

# SUMMER 2011

*your student fee*

*your student fee*

- »The All-Natural Energy Drink
- »Snacks to Save Your Skin
- »Running Barefoot



Summer brings many joys. The end of another school year. Warmer temperatures and chilled popsicles (p. 39). My birthday (and its festivities). Family reunions. Travel, and the beautiful photography that comes from it. Bountiful supplies of fresh fruit, which I particularly look forward to picking up from street corner stands in New York City.

And now, an extra *What the Health* issue.

As the second issue to be published this semester, it proves quite a feat for this publication. Let me take you behind the scenes of your campus health magazine: ever since I wrote my first article for the magazine (“Snow Excuses,” a feature published in Fall 2008 about staying committed to your winter workout), *What the Health* has operated on a seven-month production schedule. Writing and editing all happened the semester before you could physically pick up and thumb through the pages of this glossy. While that timeline worked for a while, it was time to change. By shortening our production schedule, we could incorporate more current news and timelier studies... and we have. Take our new section openers, for example—these photo-driven pages come with a newsbyte component to keep you up-to-date (check out Get Well’s blurb on bacteria in your faucet, p. 11). What this means for you, as our loyal reader: fresher stories and less stale news.

Keep reading for tips on surviving summer: when to run with the grass beneath your toes (p. 22), how to counter sun damage through your munchies (p. 27), and where to pick up your seasonal produce at a lower cost (p. 35). May our research guide you through your vacation time and keep you satisfied until you return to campus in August. Enjoy your summers!

Kathleen Corlett

Kathleen Corlett  
Editor in Chief



# Summer 2011



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From better workouts to better sleep, this small fruit yields big benefits.

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The supercenter's new health initiative slashes prices on produce, giving college students more choices than just Ramen Noodles for cheap eats.

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# Maximize Your Exercise

## Getting more out of your workouts this spring

Words by Dan Kaplan  
// Photography by Darra Markland

With summer just around the corner, it's the perfect time to work off that winter weight gain. If you haven't gotten started yet, don't worry—*What the Health* has you covered. Here is how to catch up and get the most out of your spring fitness activities.

### JOGGING:

A good run starts with the right running sneakers that fit with the arches of your feet to avoid injury, says Ashley Calarco, a sophomore graphic design major at Syracuse University and former track and cross-country runner. Visit a professional running store like Fleet Feet where employees, often longtime runners, can offer expert advice on shoe fits.

Next, prep your body by stretching your legs, and don't just focus on one muscle. For a basic stretch set, Calarco recommends doing high knee-raises and toe-touches. "Stretch before and after a workout; it's important to warm-up and cool down your muscles," she says.

Above all, be reasonable as a runner, and don't overdo it early on. Eliza Decker, associate director of SU Recreation Services, recommends alternating spurts of running with extended walking periods when you're first starting out—two minutes running then four minutes walking.

### HIKING:

Be sure to give yourself adequate nourishment before and during any hike to avoid running out of energy. Scott Catucci, instructor of the introductory backpacking course offered by the physical education department at SU, recommends eating a meal before any hike and stocking your pack with lots of high-energy foods like nuts, powerbars, and Gatorade. On overnight trips, Catucci estimates that his students take in between 3,000 and 4,000 calories per day. Additionally, remember to take plenty of water. "One of the most surprising things that people run into is how much water they

drink," Catucci says. "Bring more than just a little bottle of water. That'll only last about 15 minutes."

Next, make sure you do plenty of limbering up. Decker recommends a light walk without a pack on your back, followed by stretches for your calf and hamstring muscles. But knowing yourself and your abilities is most important, says Catucci. "If you're pretty physically fit, then a moderate hike won't be a big deal," he says. "But if you don't work out often, it could be a pretty strenuous activity."

### SWIMMING:

Believe it or not, dry-land exercises can increase your stamina in the pool. Lance Armstrong's Livestrong website suggests weight-based exercises like squat jumps and medicine ball throws. But Micaela Scully, a junior social work major and member of SU's club water polo team, recommends simple arm and calf muscle stretches to avoid cramps.

