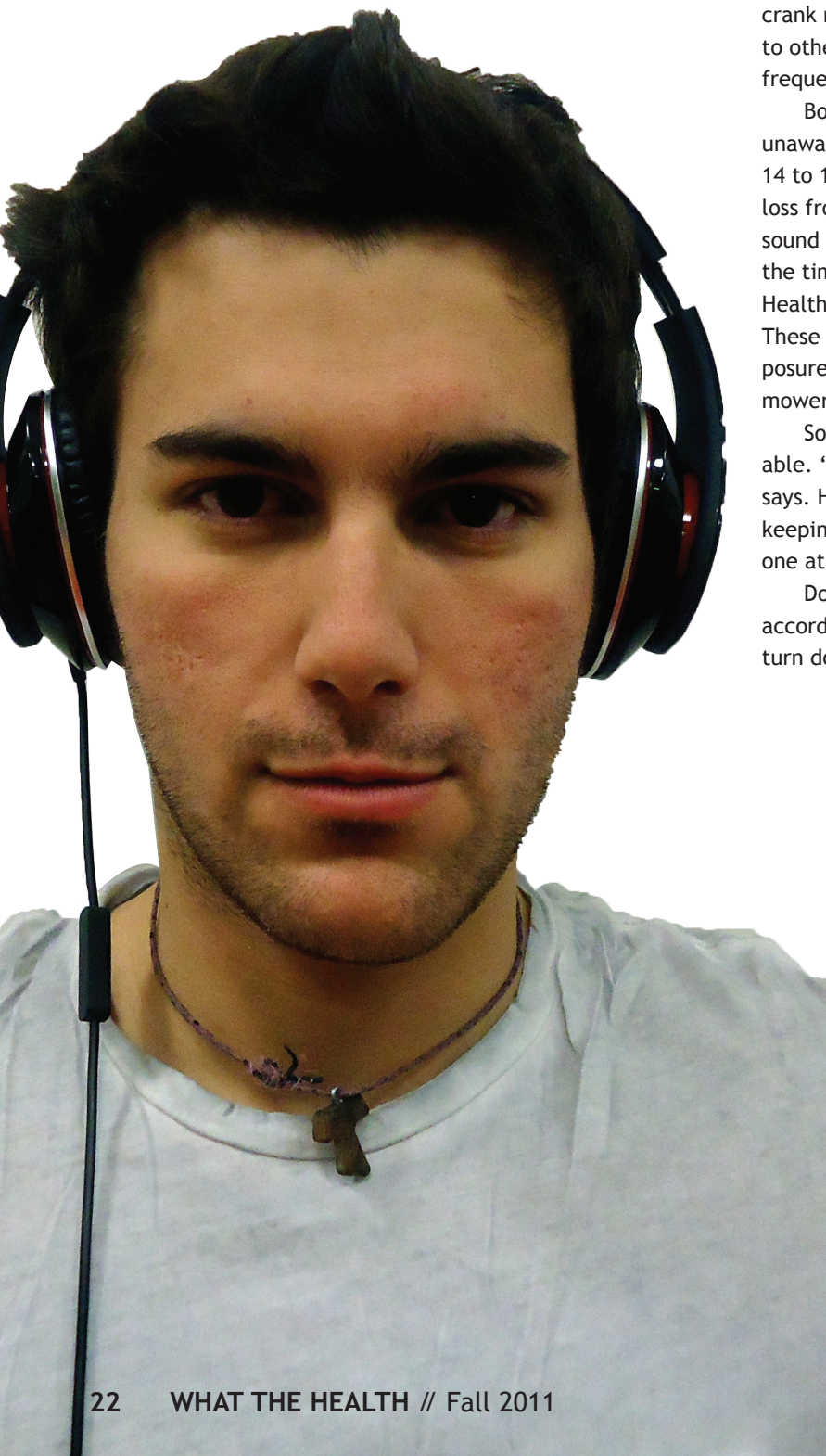
CRANKING UP THE NOISE

Students harmed by underestimated effects of noise pollution

IF YOU'RE STRUGGLING TO HEAR YOURSELF THINK, YOU'RE NOT ALONE. Noise inundates students across campus, from construction outside Starbucks to music blaring at parties.

Anytime unwanted or disturbing sound interferes with your normal activities, you experience noise pollution, which can lead to a number of health risks, according to the Environmental Protection Agency.

Noisy disruptions derail health and not just by impairing hearing. Risk of cardiovascular disease, fatigue, and anxiety are caused by noise pollution, according to a World Health Organization report. It can disturb sleep, drive up stress levels, and negatively affect your mood. >>



Noise pollution on campus makes it hard to study and sleep. “It’s all hours all the time—it’s even noisy in the library,” says Anell Colon, a sophomore sports and human dynamics major.

The Department of Public Safety frequently receives noise complaints from professors and students. With academic buildings so close to frat row, classes are often interrupted by music and partying on sunny afternoons. “Fraternities, on nice warm days, crank music around 3p.m.,” says Sgt. Sean Corcoran. He responds to other complaints from dorms and about nearby parties, most frequently at night and on weekends.

Bombarded with noise around the clock, people are usually unaware of its potential irreversible damage. Over 16 percent of 14 to 18 year-olds in the United States show evidence of hearing loss from exposure to loud sound. “If they continue this type of sound exposure, they will have the hearing of a 60 year-old by the time they are 30,” says Dr. Billy Martin, a scientist in Oregon Health Sciences University’s Oregon Hearing Research Center. These teenagers face permanent hearing loss from repeated exposure to loud sound including music, gunfire, power tools, lawn mowers, motorcycles, snowmobiles, chainsaws and other sources.

Sounds of heavy traffic, motorcycles, and sirens are unavoidable. “The easiest thing to do is to protect your ears,” Martin says. He suggests avoiding loud areas, wearing earplugs, and keeping your headphone volume down. If you cannot hear someone at an arm’s length away, your iPod is too loud, Martin says.

Don’t count on a doctor to fix damaged ears; there’s no cure, according to the National Institute of Health. Your best bet is to turn down the volume when you can. **WTH**

DID YOU KNOW?

Sound is measured in units called decibels. On the decibel scale, an increase of 10 means that the sound you hear is 10 times louder. The humming of a refrigerator is 45 decibels, a normal conversation is approximately 60, and noise from heavy traffic can reach 85, says the National Institute of Deafness and Other Communication Disorders. Firecrackers or small firearms can emit anywhere from 120 to 150 decibels of sound. Repeated exposure to sounds at or above 85 decibels can cause hearing loss.

WHAT THE HEALTH // FALL 2011

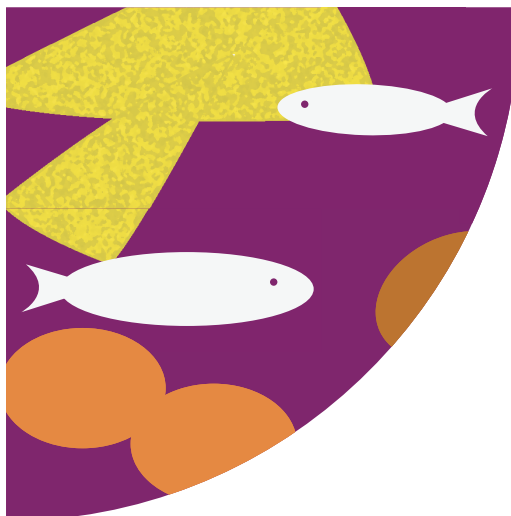
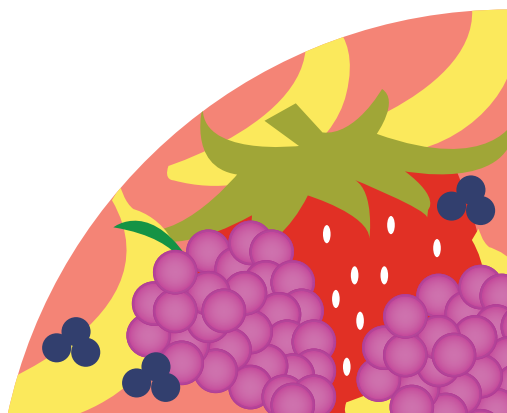
eat smart



story by: katie richards // illustration by: allison werner

THE NEW PLATE IN TOWN

Say Goodbye to the food pyramid, there's a new
system to keep your balanced diet on track



THE FOOD PYRAMID WAS ON EVERYTHING from our cereal boxes to posters in our middle school lunch room. Now on those posters: a food plate. This summer, the United States Department of Agriculture said so long to the food pyramid. The new plate-shaped graphic promotes healthy eating by encouraging smaller portions and well-balanced meals. In the new structure, age, sex, weight, height, and amount of physical activity determine serving sizes. Importance is placed on eating a variety of foods and colors.

FRUITS

Make sure the fruit on your plate range in color; the more colors the better. Fruits can be canned, dried, fresh, and frozen. Half of your daily food intake should be made up of fruits and vegetables. Jane Uzategui, a professor in the department of public health, food studies and nutrition at Syracuse University, says this is where we fall short. Men and women between the ages of 19 and 30 should eat two cups of fruit a day. One medium pear, eight large strawberries, or one small apple are all equal to one cup.

GRAINS

Two types of grain, whole grains and refined grains, make the plate. Whole grains can be found in brown rice and whole-wheat bread while refined grains are found in white rice and white bread while. Men 30 and under should consume eight ounces of grains a day while women 50 and under should consume six ounces a day. One pancake, one pack of instant oatmeal, or half an English muffin all account for one ounce. Be sure to eat at least half of your grains as whole grains.

VEGETABLES

Five sub-categories exist within the vegetable portion of the plate: dark green vegetables (broccoli and spinach), red and orange vegetables (sweet potatoes and carrots), beans and peas (pinto and kidney beans), starchy vegetables (corn and potatoes), and others like asparagus, celery, and onions. Women ages 19-30 should consume two and a half cups of vegetables each day, while men ages of 19-30 should consume three cups per day.

PROTEIN

Proteins encompass meats, eggs, nuts, and beans and peas. Look for lean meats. When you eat nuts, try unsalted varieties. Women 30 and under should eat five and a half ounces of protein a day and men 30 and under should eat six and a half ounces. One egg is equivalent to an ounce while one small steak is between three and a half to four ounces.

DAIRY

Choose dairy products high in calcium such as milk, yogurt and cheese. Cream cheese, butter, and cream don't count as part of this group because they have little to no calcium. When drinking milk, try fat-free or low-fat. The recommended amount of dairy for both men and women is three cups a day.

Where did all the sugar go? No longer included in the graphic, sugars, or empty calories, include snacks like cookies, cakes, sodas, and ice cream. The absence of sugars stresses that, "those types of foods shouldn't be a main part of your diet. Uzategui says. VISIT WWW.CHOOSEMYPLATE.GOV FOR MORE INFO. **WTH**

BEATING THE HANGOVER

story by // emily borgeest
photo credit // google images

Try these breakfast plans to kick-start
your weekend mornings and
leave last night behind.

