

what the health

THE LATEST BUZZ ON FITNESS, NUTRITION, AND WELLNESS SPRING 2012

OLD-SCHOOL STYLE

GEAR UP IN THESE
RETRO FITNESS LOOKS
PG 33



contents

WHAT THE HEALTH // SPRING 2012

INSIDE THIS ISSUE



14

LETTING THE JEALOUSY LINGER

How to keep the ghosts of your partner's past from haunting (and ruining) your relationship.

24

UNVEILING THE TRUTH ABOUT FATS

Not all fats are created equal. *WTH* breaks down the good, the bad, and the nutrient-rich.

33

OLD-SCHOOL STYLE

Layer up in these brights and unique work-out ready pieces next time you hit the gym.

42

TRANS-ITION

Syracuse University can expect a drop in its five-star LGBT rating if it doesn't offer this potentially life-saving policy to undergrads.

58

POWERING THROUGH THE PAIN

One student's struggle to find a solution to the nerve disorder causing her burdensome back pain.



WHAT THE HEALTH MAGAZINE

EDITOR-IN-CHIEF Heather Rinder
MANAGING EDITOR Brianna Quaglia
DESIGN DIRECTOR Anita Sukha

ASSISTANT DESIGN DIRECTOR PHOTO DIRECTOR
Yoo Jung Hong Yelena Galstyan

ADVERTISING DIRECTOR PUBLIC RELATIONS DIRECTOR
Tom Buswell Sola Ayodeji

ASSISTANT ADVERTISING DIRECTOR SENIOR WEB EDITOR
Mary Callaghan Pamela Masin

SOCIAL MEDIA COORDINATORS ASSISTANT WEB EDITOR
Alison Pang Victoria Wolk
Stephanie Liggeri

SENIOR EDITORS
FRONT-OF-BOOK FEEL GREAT
Valentina Palladino Brittany Fuino

GET WELL FEATURES
Jordan Clifford Yelena Galstyan

EAT SMART BACK-OF-BOOK
Rebecca Toback Rita Kokshanian

ASSISTANT EDITORS
Emily Borgeest, Rakelle Shapiro, Hannah Doolin

WRITERS
Madelyn Perez, Brianna Caires, Brittany Fuino, Rakelle Shapiro, Anna
Kuskin, Alyssa Rothschild, Paige Carlotti, Melia Robinson, Emily Borgeest,
Amy Marturana, Maria Marino, Rebecca Toback, Liz Searight, Diane Choo,
Hannah Redfield, Kara LaBounty, Marissa Donovan, Yelena Galstyan,
Elizabeth Pastor, Leanna Garfield, Casey Fabris, Laura Cohen, Cristina
Baussan, Kate Cheung, Brianna Sander, Victoria Wolk

DESIGNERS // PHOTOGRAPHERS // ILLUSTRATORS
Alicia Zyburt, Alice Xiang, Laura Palladino, Elizabeth Grant, Erica Fisher,
Gabriela Perez, Kristie Cordon, Stephanie Spina, Shelby Jacobs,
Jake Walker, Debbie Lechtman, Marina Zarya

BLOGGERS
Meg Lane, Rachel Grannell, Melia Robinson, Laura Cohen, Leanna
Garfield, Diane Choo, Brianna Quaglia

PUBLIC RELATIONS TEAM
Carly Yeung, Katie Kernodle, Onaika Mootoo, Simone Depew, Gaeun Oh,
Francheska Munoz, Kelly Vesty, Juliet Maloff, Joo Young Bae, Rakelle Shapiro

ADVERTISING TEAM
Alice Xiang

FACT CHECKERS
Rita Kokshanian, Paige Carlotti, Casey Fabris, Leanna Garfield,
Brianna Quaglia, Brianna Caires, Hannah Doolin, Valentina
Palladino, Jordan Clifford, Brittany Fuino, Rakelle Shapiro,
Emily Borgeest

COPY EDITORS
Hannah Doolin, Yelena Galstyan, Rebecca Toback, Paige Carlotti,
Rita Kokshanian, Valentina Palladino, Rakelle Shapiro

FRONT OF BOOK

- 6 : Quick Fix
- 7 : Not Your Momma's Kitchen
- 8 : Fit Facts
- 10 : Reviews: *Dorm Room Diet*
- 11 : Close up: O Yoga Studio

GET WELL

- 14 : Letting the Jealousy Linger
- 16 : Diagnosis: Diabetes
- 18 : Lending a Hand
- 20 : Healthy People for a
Healthy Environment