Also, remember to eat a balanced meal before working out, focusing on carbohydrates for energy. Nutritionist Kristin McCowan, a dietitian from Simmons College in Boston, recommends at least one gram of carbs per kilogram of body weight. For the average, 150-pound person, this means approximately 68 grams of carbohydrates—about the amount you'd get from eating a large bagel (4.5 inches in diameter). Finally, give yourself a warmup in the pool. The U.S. Masters Swimming organization recommends 30-second bursts of both swimming and kicking alternating with 30-second rest breaks. **with**

## The truth about

# OVEREATING

Words by Rakelle Shapiro // Photography by Nicole Silver

### Eating on smaller plates makes you eat less

**FACT.** To eat less during your meals, the trick is to dine on smaller plates. A bigger plate leads to less control people have over how much they eat, according to a study conducted by Dr. Brian Wansink, co-author of *Mindless Eating: Why We Eat More Than We Think*. In order to stay in control of portion size and eat fewer calories at each meal, switch from a standard 12-inch plate to a smaller 10-inch plate. This will trick your brain into thinking that because you have a full plate, you are eating more and feel more satisfied.

### Eating in a noisy room has no effect on how we taste food

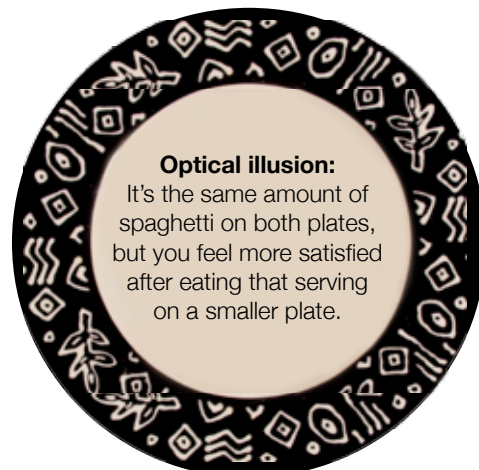
**MYTH.** Proceed with caution when eating in bars and restaurants filled with people and music. Eating while surrounded by loud noises inhibits our ability to fully taste what we are eating, according to a 2010 study published in the journal, *Food Quality and Preference*. Sugary foods tasted less sweet and salty foods tasted blander than if eaten in a quieter location. The researchers believe that the loud noises overwhelm our senses and serve as a distraction to our taste buds.

### Eating in the dark leads to eating more

**FACT.** People often leave restaurants feeling extremely full and wondering how they ate so much. Dim lighting in a restaurant can contribute to overeating by camouflaging how much you actually eat. Our brains rely on seeing the food we eat rather than the amount of food we actually consume, according to a recent study published in the journal, *Appetite*. Our ability to determine satiety and portion control is inhibited when we eat in the dark. To avoid overeating, skip out on restaurants that have dim lighting and always make sure that the room is well lit when eating at home.

### The amount of time we sleep does not affect how much we eat

**MYTH.** Not getting a full seven to eight hours of sleep at night leads to an increased appetite and could lead us to eating more. But that's not all: the type of sleep we get also plays a role in how sleep affects appetite. REM sleep, the deepest stage of sleep in which we dream, can temper our appetite if we do not get enough of it. "Missing REM sleep increases appetite, and not getting enough of this type of sleep can lead to overeating and weight gain," says Dr. Tibor Palfai, professor of psychology at Syracuse University. Next time you want to skip an hour of sleep to go on Facebook before you go to bed, remind yourself that it's not worth packing on the pounds.





# The Search for Perfection

A model's struggle with weight and sexuality

Words by Callan M. Gray

“111, 110, 109, 108, 107, 106, 105.” The numbers ran the length of Portia de Rossi's bedroom wall at home, a constant reminder of the weight loss she had yet to achieve. “It was getting more difficult to lose weight as I got thinner, so I needed all the incentive and motivation I could muster,” de Rossi writes in her memoir *Unbearable Lightness: A Story of Loss and Gain*.

*Unbearable Lightness* is the actress and model's poignant autobiographical account of anorexia, obsessive exercise, and purging. It illustrates de Rossi's extreme dieting—less than 300 calories per day in the end. It's the story of her struggle for perfection in her own eyes.