IT'S A BANGING HEADACHE. A grumbling and wooziness in your stomach. It's eyes that barely open at 12:15 p.m. You partied last night - now you're hung over.

When Saturday morning rolls around and you're not feeling in top shape, it's easier to reach for a quick, greasy breakfast sandwich than for something that's nutritious. Some foods can have you back up and running faster than others; and the foods you chose for breakfast are key (even if it's technically lunch time).

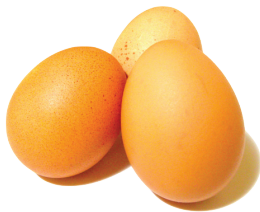
The tip to curing a hangover is hydration, says Lisa Yarah, registered dietitian for Central New York Dietitian Consultants Incorporated in Fayetteville. "Drink plenty of water and fluids, just not soda or any caffeinated drinks," says Yarah. Hangovers are a form of dehydration. After hydrating, the next best thing to do is to consume whole grains, fruit, and protein, to restore your blood sugar.

Although there is no magic hangover cure, following some guidelines can help to alleviate your pain. Fruits and vegetables, which have a high water content, are great additives to any breakfast because they boost your metabolism and help hydrate you. Try adding vegetables to your omelet; spinach, mushrooms, tomatoes, broccoli, peppers, and onions are all great options. Remember, brightly colored fruits and vegetables are loaded with vitamins.

When choosing your breakfast, keep serving sizes in mind. The average college female should consume about 200 to 400 calories at breakfast, the average college male should consume about 500 to 700 calories. Aim to eat three out of the four following food groups at breakfast, says Jane Uzategui, a professor in the department of public health, food studies and nutrition at Syracuse University.

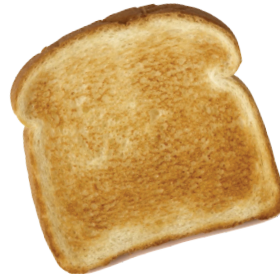


PROTEIN: Because it is already found in grains (complex carbs) and in dairy, this category is optional, but a little extra won't hurt as long as it's lean. Whole eggs or egg whites are good options. Uzcategui advises to limit yourself to four yolks per week.



GRAINS OR COMPLEX CARBOHYDRATES:

These include whole grain toast or oatmeal.



FRUIT: Superfoods like blueberries and mangos are bright in color and contain high levels of vitamins and antioxidants.



DAIRY: Go for the fat-free or low-fat variety of either milk, Lactaid, or yogurt.



WEEKEND BREAKFAST PLAN

FRIDAY

1 ½ cups of a whole grain, low sugar, high fiber cereal with 1 cup of milk (skim, Lactaid, or soy) and 1 banana. “When choosing cereal, make sure it’s whole grain, and under six grams of sugar with at least 5 grams of fiber,” Uzcategui says.

SATURDAY

2 eggs (or egg whites), 1-2 pieces of whole grain toast, ½ a grapefruit, 1 cup of milk, or 4oz. of calcium and vitamin D fortified orange juice. “Serving size varies depending on your size,” Yarah says. “A small female would probably eat one piece of toast and one egg, while a large male would have two eggs and two to three pieces of toast.”

SUNDAY

1 cup of oatmeal with 1 cup of milk or small container of yogurt, and 1 cup of berries. (Caution: check sugar content of oatmeal and yogurt.) “Oatmeal and Greek yogurt are great options,” Yarah says. “Especially steel-cut oat oatmeal. Greek yogurt is great because it is high in protein.” **WTH**

eat this NOT THAT: *syracuse edition*

WTH DISHES OUT SOME OF THE MOST, AND
LEAST HEALTHY OPTIONS AVAILABLE AROUND THE SU HILL.

story by: mayra najera // photography by: nicole wajeck

STANDING IN LINE AT STARBUCKS YOU FEEL TEMPTED. The aroma of the cinnamon swirl coffee cake distracts you and even though you already ate lunch. You choose the multi-grain bagel with reduced-fat cream cheese and a skinny vanilla latte as a midday snack, about 520 calories in total. Eating 500 extra calories today may seem like no big deal, but if you continue eating 500 calories more than you should a day, it doesn't take a psychic to see weight gain in your future. Dump the unhealthy options available around campus for these better-for-you picks.



Top Swaps: Burger King

EAT THIS: TENDER GRILL CHICKEN SANDWICH

470 calories
18 g fat
(7 g saturated fat)
1,100 mg sodium

Burger King modified their Tendergrill Chicken sandwich with a ciabatta bun, made of whole-wheat flour. *Save an extra 100 calories by eliminating the mayonnaise.*

NOT THAT: TRIPLE WHOPPER WITH CHEESE

1,230 calories
82 g fat
(32 g saturated fat)
1,550 mg sodium

It takes 3,500 calories to create a pound of body fat; eat three triple whoppers with cheese, and you'll gain a pound.

SAVE: 760 calories, 35 g of saturated fat and 64 g of fat!

Top Swaps: Cold Drink

EAT THIS: DUNKIN' DONUTS' ICED MOCHA SWIRL LATTE 16 FL OZ

180 calories
0 g fat
(0 g saturated fat)
125 mg sodium

NOT THAT: STARBUCK'S ICED CAFÉ MOCHA 16 FL OZ

320 calories
17 g fat
(9 g saturated fat)
90 mg sodium

SAVE: 140 calories, 9 g of saturated fat and 17 g of fat.

Jane Uzategui, a professor in Syracuse University's department of public health, food studies and nutrition, says sugary drinks contain an excessive amount of calories. For example, a 16 fl oz. drink may contain about 250 calories. "If you drink sugary liquids filled with calories, you don't feel full," she says. Uzategui encourages eating your calories, instead of drinking them.

Top Swaps: Sandwich

EAT THIS: JIMMY JOHN'S #12 BEACH CLUB CUSTOMIZED

Try it on a lettuce wrap with provolone cheese and save 337 calories. Without the mayonnaise, it's only 199 calories.

199 calories
9.78 g fat
(4.63 g saturated fat)
759.47 mg sodium

NOT THAT: SUBWAY'S MEATBALL MARINARA SIX INCH SUB

480 calories
18 g fat
(6.8 g saturated fat)
950 mg sodium

SAVE: 281 calories and 8.22 g of fat

Top Swaps: Fruit Smoothie

EAT THIS: FRESHËNS' STRAWBERRY OASIS

70 calories
0 g fat
(0 g saturated fat)
10 mg sodium

NOT THAT: NAKED JUICE RED MACHINE

170 calories
4.5 g fat
(0.5 g saturated fat)
15 mg sodium

SAVE: 100 calories, 4.5 g of fat and 16g of sugar.

Top Swaps: Burrito

EAT THIS: CUSTOMIZED DINING HALL BURRITO

Ruth Sullivan, registered dietitian for SU food services suggests you can substitute healthier options available in the SU dining centers to make a burrito that is better for you. "This will help lower the calories, fat, and sodium, but raise the fiber, protein and vitamins in your burrito," says Sullivan.

NOT THAT: CHIPOTLE CHICKEN BURRITO

960 calories
38 g fat
(17 g saturated fat)
1,655 mg sodium

Sample burrito ingredients: chicken, cilantro and lime rice, black beans, cheese, sour cream and romaine lettuce. The flour tortilla alone is 290 calories. In addition, avoid an added 570 calories by avoiding Chipotle's salty chips.

FOR YOUR SWAP: Sullivan suggests switching your flour tortilla to a whole-wheat tortilla, lower in fat and sodium, but higher in fiber and protein. Add brown rice or quinoa instead of the cilantro-lime rice to increase fiber and vitamins. Choose from the variety of beans: pinto, black and kidney beans--four ounces of beans count as two servings of protein. The grilled and baked chicken is cooked fresh daily and contains 319.4 mg less sodium. Replace the sour cream with yogurt, hummus or vegan sour cream.

Top Swaps: Frozen Treat

EAT THIS: ROLY POLY'S ROLY YO TART FROZEN YOGURT

90 calories
0 g fat
(1 g saturated fat)
50 mg sodium

Add fresh fruit and nuts to your frozen yogurt.
Nutritional value will vary.

NOT THAT: SNICKER'S ICE CREAM BAR

180 calories
11 g fat
(6 g saturated fat)
60 mg sodium

SAVE: 90 Calories and 11g of fat.



Sweet Stuff

With so many artificial sweeteners on the market, know the facts before you sweeten up your next coffee.

story by // alyssa rothschild

YOU SEE A BOX OF COOKIES on the shelf at the supermarket embellished with the Splenda logo on the box. To make these cookies “healthier,” the brand ditched regular sugar for the artificial, calorie-free kind. But there may be consequences for consumers.

Research has yet to determine all the effects that artificial sweeteners may have on the adult diet. We often view artificial sweeteners as a way to have the best of both worlds- a way to enjoy limitless amounts of sweets without having to worry about calories, but we shouldn’t be so confident that artificial sugar is better.

“The FDA has deemed artificial sweeteners safe because when consumed in reasonable quantities, there do not seem to be any negative effects. There is limited evidence to examine long-term effects of consumption,” says Lynn Brann, a professor in the department of public health, food studies and nutrition at Syracuse University. The FDA approved sucralose (Splenda), aspartame (Equal) and saccharin (Sweet’N Low). Now “natural” herbal sugar substitutes, stevia (Truvia and PureVia) exist.

Brann recommends limiting the amount of non-nutritive sweeteners in adult diets, as there’s not enough scientific evidence for a true verdict on how beneficial artificial sweeteners are for a sugar replacement. She says the best bet is to cut back on sweets altogether and have a diet that includes whole foods and limited artificial sweeteners. »

Here are some of the facts that research has uncovered about our favorite sugar substitutes:

EQUAL, NUTRASWEET (ASPARTAME)

Discovered: 1965, first sold to the public in 1981.

Sweetness: 160-220 times sweeter than sugar

Calories: 4 per gram

SPLENDA (SUCROSE)

Discovered: 1976, first sold to the public in 1998.

Sweetness: 600 times sweeter than sugar

Calories: 0 per gram

SWEET N' LOW (SACCHARIN)

Discovered: 1879, first sold to the public in 1884.

Sweetness: 200-700 times sweeter than sugar

Calories: 0 per gram

STEVIA (PUREVIA, TRUVIA)

Discovered: Centuries ago, first sold in 1917 in Japan and in 2008 in the United States.

Sweetness: 250-300 times sweeter than sugar

Calories: 0 per gram

“Stevia is my top recommendation if you are going to use a no calorie sweetener as it is a natural sweetener. It contains almost no calories, and yet adds delicious sweetness to foods and beverages,” says Lisa Fairbairn, a registered dietician and nurse.