EAT SMART

- 22 : Go Nuts
- 24 : Unveiling the Truth about Fats
- 26 : Be Pulp Savvy
- 28 : Snack Attack

FEEL GREAT

- 30 : Escape, Unwind, and Enlighten
- 33 : Old-School Style
- 36 : Spring Cleaning for Your
Exercise Routine
- 38 : Stay Fit After Graduation
- 40 : Five Jobs That Keep You Moving

contents

WHAT THE HEALTH // SPRING 2012



FEATURES

- 42 : Trans-ition
- 45 : Struggling with Self-Esteem
- 48 : The Future of Food
- 50 : Exercise Addiction



BACK OF BOOK


- 53 : Get Out of Town: Rosemond Gifford Zoo
- 54 : Seasonal Goods: Cocktail Cooloffs
- 56 : Amateur Chef: Under 30 - Minute Meals
- 58 : Personal Story
- 59 : In Your Face: What's your favorite cocktail?



WHAT THE HEALTH // SPRING 2012

get well





LETTING THE JEALOUSY LINGER

story and photography by // yelena galstyan

How your partner's history can take a toll on your relationship, and what you can do to prevent your jealous feelings from taking over.

You're clicking through pictures on Facebook when it hits you like a brick wall. Your stomach tightens, your heart picks up a beat, and you cringe a little. It's him and her. That person you spend your nights with, wine and dine with, share your body and mind with was with someone else, before you. You click past the image but it's imprinted in the back of your mind, bound to come back and haunt you again.

We all have a past. But in some relationships, that history can lead to jealousy issues. *What the Health* asked Joseph Fanelli, Ph.D, professor of Lust, Love, and Relationships at Syracuse University, for advice on what couples can do to remedy this common struggle in relationships.

JEALOUSY'S DOUBLE-EDGED SWORD

The underlying feeling of jealousy exerts itself in two forms: reactive and suspicious. Reactive jealousy is a response to an actual threat to your relationship. For example, you see someone hitting on your partner, or your partner accidentally calls you by their ex's name. Suspicious jealousy, on the other hand, is when your suspicions don't fit the facts at hand. There is no actual threat and the uncertainty is all in your head. This type of jealousy can be very destructive in a relationship because your partner hasn't necessarily misbehaved, but you act as though they have.

When you have no data to substantiate your concerns but continue to bring up the past, make comparisons, and ask interrogating questions, eventually your partner ends up feeling frustrated, mistrusted, and resentful.

The more your insecurity grows, the more your partner gets fed up having to justify their life and shuts down.

DEALING WITH YOUR PARTNER'S PAST

Fanelli says you have a choice: You can let your partner's past become a noose that hangs you, or you can allow the past to empower you, teach you, and excite you into trying something different in your relationship.

It might just be a matter of details. Being curious is a part of love, but demanding details might cause more harm than good. Think about it, do you really have to know all the people, places, and positions? As time goes on and you learn more about your partner's history, you have to ask yourself whether they are being labeled by their past indiscretions, or if they are being accepted for who they are with you. Fanelli says, "condemning a person by



their past experiences doesn't allow you, within a relationship, to recognize what you have in the present and the future."

For those struggling, he recommends honest self-reflection. You have to determine if you are really committed to getting over your partner's past and making the relationship work. The important part, Fanelli says, is whether your partner has earned your trust while the two of you have been together.

Fanelli recommends avoiding giving energy to your doubts. Instead of asking questions that focus on the past, think before you speak; is what you're about to say going to enhance or detract from their relationship?

Lastly, Fanelli says that although your partner has a past, that doesn't distract from the specialness of your current relationship. You're going to love a lot of people in your life, but when someone says, "out of all the

men/women in the world, I want to be with you," that commitment means a lot. In extreme scenarios, Fanelli recommends pursuing therapy—it's an empowering way for two people to work on a relationship with guidance from a professional.

DEALING WITH A JEALOUS PARTNER

If your girlfriend or boyfriend is constantly questioning you about your past and feeling jealous about it, you have to be understanding and patient. Jealousy is often a sign of insecurity. Margaret Mead, a famous cultural anthropologist once said, "Jealousy is not a barometer by which the depth of love can be read, it merely records the degree of the lover's insecurity." Help your partner become more secure within your relationship.

Ask yourself if there is anything you are doing that's adding to your

partner's suspicions. Convince your partner that you've learned from your past experiences and let them know that your current relationship is unique and special. Be aware that the things you share online can spark those jealous feelings.