The narrative of this two-part account exhausts the reader as it forces participation in every written moment of her transformation from 130 pounds to 82 pounds. De Rossi lets you into her darkest thoughts, and you feel as though you are suffering her illness with her. It's shocking to see de Rossi's disorder through both her eyes and through photos of her at the peak of her disorder, included at the end of the book. You realize that she had you convinced she still had fat to lose when only weighing in at 82 pounds.

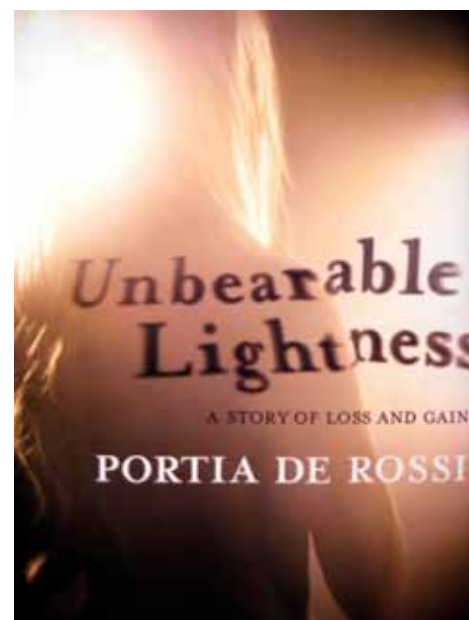
De Rossi met her eating disorder when she was 12 years old. She describes “him” as a drill sergeant pushing her forward, keeping time, and never leaving her a silent moment. During her young modeling days, it was this voice that encouraged her to starve herself before shoots and binge afterwards. She did this to maintain her weight until she joined the cast of the TV show *Ally McBeal* when she hired a nutritionist. Then she learned to count calories and measure food, consuming 1,400 calories per day. That number quickly dropped to 1,000 calories, and then 300 calories, and then even lower as she strived for the “perfect weight.”

De Rossi's account highlights how fears and societal pressures can consume and destroy a person. For de Rossi, the perfect weight was a disguise. She bravely recants how her biggest fear during her four-year career with *Ally McBeal* was that her cast members, producers, paparazzi, or anyone, would find out she was a lesbian. The drill sergeant in her head convinced her that she would be fired if the truth about her sexuality came out and convinced her that losing weight could hide it from everyone. This fear of exposure and inadequacy was the driving force of de Rossi's disorder until she talked with her mother during her mid-twenties.

“I felt the weight fall away from me... Shame weighs a lot more than flesh and bone,” de Rossi writes.

Weight loss became an obsession—her only steady companion as she rose to stardom. So de Rossi continued to lose weight until she plummeted to near death. Her starvation had led to dangerous electrolyte levels that threatened her organ function, osteoporosis, signs of cirrhosis, and an autoimmune disorder called lupus.

We hear that eating disorders are never cured and that those who suffer through them eventually learn to deal with their mind's drill sergeant. But de Rossi's account gives a different message—one of hope. In the epilogue, she describes silencing her drill sergeant, and explains how she learned to love food again. De Rossi allows the reader to understand that having an eating disorder is human, and her rawness takes away the stigma surrounding such illnesses. Her honesty makes recovery believable, and her own recovery continues to inspire other women suffering in secrecy. [with](#)



“I had always been secretly in awe of anorexics with their **super-human** self-restraint.

There is a neatness to it, a perfection.

(Apart from the fact I could never be **thin enough** to be anorexic, I didn't want to be anorexic anyway. I just wanted to **excel** at dieting).

**-Portia de Rossi**  
author, *Unbearable Lightness*

# The doctor called me a “freak case”



**I've had two hernias  
and three surgeries  
in three years**

Colleen Grande's story, as told to Rachael Grannell //  
Photography by Erica Fisher

I started my ab workout routine after running the nine-mile Boilermaker Race in the greater Utica area when I was overcome with pain in my lower abdomen too intolerable to ignore. I hurried to the bathroom in a panic, trying to push in a bulge sticking out of my left side.

Freaking out, I called my mom who urged me to see a doctor. At my appointment two days later, my family doctor called this bulge an inguinal hernia. My intestines were falling through a weak area of my muscles right below the pelvic bone.