SUGAR

Discovered: 11th Century AD.

Calories: 3.87 calories per gram or 16 calories per teaspoon

“Sugar provides no nutritional value other than calories,” Fairbairn says. “A small amount of sugar will not be harmful to most people. The bottom line, eat sugar in moderation.” **WTH**

WHAT THE HEALTH // FALL 2011

feel great



FEEL GREAT

TAKE A STAND

STRENGTHEN YOUR CORE WITHOUT STRAINING YOUR BACK

story by: kirkland locey // photography by: rebekah mackay

IF YOU HAVE EVER FELT LOWER BACK PAIN DURING AN HOUR-LONG CLASS or while hunching over your laptop, you know that sitting can become uncomfortable. Standing ab workouts are an easy way to escape from and help prevent the pain. “Students are sitting a lot today, and this causes chronic stress to develop, particularly in the discs of their back,” says Stu McGill, an award-winning author and professor of spine biomechanics at the University of Waterloo. Simple standing abdominal workouts can combat such back stress, he says. While traditional floor abdominal workouts may be good for targeting specific muscle areas, they can place harmful stress on your back.

Regardless of your fitness level, a standing abdominal workout will strengthen your back muscles and help prevent lower back discomfort and injury. “When you put your abdominal muscles to use, you are usually in a standing position,” says Veronica Dyer, Syracuse University Athletics strength and conditioning coach. “As a result, standing while working your abs is an easy and natural stance.” Dyer created a 20-minute standing abdominal workout to fit any student’s schedule and living space.

Side Elbow to Knee

REPS: 15 each side, 3 times

EQUIPMENT: None

MUSCLES: Hips, obliques, back

HOW TO: Bring your knee above the height of your hip when lifting it. Keep your hips facing forward as you complete the motion.

Dumbbell Side Bends

REPS: 15 each side, 3 times

EQUIPMENT: 15-lb. free weight

MUSCLES: Back and obliques

HOW TO: Keep your hips facing forward and a strong, straight back while bending at the waist. Bend until the weight reaches slightly above the height of your knee.

Elbow to Knee

REPS: 15 each side, 3 times

EQUIPMENT: None

MUSCLES: Hips, obliques, back

HOW TO: Bring your knee above the height of your hip when lifting it. Focus on twisting your upper body to meet the raised knee.

Cable Rotation: 3 Ways

REPS: 15 each side, 3 times

EQUIPMENT: Cable column

MUSCLES: Back, abdominals, obliques

HOW TO: Face forward with your feet strongly planted on the ground. Keep your arms straight while bringing the cord across your body. (Can also be done from low to high or at mid level by changing the height of the cable unit.)

Left/Right Woodchopper

REPS: 20 total, 3 times

EQUIPMENT: 10-lb. medicine ball

MUSCLES: Back and Abdominals

HOW TO: Bend at the knees as you bring the medicine ball to your foot. Keep your back and arms straight throughout the exercise. Use a lighter weight if you cannot keep it above your head or cannot help bending your back.

Standing Crunch With No Resistance

REPS: 20 total, 3 times

EQUIPMENT: None

MUSCLES: Back and abdominals

HOW TO: Look downward and interlock your fingers behind your head. Include your entire upper body in the crunch motion.

Left/Right Rotation

REPS: 10 each side, 3 times

EQUIPMENT: 12-lb. medicine ball

MUSCLES: Back and abdominals

HOW TO: Keep your arms straight out in front of you while rotating your torso. Use a lighter medicine ball if you cannot keep your arms straight.

For the best results, keep your abdominal muscles clenched during all of these exercises.

Visit our blog, whatthehealthmag.wordpress.com, to get a closer look at how to do these workouts. **WTH**

WORKOUT TRENDING

WANT TO SHAKE UP YOUR EXERCISE ROUTINE, BUT NOT SURE IF FADS CAN DELIVER? **WTH** LETS YOU KNOW WHETHER THESE **FOUR HOT WORKOUT TRENDS** ARE WORTH TRYING

story by: abby maddigan // photography by: erica fisher

one // crossfit

EXERCISE “BOOT CAMP” TO KEEP YOU MOTIVATED

CrossFit transforms a military style workout into varied, 45 to 60 minute, outdoor circuit training sessions. “It’s not one specific way of training, not just core or body weight,” says Jennifer Cassetty, a certified strength and conditioning specialist. “It’s a wide variety of exercises and it’s always different.” The workouts include sequences of push-ups, timed intervals, and squat presses that claim to boost endurance and strength. CrossFit’s training staff pushes participants to work hard with their strict “boot-camp” mentality.



two // insanity

A WORKOUT WITH A SCHEDULE

Not for the faint of heart, the 10 DVDs in this conditioning program will have you working out 20 to 50 minutes a day, six days a week, for two months with exercises like “Cardio Core” and “Max Interval Circuit.” This new trend claims to tone and slim by burning calories both during and after your workout. Although Insanity promises quick results in toning and weight loss, there’s no scientific evidence to back it up, according to an article from the American Council on Exercise. Because of this, you can’t sure that what you’re doing is working - at least as much as they say it should.



three // TRX suspension

FOR THOSE WHO WANT TO SIMPLIFY

TRX, a nylon band with an adjustable strap, can be attached to almost anything, so you can work out just about anywhere. The equipment is simple, but you'll still be able to work all your major muscle groups, just like you would in a gym - without waiting in line to use machines. The strap creates different resistances depending on your body weight as you do lunges, bicep curls, and other basic exercises. "This is a total body workout," says Cassetty. "The nylon cord works in whatever way you position your body in relation to it."



four // high-intensity interval training

FAST-PACED, FAT-BURNING WORKOUT

In 15 to 30 minutes, High Intensity Interval Training (HIIT) promises to burn more fat than an hour of running or cycling. HIIT uses an anaerobic method, with 20-second bursts of intense activity, followed by 40-second periods of lighter activity, and one minute of rest between sets. The method can be applied to whatever type of exercise you already do: sprints, jumps, squats, spinning, or working out on an elliptical or cross trainer. Although HIIT's claims sound too good to be true, experts say they hold up. "Studies have proven that long-distance training, such as running, burns more total calories, but HIIT burns more fat," says Michael Bracko, an exercise and occupational physiology expert and fitness educator. Before you start, check with your doctor to make sure you're up for the stress HIIT could place on your heart, Bracko says. **WTH**



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story by // brittany fowler
photography by // gabriela perez

FIFTEEN MINUTES

A DAY TO A HEALTHIER YOU

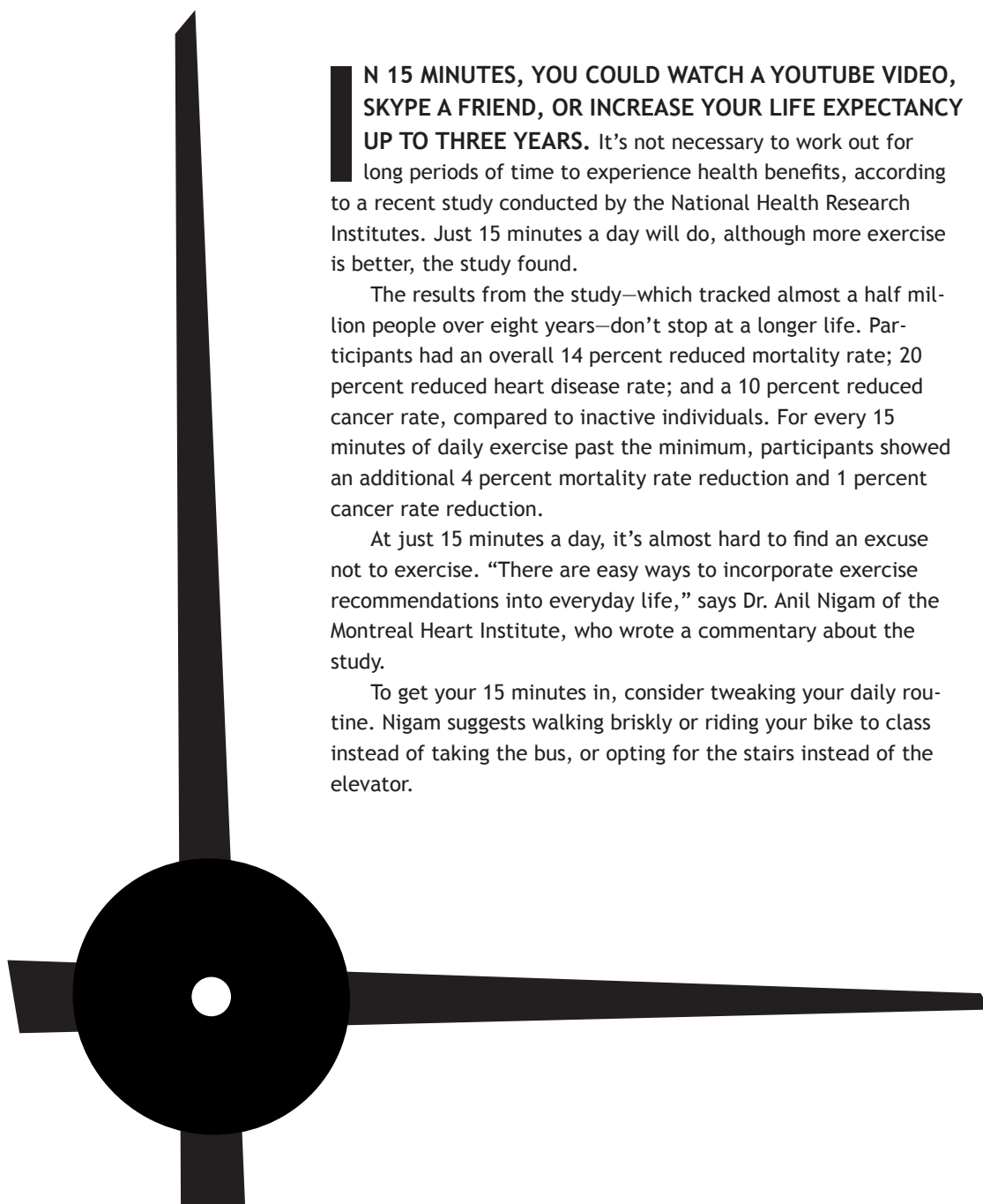
New research shows staying healthy
might not take as much time as you think

IN 15 MINUTES, YOU COULD WATCH A YOUTUBE VIDEO, SKYPE A FRIEND, OR INCREASE YOUR LIFE EXPECTANCY UP TO THREE YEARS. It's not necessary to work out for long periods of time to experience health benefits, according to a recent study conducted by the National Health Research Institutes. Just 15 minutes a day will do, although more exercise is better, the study found.