WHEN YOU'VE REACHED THE END OF THE ROAD

Fanelli says that some people simply can't accept their partner's past. That's OK too. There's nothing wrong with having standards and deciding that you're not comfortable with dealing with someone that has different morals or values than you. If you know deep down that you'll never feel right about the situation, you have to let go and find a relationship you're more comfortable in.

WTH

diagnosis: **DIABETES**

story by casey fabris // illustration by jake walker



TYPE 2 DIABETES CAN DEVELOP FROM UNHEALTHY EATING HABITS.



TYPE 1 DIABETES IS GENETIC.

THIS DISEASE ISN'T JUST FOR THE ELDERLY OR THE OVER-WEIGHT. *WHAT THE HEALTH* DISCOVERS HOW DIABETES AFFECTS COLLEGE STUDENTS, AND HOW THEY DEAL WITH THE DISEASE.

When Meg Lane went into the doctor's office for a sinus infection in March of 2007, she weighed approximately 120 pounds. When she returned in June for her annual check-up, she weighed only 100. The weight loss wasn't intentional; Lane wasn't dieting. For months, she felt tired, moody, and irritable. At the time, she was only 13 years old and her family assumed she was just going through a teenage stage.

Lane, a freshman public relations major at Syracuse University, says there was no apparent reason why her weight dropped. Originally, she says, she wrote it off because many of her friends were also thinning out at the time. But as Lane grew slimmer by the day, it became obvious that something was wrong. Lane told her doctor she was concerned with her weight. After running a few tests, Lane's doctor said there was good news and bad news. The good news: they knew what was wrong with her. The bad news: she had Type 1 diabetes.

Nearly 26 million children and adults in the United States have diabetes, according to the American Diabetes Association. Type 1, previously referred to as juvenile diabetes, is usually diagnosed in children and young adults.

"This is an autoimmune disease where the body attacks the pancreas so that it doesn't produce insulin. You need to have

insulin to live, so that means you need some outside source of insulin, either injections or a pump," Jane Uzcatogui, professor in the department of public health, nutrition, and food studies at Syracuse University, says. She explains that about five to 10 percent of all cases of diabetes are Type 1. Those with Type 1 diabetes have a genetic predisposition to the disease, which is then triggered by other illnesses, Uzcatogui says. However the specific triggers are unknown. Type 2 diabetes often develops from an unhealthy lifestyle.

When she was first diagnosed, Lane says she didn't know the impact it would have on her life. Lane is a Syracuse native, and luckily she has the Joslin Diabetes Center, an internationally recognized treatment center, located right around the corner. At the center, Lane went through a three-day training program where she met with nutritionists and endocrinologists to create a treatment plan.

Lane's doctors gave her a stuffed bear for teaching purposes. They hoped the felt patches on the arm and stomach areas would help her get adjusted to injections. But Lane grew tired of the shots. She found it inconvenient to find private places where she could give herself insulin when she was at school or out with family or friends. Five months after being diagnosed, she attended a pump information class and decided to switch

from self-injection to an insulin pump.

In the last 10 years or so, Uzcatogui says she has seen more students using insulin pumps, which greatly changes their management of the disease. "The insulin pump is the best alternative to a working pancreas," Uzcatogui says. "You don't have to carry any of the syringes; you don't have to draw them up; and you don't have to inject yourself. It's much more subtle."

The transition to college can make management of diabetes particularly difficult, Lane says. She explains that snacking in the dorm, consuming alcohol, and experiencing newfound freedom for the first time can be challenging to some diabetics whose parents played a significant role in their treatment.

Uzcatogui says it's important that students eat three meals a day, tell their friends about the disease and what they should do if something were to go wrong, and make sure to consume alcohol carefully. She says the effects of alcohol can mimic some of the signs of low blood sugar, so students must monitor their blood sugar while drinking.

One of Lane's doctors once told her that the only thing constant about diabetes is change. Though the adage makes her cringe, she says it's true. "If you keep that [saying] in mind and take things one day at a time, diabetes is manageable." **WTH**

LENDING A HAND

STUDENT VOLUNTEERS
PROMOTE HEALTHY LIFESTYLES
FOR THE YOUTH OF SYRACUSE

story by // leanna garfield
photography by // marissa donovan & victoria li





A group of elementary students, dressed in aprons, chop kiwis, apples, and pineapples placing them into a giant bowl. For the first time, these children learn how to make crepes at an after school program with the help of Syracuse University student volunteers.