The results from the study—which tracked almost a half million people over eight years—don't stop at a longer life. Participants had an overall 14 percent reduced mortality rate; 20 percent reduced heart disease rate; and a 10 percent reduced cancer rate, compared to inactive individuals. For every 15 minutes of daily exercise past the minimum, participants showed an additional 4 percent mortality rate reduction and 1 percent cancer rate reduction.

At just 15 minutes a day, it's almost hard to find an excuse not to exercise. "There are easy ways to incorporate exercise recommendations into everyday life," says Dr. Anil Nigam of the Montreal Heart Institute, who wrote a commentary about the study.

To get your 15 minutes in, consider tweaking your daily routine. Nigam suggests walking briskly or riding your bike to class instead of taking the bus, or opting for the stairs instead of the elevator.



Syracuse University personal trainer Darius Richardson recommends doing 15-minute blocks of squats, lunges, pushups, and jumping jacks. For a total body workout that strengthens the core, back, and shoulders, alternate between pushups and jumping jacks. “It’s simple, but it works,” he says.

If the long-term rewards aren’t enough to motivate you, remember the immediate benefits of staying active: Exercise is a great stress reliever and can leave you feeling accomplished. Although sometimes it can be hard, exercise does wonders for your mind, says Phil Campbell, a certified trainer and author who created the 20-minute workout called Sprint 8. “You always get the runner’s high,” Campbell says. “I’m willing to bet this is better than Prozac.”

Nonetheless, when it comes to physical activity, experts such as Nigam still recommend at least 150 minutes per week. “Even if you do 15 minutes of brisk walking in the morning and 15 minutes in the evening,” Nigam says, “it is better to do more than less.” Use the study’s results to motivate you to get moving, Nigam says, not as an excuse to slack off on your exercise habits.

Olivia DeSalvo, a hospitality management major, says the study’s results motivate her to continue making exercise a priority, despite the distractions of college life. She aims to work out for an hour each day. “It makes me want to maintain my lifestyle,” she says. **WTH**



FINDINGS FROM THE NATIONAL HEALTH RESEARCH INSTITUTES’ RECENT STUDY

- Add up to three years to your life
- Participants had an overall 14 percent reduced mortality rate
- 20 percent reduced heart disease rate
- 10 percent reduced cancer rate, compared to inactive individuals.
- For every 15 minutes of daily exercise past the minimum, participants showed an additional 4 percent mortality rate reduction and 1 percent cancer rate reduction.

AT YOUR SERVICE

An Emergency Guide to Syracuse University's Health Services

story by // kathryn grant

For strep throat or an earache the solution seems simple: visit Syracuse University Health Services. But sometimes, the on-campus solution to a health problem may be a little less obvious. "Many students don't even realize they have free access to campus health resources," says Benjamin J. Domingo, Director of Health Services.

All health and wellness services at SU fall under the mandatory health fee, so you can access them without paying more money out of pocket. Read on for WTH's guide to coping with four health dilemmas.

YOU GO TO TAKE MEDICINE PRESCRIBED BY YOUR DOCTOR BACK HOME, BUT THE BOTTLE IS EMPTY.

Since Health Services has a full-service pharmacy, it's easy to get a refill. Have your physician from home fax 315-443-7981 or call 315-443-5691 with your prescription, student ID number, and birthday. Then, call the pharmacy to verify that they received the prescription. The next day, you can pick up your meds in the Health Services building on Waverly Avenue. You can either pay for the cost of the medicine when you pick it up, or charge it to your bursar account. Just make sure to bring your student ID.

HOMEWORK. GIRLFRIEND DRAMA. FAMILY PROBLEMS. YOU CAN'T SHAKE YOUR FEELINGS OF SADNESS AND LONELINESS.

Campus resources can treat more than physical sickness. "Health resources tries to help students on every level," says Katelyn Cowen, SU's health and wellness promotions specialist. This includes counseling. The Counseling Center provides confidential, individual counseling for free. Call 315-443-4715 to make an appointment.

IT'S 3 A.M. AND YOUR FRIEND DRANK A FEW TOO MANY.

If you or a friend had too many drinks or feel sick, call the Syracuse University Ambulance at (315) 443-4299. It provides professional emergency care and will bring you to a nearby hospital. If you don't know whether or not it's an emergency call (315) 443-9005 for a telephone consultation. Be able to tell the operator: the address of the emergency, the phone number from which you are calling, what happened, how many people need attention, and if anyone is already helping you.

THAT ONE-NIGHT STAND MAY NOT HAVE BEEN SUCH A GOOD IDEA.

If you think you have a sexually transmitted disease or need to see a gynecologist, call Health Services at 315-443-9005 and make an appointment. They offer both counseling and testing by appointment, and your test results and records are confidential. The cost depends on what tests you get and your health insurance coverage. **WTH**

WTH TIP: PROGRAM THESE NUMBERS IN YOUR PHONE SO THEY'RE ALWAYS HANDY.

HEALTH PROGRAMS TO KEEP YOU IN TOP SHAPE.

LATE NIGHT AT THE GYM

Along with gym facilities staying open later, the program includes a range of activities, such as salsa dancing and yoga classes. *Archbold Gym/Flanagan Gym: Wed-Sat, 10:00pm-1:00am.*

HEALTHY MONDAY

Healthy Monday offers weekly themes that promote healthy behaviors to help reduce chronic preventable diseases.

LIVEU

A factual and edgy website about health and wellness, with an emphasis on holistic health. SU students and faculty write all the articles. *Website: liveu.syr.edu*

WHAT THE HEALTH // FALL 2011

features



love sick

story by // rebecca toback

photography by // rebekah mackay

THE SCIENCE BEHIND OUR ROMANTIC ATTACHMENTS

When Hilary Ricigliano started dating her boyfriend, Alex, she found it troublesome to sleep. Wanting to spend as much time with him as possible, she stayed up late and woke up early, anticipating when she would see him next. Butterflies fluttered in her stomach whenever the two met. Four years later, she says, moments in their relationship still make those butterflies turn up.

Countless popular songs include complaints of lovesickness and ways of dealing with restless, budding love. Bob Dylan once sang, “my feet are so tired, my brain is so wired... and the clouds are weeping.” Lovesickness is the often-depressing feeling of longing or yearning for someone you care for deeply. It can cause sleeplessness, loss of focus, restlessness, or can even make you to break out in a sweat. We often don’t realize it but at the start of a relationship, or even years into one, chemicals in the brain can force us to feel unusual thoughts due to our uncontrollable longing.

“We were dating for three months when I realized I was in love,” says Ricigliano, a senior health and exercise science major at Syracuse University. At the time, her boyfriend Alex was sick with the flu and she kept her distance to avoid getting infected. “When I finally

did see him, we were watching TV and he said, “I love you.” While away at school (Ricigliano at SU, and her boyfriend at SUNY Brockport) she says she feels lovesick. “It’s an empty feeling, like I don’t have my best friend around.”

Joseph Fanelli, a child and family studies professor at SU says falling in love is a complicated and multifaceted process. It is most likely cultural events that determine who you love, when you love, and where you love. However, once you fall in it — after finding that special someone — a series of neurochemicals in the brain influence how you feel. It’s the feeling of being a ‘romance junkie’, he says.

Fanelli explains Helen Fisher’s three stages of love: lust, attraction, and attachment. Fisher is a biological anthropologist and author of five books on the evolution and future of sex, love, and marriage in the brain. Lust is the desire or infatuation stage. During this lust stage a boy may think, “she’s pretty,” a girl may say, “he’s handsome.” “Lust is fueled by the sex hormones, testosterone (in men and women) and estrogen (in women)” Fanelli says.

Stage two, attraction, takes place when a couple begins to experience lovesickness. The two people involved think little of anyone else. During this stage,

adrenaline makes your heart race. It may feel like a hunger, or an appetite, and can even make your mouth go dry. When you can’t think of anything but the person you’re falling in love with, the blame falls to a love cocktail of serotonin, dopamine, and norepinephrine which causes helpless thoughts, intrusive thinking, and a longing for your significant other. Many scientists compare these chemical effects to those of cocaine or nicotine.

Dopamine is a neurotransmitter in the brain that controls emotions, feelings of pleasure, and motivation. So in your brain’s love cocktail, dopamine levels naturally become altered by the hormones in your body. When a person takes cocaine, a rush of dopamine charges the brain with intense feelings of pleasure; Fisher found lovesick couples have nearly equal rushes of dopamine when falling in love. Attraction is a building stage, Fanelli says. You move beyond the physical and prepare for attachment where you feel a deep connection to your partner.

The final stage is where Fanelli says love is warm, soothing and reassuring. “You’re certainly well beyond the honeymoon stage; it may vary from couple to couple, but you’re no longer lovesick. Some couples mistakenly believe that

this means their love is fading. In fact, it indicates a deeper sense of intimacy and maturity.” It’s often at this point when couples really appreciate that they are a “we” and not an “I” and are able to say, ‘I chose you.’” The third stage of love deals with emotional bonds. Vasopressin and oxytocin are the chemicals that allow us to form emotional bonds. These are the same chemicals released during sex, orgasms, and even while cuddling.

A 2008 study found that male rodents found it difficult to be without their mates after four days apart. The prairie voles involved in the study acted lethargic and unresponsive. Though the human brain is more complex than that of rodents, scientists conclude that people long for their absent partners, and may stay in unhealthy relationships because of the negative chemical responses in

the brain that arise when a partner is missing.

Evan Harra, a junior political science major, and his girlfriend, Alex Kapnek, a senior psychology major, began dating in February of 2011. Over the course of just a few months, the two found it impossible to sleep in their own beds. Harra says he was sad when apart from his girlfriend, but in reality, they weren’t separated all that much. “We’ve slept together every night that we’ve been in the same state, since our first night together,” he says.

Kapnek agrees. “We don’t sleep well alone, now that we know each other.” This year, the two are living together in an off-campus apartment, and Harra says, on average, he gets an hour of alone time each day. Lovesickness can come at a cost. Kapnek says she finds it

difficult to get her work done since she always wants to be with her boyfriend.

“You’re distracting,” she says to Harra. “No you are,” he instantly chirps back. Through the course of their relationship, the two became addicted to spending time with one another.

Harra and Kapnek are already thinking about their future together and plan to get married a few years down the road. They make their decisions together and take each other into consideration while making plans. Their relationship has progressed through the stages of love, past distractions while going through lust, through the inability to sleep during the attraction stage, and now on to being inseparable, as they coast through Fisher’s final stage of love — attachment. **WTH**





Change YOUR Life

Wellness coaching takes the role of a nutritionist to a new level.

story by // brittany fuino
photography by // lauren levy

FOR THE PAST FIVE YEARS, Allie Crowder-Schaefer and Stephanie Wood talked on the phone every week. For one hour at a time, they chatted about everything from health to relationships to business tips. Crowder-Schaefer, a 35-year-old business owner, was introduced to Wood by a mutual friend in 2007, but the two have never met in person. Looking for ways to live a healthier lifestyle, Crowder-Schaefer enlisted the help of Wood as a wellness coach. In the past, she saw a personal trainer who encouraged her to do aerobic exercise and resistance training but it didn't give her everything she was looking for. Beyond her body, there were other areas in her life where Crowder-Schaefer felt she had hit a plateau. This is where Wood came in.

Wellness coaches provide personal advice on health and fitness and the trend signifies an increasing realization among Americans that our bodies can't go on the back burner any longer—physically, mentally, or emotionally. With 70 percent of healthcare costs going toward the treatment of preventable lifestyle-related diseases, there is a mounting need for people to take control of their own health. Hiring a wellness coach as an ally is an increasingly popular way for people to help themselves do just that. Wellness coaches find individualized solutions that are customized to each person based on their needs, goals, and

personality. Crowder-Schaefer says, in her experience, her coach looks at the total picture as opposed to one component.

Gabrielle Bernstein, a Syracuse University graduate and author of *Add More -Ing To Your Life* and *Spirit Junkie*, uses a progressive attitude that puts her at the forefront of the coaching movement. She believes people today hit rock bottom for reasons beyond health problems, such as stress and anxiety. "When fear is on the rise, there has to be an equal amount of light to combat the darkness," Bernstein says. Millions of people are reaching out to share a positive message to those who are fearful. "Thus, the coaching revolution," she says.

Dr. James Byrne, a health and wellness-counseling professor at SU says coaching is not about telling people what to do. Instead, he says, "it's about asking people who are stuck, questions that will guide them to make decisions themselves." Most people have notions of what kind of healthy changes they should make—eat less fried food, exercise, get more sleep—so it's not a lack of information expanding Americans' waistlines, keeping us on the couch, and sabotaging our shut-eye.

Many health problems in this country like obesity, cardiovascular disease, and diabetes, stem from lifestyle issues that don't come as a surprise to anyone anymore. "People know what they're doing isn't quite right; they try to make changes all >>





THE ANSWERS ARE ALREADY INSIDE OF YOU,
BUT THERE'S NOT ALWAYS A CLEAR PATH.
COACHES ARE THERE TO HELP YOU FIND IT."

ALLIE CROWDER-SCHAEFER

the time and they're not successful," Byrne says. "They keep a barrier between that knowledge and their behavior."

A wellness coach can help someone push that awareness into action. Coaches move clients in a healthier direction by encouraging them to make changes. "We're not fixing them, they're fixing themselves," Byrne says. It includes a more personal touch than previous approaches to wellness that focused on finding an individual's barriers and motivations.

During Crowder-Schaefer's first phone call with Wood, they talked about her strengths and weaknesses and where she felt stuck in her life. Coaches often use initial assessments like this to determine if a client and coach are compatible and can work together in the future, Wood says.

After realizing that they clicked, the two women quickly moved from talking about ways to keep Crowder-Schaefer's mind clear while writing term papers in grad school, to how she could start a business with a fellow classmate. Business solutions she uses now tie back to the way Crowder-Schaefer approaches food. A nutritionist could have told Crowder-Schaefer she was a spontaneous eater. Wellness coaches, on the other hand, can help patients discover what kind of eating personality they have, and how those traits translate into other areas of their life.

Wood calls Crowder-Schaefer a 'planned spontaneous eater.' This means she prefers to pick her food out at mealtimes rather than follow a structured plan, but knows she needs options readily available for her to make those decisions. Wood encourages her to use similar strategies to deal with daunting work tasks or plan hectic vacations, advice she wouldn't get from a nutritionist.

With the different kinds of coaches out there, it's often confusing to decide which to turn to. Some people need relationship coaches while others need health, wellness, or business coaches. Others need all of those together; a neutral source

who isn't going to "yes" them into a situation that isn't the best solution for them.

Currently there are no national standards to guide wellness coaches, though leaders in the industry are working toward creating regulations. Coaching can be costly—ranging from \$50 to \$150 per session. Byrne predicts prices will drop if coaches get network coverage by health insurance companies, a step that can only take place if the credentials are more clearly defined. Currently, coaches have the option of receiving training through companies like Wellcoaches, which is endorsed by the American College of Sports Medicine.

Social media and technology increase the ability of coaches to connect with their clients. Many coaches, like Wood, prefer to hold their sessions over the phone, so that their client base isn't limited by location. Others, like Bernstein, choose to start their own branding empire. The *New York Times Sunday Styles* section calls Bernstein "a new role model." *Elle* magazine touts her as the new Carrie Bradshaw. The SU alum is a motivational speaker, best-selling author, life coach, and founder of *herfuture.com*—a social networking site dedicated to helping females find mentors. She often gets her message out via "vlogging," or video logging, which she prefers to blogging. Many coaches have their own websites and Twitter accounts to share inspiring messages.

"Ultimately, with coaching it's all about your answer," says Crowder-Schaefer. "The answers are already inside of you, but there's not always a clear path. Coaches are there to help you find it." **WTH**



story and photography by // yelena galstyan

GRIEVING A LOVED ONE

A Story on How Students Cope with Death

AS I SAT ON MY HOSTEL BALCONY ON THE GOLD COAST OF AUSTRALIA, the sun shone bright and helped me recover from the pub crawl eight hours prior. My roommate strapped on her bathing suit, and after breakfast, we were ready to hit the beach. I didn't suspect that this moment of bliss would shortly turn into the worst moment of my life.

One week into my study abroad semester, my college boyfriend of a year passed away. By noon the following day I was on a flight back to Syracuse. The 38-hour commute reaped unconditional love and support from the community and it never stopped coming. Fortunately, I was able to get back on my feet and maintain my focus on moving forward in life, even though what felt like a bolt of lightning had hit me at one of the most crucial segments of my life: college. >>

At Syracuse University, well over 100 students seek support for bereavement and loss each year, says Susan Pasco, associate director of the SU Counseling Center. Students struggle with recent loss of a family members, friends, loved ones, or with unresolved grief from past losses.

"It's hard to perform well as a student, as a friend, and as a family member if you're gripped by grief," says Jim Moorhead, a crisis adviser to companies, executives, and employees and author of the forthcoming book, *The Instant Survivor: Right Ways to Respond When Things Go Wrong*. He says the hardest thing about loss in college is that the individual may be among the first of his or her peers to experience such a situation. When your friends can't relate, it's hard for them to be sympathetic. As time passes, life presents everyone with more experiences of death - which is perhaps why adults become more equipped to cope with loss as they get older.

Ernest Wallwork, a religion professor and psychoanalyst at SU, says that loss in college is particularly difficult because we are already dealing with a lot of losses: loss of childhood, loss of security, loss of home, and loss of familiar environments. That produces stress and anxiety. "College years are really a transitional stage and are emotionally powerful," Wallwork says. As an adult, you are more capable of dealing with stress because you are more secure about who you are, what your boundaries are, and where you are going in life, he says.

At that point in my life I had just embarked on a new adventure, immersed myself in a new world, halfway around the globe. Although comfortable in my new setting, I was surrounded by unfamiliar faces and companions who weren't equipped to help me with my loss.

Moorhead recommends, number one, that survivors secure support. It can come from venting to a friend, having a family member be a backstop for you,

or relating to others in a support group. Support groups are easy to find on the web, at school, or in the community. "These days, there's a support group for virtually any situation," Moorhead says.

Second, he encourages people to acknowledge their grief, talk it through, and recognize that their feelings are valid and normal under the circumstances. Lastly, he says that with time, individuals should try to accept the reality of the situation. "Part of the coping mechanism to accepting loss is trying to understand the deeper dimension," Moorhead says. We've all questioned the meaning of life and what kind of implications someone's

When Anna,* a senior magazine journalism major, lost her younger brother in a car accident a little over a year ago, it shattered her world. "With something so sudden, it felt like my body went into shock," she says. Her parents revolved around her brother Jimmy. He was the glue of their family. After spending the summer at home coping, she felt the need to go back to school. She didn't like being home alone. Memories of Jimmy were always there but his absence proved to be too much for her to handle. "School was an escape because home became, and still is, a very sad place," Anna says. She plunged back into her

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SOMETIMES I WOULD JUST OBSERVE EVERYTHING AROUND ME AND THINK ABOUT HOW MEANINGLESS THINGS ARE COMPARED TO HOW MEANINGFUL MY EXPERIENCE WAS."

ANNA

premature death has on it. Moorhead says that there are ways of increasing acceptance by thinking through the loss and telling yourself that maybe this wasn't the worst thing under the circumstances, or perhaps there was some suffering involved with the person that passed, and at least it isn't continuing. Knowing that my boyfriend was no longer suffering from his tribulations allowed me to slowly ease into acceptance.

Some use religion as a coping mechanism. It provides a kind of therapeutic process, because like therapy, religion deals with powerful emotions, Wallwork says. If you're facing such a situation, you need to be in motion. Moorhead urges people to move out of their rooms, avoid being alone, and step out into the sunlight. Anyone can do this, whether they are religious or not.

routine and if it wasn't for the busy lifestyle and distractions, she says she would have lost her mind.

Sometimes travel or a change in scenery can be beneficial for someone dealing with loss. "The physical motion involved in travel combined with a new setting can help break a negative feedback loop and put your loved one's life, as well as your own, into perspective," Moorhead says. The transition from home to college was nevertheless difficult for Anna. "Sometimes I would just observe everything around me and think about how meaningless things are compared to how meaningful my experience was," she says.

"We have a natural instinct to fly solo when we face a crisis, and that, of course, is the worst thing you can do," Moorhead says. Those suffering from loss

often lose their balance and the sense of perspective that death is an unfortunate occurrence in life. They aren't able to put their best foot forward because they are so trapped by the grief that dominates their lives and their thinking. "Grief can send people off the rails instead of being able to move ahead in their lives," he says.

Anna didn't seek therapy because she felt that unless the counselor experienced something similar, he or she wouldn't be able to relate. Talking to a high school acquaintance who had also lost a sibling helped Anna the most. "It would make things so much easier to know that someone could relate to me when I was having a bad day or a "Jimmy moment," she says. Wallwork says staying connected with other human beings enables one to bear intense emotion.

Moorhead explains that feelings of grief can vary. For example, there can be a heavy survivor's guilt that accompanies a suicide situation. Or with the loss of a sibling, the individual could feel robbed and cheated out of a one-of-a-kind experience. The biggest danger, he says, is for the grief-stricken individual to misinterpret the situation. He says it's a natural instinct to define what happens around us as being something that we caused, and this is particularly true when you're young and in college.