Junior Marissa Donovan and senior Victoria Li are nutrition and dietetics majors and volunteer coordinators for the nutrition program at SU. Through the Mary Ann Shaw Center for Public and Community Service, they help recruit student volunteers for different nutrition-related programs throughout the Syracuse community. They've even started a few programs themselves.

"Books and Cooks," is a culture-based program, established by Li, which advocates literacy and health for school-aged children. The volunteers meet with the elementary students in the Syracuse area biweekly, where they help them stir up a healthy dish, while also teaching a lesson based on the culture they choose to highlight that week. The students have explored the cuisines of countries like Japan, India, Italy, and even local food traditions here in the U.S.

"Cooking on the Hillside" is another volunteer opportunity started right here at SU. Donovan, the coordinator for this after-school program, explained that volunteers lead a short, weekly, interactive lesson that focuses on a particular health-related topic to teach middle school students various nutrition skills. At the end of the year, the students pick a dish and participate in a cooking competition (with the help of the

volunteers), where they show the judges what they've learned about nutrition and why they are passionate about their dish. "It's a really successful program for the students at Hillside as well as the SU nutrition volunteers," Donovan says.

To get involved in afterschool programs like these, or other nutrition-related community service opportunities, interested students can complete a small survey handed out in their nutrition class or pick one up from room 237 in the Schine Student Center. Volunteer coordinators, like Li and Donovan, then match each student with a corresponding program or organization that meets their interests. Although the coordinators primarily work with nutrition students, you can still get involved through the Shaw Center in Schine.

Li says that watching the children learn, eat, and enjoy the healthy food is the most rewarding aspect for her as a volunteer. "It gives the children a sense of accomplishment and pride to master their own nutritious meals," she says. **WTH**

FOR MORE VOLUNTEER INFO
VISIT THE VOLUNTEER COORDINATION
OFFICE IN 237 SCHINE

healthy people for a healthy environment

DR. TANYA HORACEK TALKS WITH
WHAT THE HEALTH ABOUT HER
INFLUENCES IN THE NUTRITION WORLD.

story by // elizabeth pastor
illustration by // alicia zyburt

With health issues prevalent among college campuses, tips and reminders help students make beneficial changes. Syracuse University's associate professor in the department of public health, food studies and nutrition, Dr. Tanya Horacek, uses her experience and influence in the field of nutrition to help make SU a healthier campus. *What the Health* spoke with Horacek about her motivations, involvement on campus, and her current research project.

What the Health: What is ORANGE WRAP: Out Reach and Nutrition Group Education by Wellness Responsibility Advocating Peers and how did it begin?

Dr. Tanya Horacek: I am the former nutrition education professor, a class for upperclassmen and graduate students. Many ideas came out of the curriculum for this class, and one idea was creating nutrition education tools for the Resident Assistants (RAs) on campus. We created a Wellness Kit for the RAs so they could educate their residents.

WTH: When did ORANGE WRAP officially begin?

TH: ORANGE WRAP began about six and a half years ago because of the higher success rate with peer-to-peer education.

WTH: What is the main goal of ORANGE WRAP?

TH: The students in the organization work to promote healthy eating and living. They create tools to reach out to their peers using a non-diet approach. You can often find them tabling at the dining halls or giving a lesson to a dormitory, sorority house, or a class presentation. ORANGE WRAP also reaches out to the Syracuse community. We work with the Girl Scouts, day care programs, and we volunteer at various community service events on campus and around the city.

WTH: How is ORANGE WRAP making a positive impact on SU and the Syracuse community?



TH: The students have done a great job promoting and assisting SU and the community in regards to improving nutrition knowledge. ORANGE WRAP just won the Chancellors Award for Public Engagement and Scholarship, which recognizes students who use their knowledge to contribute to the public good.

WTH: You do research outside of the Nutrition Education program here at SU; what is your current project?

TH: I am involved in the 15-State Web-Based Non-Diet Approach Study, which focuses on the behaviors of young adults, 18-24 years old. We are currently working on the YEAH Project: Young Adults Eating and Active for Health, where we develop methods to increase the participant's physical activity and fruit and vegetable intake without dieting, but rather with education and lifestyle changes.

WTH: What are you doing with your research in regards to college students?

TH: For the past 15 years I have been solely focusing on behavior, but I am now focusing on the environment and how it influences behavior. I took the lead on the Healthy Campus Environmental Audit here at SU where we assess dining halls, vending machines, recreational services, university policies, and campus support. We are in the process of finalizing the audit so we can present it to other universities. **WTH**