When I was about eight years old, I spent a few restless nights crying because it was at that young age that I experienced a wave of realization that one day my loved ones would die. But that's a natural part of life, right?—mothers and fathers dying before their children, instead of the other way around. "The loved ones that are hardest to lose are the ones outside of the normal pattern of life," Moorhead says. That means if a brother or sister, a friend, or a child dies, it's particularly devastating.

Individuals endure loss in their own way. Moorhead says that it's hard to



predict who's going to handle grief well; the meek and mild person could turn out to be incredibly strong under stress, while the apparently strong, brisk person could crumble. He says the ones who get through loss better have a sense of who they are, what they need, and are willing to take the steps to achieve it. Those who experience trouble are more likely to attempt to handle the difficult situation themselves, Moorhead says. They are more apt to be unconfident about their ability to move forward and tend to get caught in a whirlpool of emotions, guilt, and uncertainty that leaves them trapped in their sorrow, unable to carry on with their lives. Men are more prone to hide the depth of their grief, even from family or close friends, which can

make it harder for them to accept and move beyond their loss.

Knee-deep into her senior year, Anna still faces hurdles overcoming her grief. She listens to Jimmy's favorite songs, reads books like "Charlie St. Cloud" that hit close to home, and spends alone time in the park. Her room is decked out with pictures of her brother, but these days when she looks up on her wall and sees his smile, she smiles back. **WTH**

**Name has been changed.*



story by: corey crockett // photography by: nicole wajeck

THE STORY BEHIND SLEEP PARALYSIS

awake

● had just fallen asleep. Lying on my back, staring at the insides of my eyelids, I was motionless, trapped in my own body. As I tried to toss and turn, open my eyes, or call for help, nothing would satisfy my muscles, seemingly of stone. My heart raced; I never felt more terrified in my life — I was awake, but I was asleep. »

Sleep paralysis is a phenomenon that affects almost half of all people at some point in their lives. During the transition between wakefulness and sleep, victims are rendered unable to move or speak, lasting from seconds up to a few minutes in some cases. Some people have even reported a sense of choking or suffocation—like a boulder is sitting on their chest. Hallucinations are also common with sleep paralysis, as victims—who can’t open their eyes—have sensations of evil beings surrounding them.

Those that suffer from sleep paralysis, like Lucas Slominski, a 2007 graduate of Syracuse University, attested to the terrifying nature of the situation. “Holy crap, what do I do?” Slominski remembers thinking during his bouts of sleep paralysis. Unlike many, who may only experience sleep paralysis a few random times in their lives, Slominski is a chronic victim, with episodes, on average, every one or two months.

“Sometimes I can feel it coming on,” Slominski says. It usually happens on a night when he is exhausted and when he sleeps on his back. He wakes up, still very tired, and can hear the world around him. Yet he can’t move at all, and can’t control his own breathing patterns.

“You kind of feel the sensation of suffocating,” says Slominski. This feeling can be the most terrifying because, as he says, he wants to breathe faster, but can’t. This is where some people report feeling a demon on their chest—or something of the sort.

Maria-Nicole Marino, a senior magazine journalism major, said that she can remember feeling some sort of force holding her down. “It almost hurt in a way,” she says.

During REM (Rapid Eye Movement) sleep, the human body virtually shuts down in order to prevent humans from acting out their dreams, which occur in this state. Sleep paralysis occurs when

the REM atonia (this state of paralysis during REM sleep) spills over into wakefulness, rendering an awoken person motionless.

Medically, most sleep specialists say that sleep paralysis is rarely studied or treated; most local doctors never see it on its own. “Sleep paralysis itself isn’t really a danger in any way,” says Bob Driscoll, a Registered Polysomnographic Technologist at the St. Joseph’s Sleep Lab. Driscoll added that while there is a question on their patient survey about sleep paralysis, many patients don’t ever say anything about it. It is a common symptom of narcolepsy, he says, which they see much more often. “It’s kind of a rare thing to talk about with a patient,” says Driscoll, who has experienced sleep paralysis himself.

While it may be rarely reported in the medical community, many people have experienced a bout at one point or another and even so, many don’t know what it is, even after encountering it.

“You think it’s like a dream or something and you kind of just brush it off,” says Lauren Tousignant, a senior communications and rhetorical studies major. She experienced her own fight with sleep paralysis last spring during finals. After staying up for nearly 95 straight hours, she says, she finally dozed off, half hallucinating, and heard something. Unable to move, but with her eyes open, she tried to yell, but was unsuccessful. “I literally felt numb,” she says.

Two types of sleep paralysis affect victims: hypnagogic and hypnopompic. Hypnagogic sleep paralysis occurs when one is falling asleep; hypnopompic, on the other hand, occurs when sleepers wake up before the REM cycle has completed.

Driscoll says that at the sleep lab they often ask patients about their sleep architecture, ensuring that they have a normal sleep schedule. He added that it’s important to learn “sleep hygiene.” According to a study done by Stanford

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YOU THINK IT’S LIKE A DREAM OR SOMETHING AND YOU KIND OF JUST BRUSH IT OFF.”

LAUREN TOUSIGNANT

University, the best ways to prevent sleep paralysis are to get enough sleep, maintain a normal sleep schedule, reduce stress levels, and exercise regularly. If none of these simple steps work, antidepressant medication may be prescribed to regulate sleep patterns, and other mental disorders may be diagnosed, but in most cases, no real treatment is used.

Since sleep paralysis and other sleep disorders are directly linked to irregular sleep patterns, college students seem to be a perfect demographic. Driscoll says there may be a correlation. It’s such a small area of sleep study that at the moment there’s very little literature and knowledge about the topic, he says.

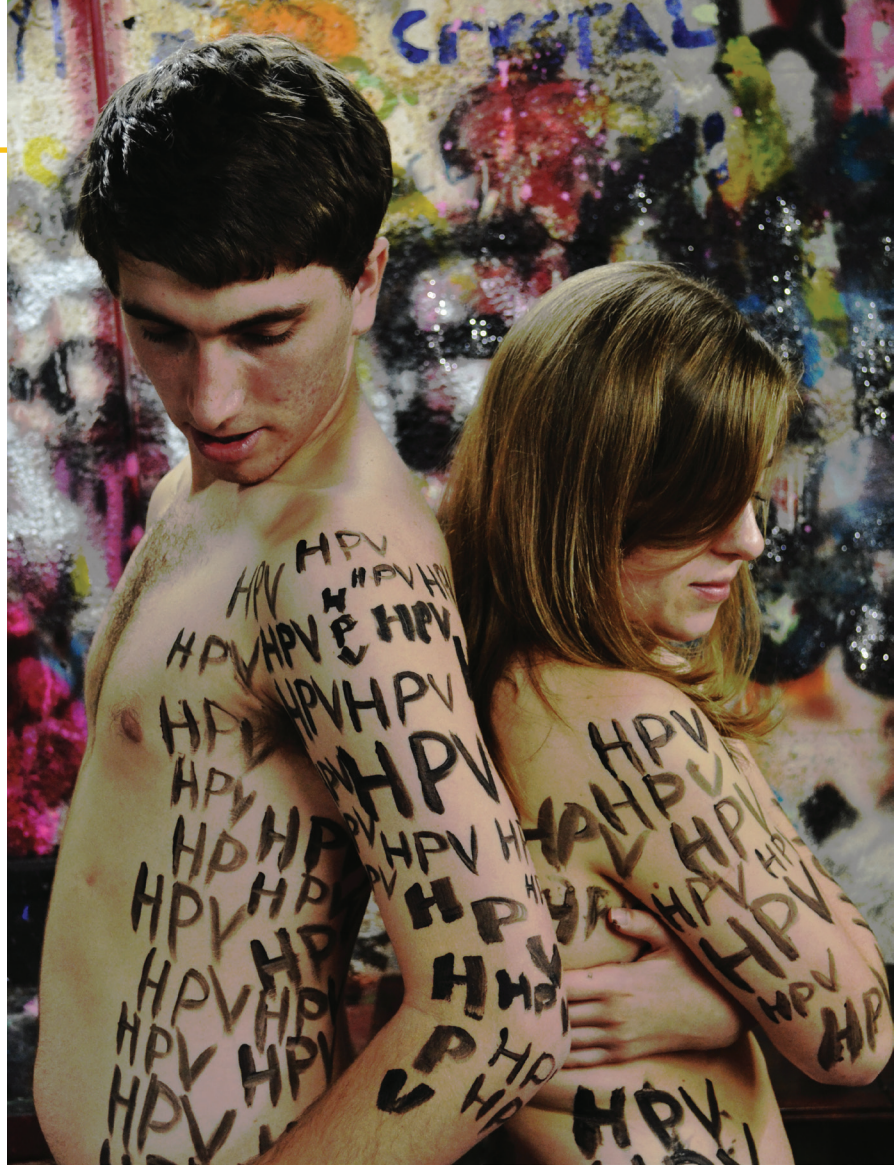
In my own experience, I can remember trying to flail my arms and rapidly shake myself out of this stone-like state. But Slominski has a different technique. He focuses all of his concentration on moving one finger, and once he can achieve this, he slowly tries to move his elbow, then his arm, with all of his energy on this single, miniscule task. If done carefully enough, he says, it can work. Marino, on the other hand, says that she can’t remember how she got out of it, but thinks she fell back asleep—something that Slominski can’t do, he says. While his sleep paralysis doesn’t cause trouble in his everyday life, as a result of this, he says his greatest fear is being paralyzed.

Although Slominski may be a pro at dealing with sleep paralysis, it’s an experience that nobody wants to encounter. “It’s easier for me to get out of now, but it’s never convenient.” **WTH**

story by // maria-nicole marino
photography by // lauren levy

UNVEILING HPV

EVEN THOUGH HUMAN PAPILLOMA VIRUS is the most common sexually transmitted infection, it's complicated. We've sorted through the confusion and found the information you need to stay protected.



Michelle* felt uneasy as she stepped out of her car and walked toward the answer she nervously awaited. Six weeks ago she received news that her first pap smear, a swab that detects any changes in the cervix, showed abnormal cells from the presence of HPV.

To ensure it hadn't progressed into cervical cancer, she went in for a colposcopy and a biopsy so the doctor could remove a small piece of cervical tissue and reach a diagnosis. Michelle, a senior communications and rhetorical studies major, took a deep breath and opened the office door, hoping for a relatively painless procedure and good news to follow.

Human Papilloma Virus, or HPV, affects most sexually active people in the United States at some point in their lives. The virus infects the genital areas of both men and women, usually without a single symptom. Michelle is one of the 20 million people currently infected with HPV in the United States, half of which are young adults 15-24 years old, according to the Centers for Disease Control and Prevention (CDC).

HPV consists of more than 150 related viruses. Forty of them are sexually transmitted and easily spread through genital contact. These 40 then split into two categories: high-risk and low-risk. The National Cancer Institute (NCI) reports that the

low-risk HPV strands are responsible for genital warts, which often appear on the external genitals within three months of contracting them. These are not linked to cancer. The 15 known high-risk strands, however, can live in the cervix without any external signs or symptoms and have the ability to turn into cancer over time if the body's immune system is unable to fight the virus off.

HPV is responsible for causing five percent of all cancers worldwide. In 2011, more than 12,000 women in the U.S. will be diagnosed with cervical cancer — almost all in connection to HPV — and 4,000 are expected to die from it, says the NCI. HPV can also cause cancers of the vulva, vagina, anus, and penis, as well as neck and oral cancers, which are on the rise from the spread of oral HPV.

Specialists detect infections from the virus through pap smears and HPV tests. An abnormal pap smear can detect either atypical cells (which can represent the presence of HPV, a vaginal infection, or a faulty pap smear) or mild, moderate, or severe dysplasia (abnormal cells). Mild dysplasia is not likely to turn into cervical cancer, but the probability increases with severity. Females should begin yearly pap smears within three years after the onset of sexual activity, but no later than the age

of 21. It is not recommended for sexually active women under 30 to get an HPV test because they are likely to develop the virus at some point and clear it on their own within two years, says Carol Markowitz, a nurse practitioner who specializes in gynecology. Even if a young woman contracts high-risk HPV and her immune system is unable to fight off, it would take years — Markowitz estimates at least ten — to develop into cancer. However, rare lesions can develop into cancer in just one to two years so regular pap smears are a necessary part of reproductive health.

Although high-risk HPV can cause cancer, it is not a cancer sentence. According to Planned Parenthood, only one in 1,000 women who have high-risk HPV develop full-blown cervical cancer, and yearly pap smears can help detect and monitor the virus before it gets to that stage. There is no HPV test for males, which is why the cancers caused by the virus are usually undetected in men.

A week after Michelle's procedure, which she described as tolerable with some cramping and discomfort, her doctor informed her that the biopsy came back normal. Her immune system had fought off the abnormal cells. The doctor speculated that Michelle previously carried the HPV virus, but her immune system kept it at bay. When her system weakened due to stress and lack of sleep, it couldn't keep the HPV suppressed and abnormal cells began to form. Now that the HPV was undetectable once again, her doctor advised her to get another pap smear in six months to make sure the HPV stays dormant.

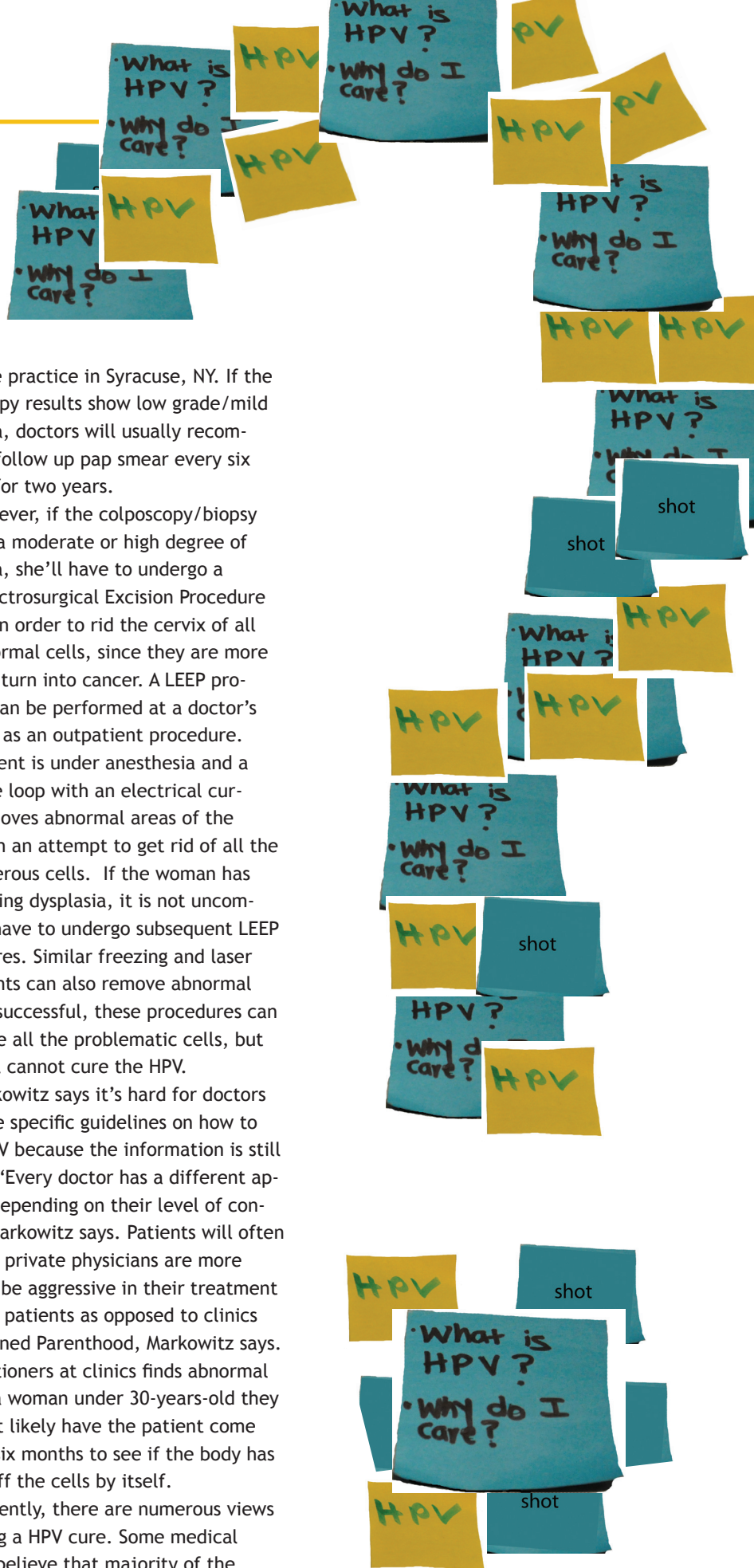
A pap smear is a screening test, while a colposcopy/biopsy is performed for a more definitive diagnosis. If a pap smear comes back with dysplasia, pre-cancerous cells, the woman will be followed up with a colposcopy/biopsy, which will show the severity of it, says Nancy Bronstein, a nurse practitioner at

a private practice in Syracuse, NY. If the colposcopy results show low grade/mild dysplasia, doctors will usually recommend a follow up pap smear every six months for two years.

However, if the colposcopy/biopsy confirm a moderate or high degree of dysplasia, she'll have to undergo a Loop Electrosurgical Excision Procedure (LEEP), in order to rid the cervix of all the abnormal cells, since they are more likely to turn into cancer. A LEEP procedure can be performed at a doctor's office or as an outpatient procedure. The patient is under anesthesia and a thin wire loop with an electrical current removes abnormal areas of the cervix, in an attempt to get rid of all the precancerous cells. If the woman has reoccurring dysplasia, it is not uncommon to have to undergo subsequent LEEP procedures. Similar freezing and laser treatments can also remove abnormal cells. If successful, these procedures can eliminate all the problematic cells, but they still cannot cure the HPV.

Markowitz says it's hard for doctors to create specific guidelines on how to treat HPV because the information is still so new. "Every doctor has a different approach depending on their level of concern," Markowitz says. Patients will often find that private physicians are more likely to be aggressive in their treatment of young patients as opposed to clinics like Planned Parenthood, Markowitz says. If practitioners at clinics find abnormal cells in a woman under 30-years-old they will most likely have the patient come back in six months to see if the body has fought off the cells by itself.

Currently, there are numerous views regarding a HPV cure. Some medical experts believe that majority of the time, the body will permanently clear »



HPV within two years, while others, like Michelle's doctor, believe that once contracted, the virus can be suppressed by the immune system but will never completely leave the body. When the virus is suppressed, the immune system prevents the HPV from creating lesions or transferring to other people, and generally prevents reoccurrences. If the immune system ever weakens, the virus can become active again. Bronstein says many HPV infections are cleared from the body by the immune system, especially in younger women. Cervical cancer is preventable if pre-cancerous cells are detected and treated early.

Markowitz says that generally when the virus is active it is very easy to spread through skin-to-skin contact and sex. Even when it's dormant, there is still a chance it can be passed to others. "I can't tell patients they can never have sex again because that's unrealistic," Markowitz says. "Instead, I tell them they can spread the virus and to lessen the chances of that happening, they should inform their partners and use a condom."

Two vaccines, Gardasil and Cervarix, lessen the chances of contracting certain strands of HPV, but don't protect against all types. Gardasil is a series of three vaccines administered over the period of six months. The vaccines prevent two high-risk HPV strands, 16 and 18, that cause about 70 percent of cervical and 85 percent of anal cancers. It also prevents low-risk types 6 and 11, which are responsible for 90 percent of genital warts. Cervarix is similar to Gardasil but only protects against strands 16 and 18.

The vaccines are recommended for those as young as nine, to 26 years old. The goal is to have everyone vaccinated before they become sexually active and have the opportunity to be ex-

posed to the virus. Recently, a Gardasil shot came out for males in the same age group, but because it's new, it isn't covered by most insurance companies the three shots can be expensive. Even after receiving the shots, women should have yearly cervical exams because they can still contract the HPV strands the shot doesn't protect against.

Kortney*, a Syracuse University graduate, discovered this reality last spring when an abnormal pap smear and follow-up HPV test at Health Services indicated that she had mild dysplasia from the presence of high-risk HPV. "I was shocked," Kortney says. "I thought the shots made me golden."

The only way to completely prevent against HPV is to refrain from sexual intercourse. Condoms are strongly recommended and can help prevent the spread in some cases, but they don't always cover the entire infected area. "The best way to limit your chances of contracting the virus is to limit your sex partners," says Markowitz. "It may not be fun, but it's best to be in a monogamous relationship and not step out too much." Other risk factors that increase the chances of contracting HPV are cigarette smoking, weakened immune systems, sexual activity at an early age, and multiple pregnancies.

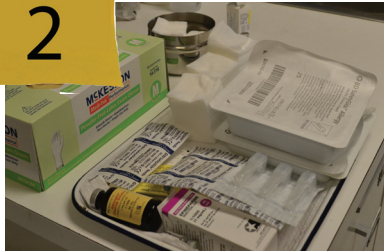
Several weeks after her colposcopy and biopsy, Michelle's life is back to normal. She made a promise to herself to quit smoking and keep up with her scheduled pap smears to stay healthy. Both she and Kortney have accepted HPV as a small part of their lives. "I've realized this doesn't have to be something life changing," Kortney says. **WTH**

**Name has been changed.*

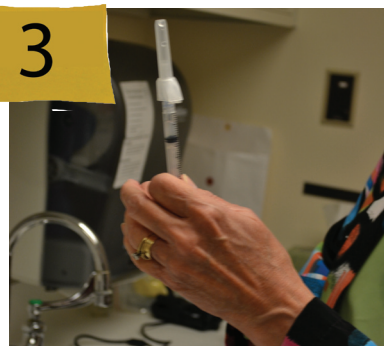
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story by // daisy becerra

STRIKE IN

A super mini-road trip that will cost you almost nothing

Looking for a break from the same three campus bars and the routine parties? The **AMF STRIKE 'N SPARE LANES** located near Carousal Mall offers a variety of fun-filled options at a seriously low price. On Mondays and Tuesdays, \$1 game and \$1 beer deals dominate the lanes from 9 p.m. to midnight. The bowling alley also offers a College Extreme night on Thursdays from 10 p.m. to 1 a.m. With a student I.D., players can get 3 hours of bowling time for only \$5 (not including the cost of shoe rental). **WTH**

story and photography by // riddley gemperlein-schirm

POWER HUNGRY

Create your own body fuel with these easy energy bar recipes

If you have classes spaced 10 minutes apart on opposite ends of campus from 8 a.m. to 2 p.m., you probably don't have time to grab lunch. Your stomach grumbles and your energy levels crash dangerously low. Instead of shelling out big bucks for that venti coffee, grab an energy bar instead.

Sarah Short, a professor in the department of public health, food studies, and nutrition, says that your body loses energy if you haven't had enough calories for the amount of work you need to do. "If you haven't had enough sleep or the correct nutrients your body needs, you don't feel good," she says. Energy bars work as a quick fix by providing your body with carbohydrates, sugars, protein and fiber.

There is an endless supply of energy bars out there that you could purchase, such as Nature Valley, Cliff, and Nutrigrain, but try making your own at home. It's fast, easy and delicious. Here are some recipes that won't cost you any extra energy to make:

PUMPKIN PIE BARS

(VEGAN/VEGETARIAN) YIELDS EIGHT TO 10 BARS

INGREDIENTS:

| | |
|--|--|
| 1/4 cup whole -wheat flour (or other flour of choice) | 1/4 cup soy, almond or other non-dairy milk of choice |
| 1 and 1/2 cups regular rolled oats | 1 Tbsp. flax seed |
| 1/2 tsp. baking powder | 1 tsp. vanilla extract |
| 1/8 tsp. salt | 2 Tbsp. canola oil (or other mild flavored oil) |
| 2 tsp. cinnamon | 1 cup pumpkin puree (not pumpkin pie filling) |
| 1 tsp. ground ginger | |
| 1/2 tsp. ground cloves | |
| 1/2 cup brown sugar | |



INSTRUCTIONS:

1. Preheat oven to 350 degrees and line an 8-inch square pan with parchment paper.
2. Combine sugar, flax seed, soymilk, oil and vanilla extract in a bowl.
3. In another bowl, combine the flour, baking powder, salt, oats, cinnamon, ginger and cloves.
4. Add wet ingredients to dry ingredients and stir well to combine.
5. Stir in pumpkin puree.
6. Pour mixture into pan and smooth out, pressing the mixture down firmly.
7. Bake at 350 degrees for 35 to 40 minutes, until the mixture is slightly firm to the touch. Remove from oven and allow to cool for ten minutes. Remove from pan and cut into bars.

ESPRESSO CHOCOLATE CHIP BARS

YIELDS 12 BARS

INGREDIENTS:

| | |
|-------------------------|--|
| 3 cups rolled oats | 1/4 cup milk |
| 1 Tbsp. flax seed | 1/4 cup packed brown sugar |
| 1/4 tsp. salt | 1/4 cup coffee (cold) |
| 1/2 cup chocolate chips | 1 1/2 tsp. coffee granules (not instant) |
| 1/4 cup honey | |

INSTRUCTIONS:

1. Preheat oven to 350 degrees and coat an 8x8 square pan with cooking spray.
2. Combine the honey, milk, coffee, brown sugar and coffee granules in a bowl, mixing well to combine.
3. Combine oats, flax, salt and chocolate chips in another bowl.
4. Add wet ingredients to dry ingredients and mix well. Pour mixture into pan, spreading it out evenly.
5. Bake 25-30 minutes until edges brown a bit. Cool and slice into bars.



"HEALTH NUT" BARS

YIELDS 12 SERVINGS

INGREDIENTS:

| | |
|-------------------------|----------------------------|
| 1/2 cup cranberries | 1/2 cup flour |
| 1/2 cup raisins | 1/2 cup packed brown sugar |
| 1/2 cup walnuts | 1/2 tsp. salt |
| 1/2 cup peanuts | 1/4 tsp. baking soda |
| 1/4 cup sunflower seeds | 1/2 tsp. cinnamon |
| 2 eggs | 1/4 cup honey |

INSTRUCTIONS:

1. Preheat 350 degrees and coat a 9-inch square pan with cooking spray.
2. Mix honey, eggs, sugar and salt. Stir in baking powder.
3. Add flour, nuts and cinnamon.
4. Spread batter into pan and bake 45 minutes (until toothpick comes out clean).
5. Cool and cut into bars.



PEANUT BUTTER PRETZEL BARS

YIELDS EIGHT BARS

INGREDIENTS:

1/2 cup peanut butter
1/2 cup oats
1/2 cup peanuts
1/2 cup raisins
1 cup pretzel pieces
1 Tbsp. honey

INSTRUCTIONS:

1. Mix all ingredients in a medium sized bowl. If the mixture gets too dry, add milk 1/2 Tbsp. at a time.
2. Press mixture into an 8-inch square-baking dish.
3. Refrigerate 30 minutes and cut into bars.



story by // riddley gemperlein-schirm

WARM UP WITH SOME OF WTH'S FAVORITE WINTER TREATS

IT'S COLD, BUT YOU'RE CRAVING SOMETHING SWEET. Instead of reaching for an ice cream sundae (it'll only make you colder), grab one of these warmer winter-time desserts:

CRÈME BRÛLÉE

This dish — a rich, custard base topped with a hard layer of caramelized sugar — is served cooled. The caramel, typically vanilla flavored, can also be chocolate, coffee, lemon or orange-flavored. The sugar on top of the cream is often caramelized under a broiler, or with a butane torch. Who doesn't want their dessert to be torched before eating?

APPLE CRISP

Apples, cinnamon, nutmeg, and brown sugar, topped with oats, flour, butter and more sugar. The list of ingredients alone is enough to sell this dish. If the temperatures haven't dipped too low, you can top it off with vanilla ice cream - or whipped cream if you're not looking to open the freezer. This classic, is super easy for college kids to make - combine all ingredients and toss in the oven.

RUGELACH

A cream cheese dough that's filled with nuts and jam. These cookies can be made with a variety of ingredients, including chocolate, fruits, and nuts. They sometimes look like pigs-in-a-blanket, but are stuffed with delicious sweets instead of a mini hot-dog — so much better for that dessert craving.

HOT CHOCOLATE

This classic winter staple is easy to make and even easier to enjoy. A nice twist on hot chocolate is to add sea salt to it - a tasty combination of sweet and salty. Or try stirring in a peppermint stick for a holiday-inspired flavor.

RICE PUDDING

If you haven't tried rice pudding, put this one on the top of your list. It's made with rice, milk, eggs, spices (cinnamon, ginger, nutmeg, etc.), vanilla extract, and sweetener. In Vermont and New England it is popular to use maple syrup for the sweetener component. Top the pudding with raisins and other fresh or dried fruits to err on the healthier side.

GINGERBREAD

A cake or biscuit dessert flavored with ginger and molasses or honey. The smell of gingerbread, or gingerbread-flavored tea, rings in those wintry holiday smells.

PIE

Apple, pecan, pumpkin and sweet potato, the holiday pie season is like no other. It's the seductress of holiday desserts with its flaky, buttery crust and filling that melts in your mouth. They don't call it American Pie for nothing.

PAVLOVA

This meringue-based dessert originated in New Zealand. Pavlova's outside is crispy, with an inside that is soft and has a texture taste similar to a marshmallow. Traditionally pavlova is topped with whipped cream and fruit. What's not to like? **WTH**

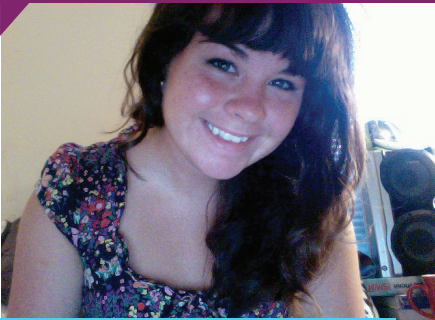
interviews by // kara labounty

WTH ASKS: "WHAT IS YOUR FAVORITE WINTER DESSERT?"

"APPLE FROST"

A milkshake-like apple drink that tastes like apple cider

Gabrielle Frawley: Sophomore, Interior design and Psychology



"PEPPERMINT BARK"

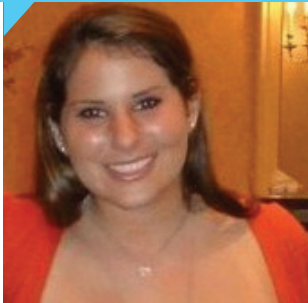
Milk chocolate and peppermint white chocolate with candy-cane pieces on top

Christine Decker: Freshman, Public health



"SUGAR COOKIES"

Samantha Dana: Junior, Nutrition



"GINGERBREAD COOKIES!"

"The chewy kind.
I don't like crunchy cookies!"

Eden Lapsley: Freshman, Undeclared



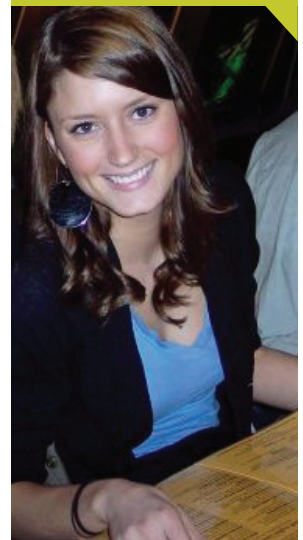
"APPLE PIE"

Elyse Freschi: Junior, Nutrition



"PUMPKIN PIE"

Karlie Scully: Senior, Nutrition



"PUMPKIN ROLL"

Soft pumpkin bread with cream cheese frosting filling rolled up like a log

Nikelle Snader: Junior, Magazine Journalism/ Political Science



"CHRISTMAS CUT-OUT SUGAR COOKIES"

Zachary Cullen: Senior, Television, radio, and film



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