I entered surgery two weeks later, feeling angrier over the inconvenience of the surgery than I was anxious of having it. Sophomore year started in about a week, and I would need to sit out most of the marching band season in order to recover. Because of the severity of my hernia, the surgeon used mesh to patch the hole in the abdominal wall to stop my intestines from sticking out.

Post-surgery recovery meant I couldn't play my clarinet for six weeks, which—as a clarinet performance major—was devastating. During my first time back in Crouse College's practice rooms, I felt the pain return. I assumed my mind was playing games with me until I found another bulge—this time on my right side. I called my mom in tears. I couldn't go through this again. One week later at 8 a.m., I was back in surgery.

For 20-year-old female runners like myself, hernias are extremely unusual. Theoretically, any activity that adds pressure to the abdominal wall tissue can cause a hernia, but they usually occur in men who do heavy lifting.

After this second surgery, I returned home for spaghetti and homemade sauce. But I'd return to the hospital later that night. After spaghetti with the family, I suffered a severe stomachache. Around 9 p.m., I arrived at St. Joe's Hospital in Syracuse. I sat



**“**I was admitted into a room and lifted into the bed. As they rolled me over, I **screamed out in agony**. It was the **worst moment** of my existence.

**-Colleen Grande**

Junior, clarinet performance major

in the emergency room waiting area for five hours, bleeding out of an incision.

Around 3 a.m. I was admitted into a room and lifted into the bed. As they rolled me over, I screamed out in agony. It was the worst moment of my existence. The morphine I received did little to ease the pain.

Unlike my last few outpatient procedures that sent me home hours after surgery, this hospital stay lasted for four or five days. Nurses took blood samples every four hours until I nearly needed a blood transfusion. The doctor said he would get me into surgery in a few days, but that wasn't soon enough for my dad. "You are going to get her in today," he demanded, upset with the poor quality of treatment I received. My parents just wanted their daughter healthy again. The doctor got me into surgery 30 minutes later. My intestine was twisted and I was bleeding internally. I was left with two big incisions a half-inch from my belly button.

While internal bleeding has stopped, I still experience pain from the nerves in my abdomen. I revisited the operating room this March to remove the mesh that has been rubbing against my nerves and to sew up my abdominal wall to keep my intestines inside the muscle lining.

The multiple hernias truly altered my routine. I used to run six days a week and follow an ab workout routine three of those days; but today it hurts too much to run, I rarely go to the gym, and I can't do any of the same ab work—any side-to-side movement hurts. In school, I participate in four ensembles in addition to marching band. When I couldn't play I would sit there and read the music. In some of my ensembles I couldn't make the performance and had to give up my solos. Just

before the surgeries, I used to practice two hours everyday outside of ensembles; now, I'm lucky if I can practice an hour every day.

My friends and boyfriend really helped me get through it all, and my professors were very understanding. When I couldn't perform, I enjoyed going to the library to discover new classical music. It helped me cope with the fact that my body interfered with what I loved to do. The experience has made me appreciate how active I was able to be before the surgeries, both physically and musically. **with**



# WELLNESS FROM WITHIN



Heather McCoy, CHHC AADP  
Holistic Health Coach

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a glance inward.”

## Check it Out

# The Next Generation of Frozen Desserts

Delicious alternatives to a traditional dairy treat

Words by Carly Reeve

Over the past few years, there has been a wave of trendy new frozen desserts hitting the market that give ice cream a run for its money. These treats offer a spin on the traditional sundae; each scoop offers a new variety of unique ingredients. And the cherry on top: each has its own perks. Each frozen delight contains essential nutrients and health benefits packed into ½ cup serving. Read on as nutrition expert Barbara Baron gives *What the Health* the scoop on four ice cream varieties we're craving.



**Julie's Organic  
Ice Cream**

**Base:** Organic, local milk

**Unique Flavors:** Pink peppermint, pomegranate cranberry with vanilla, and raspberry truffle

**Calories:** 210 calories

**Fat:** 14 grams

**Perks:** Organic foods contain higher levels of nutrients and lower pesticide residues, which will keep you strong and healthy in the long run.

**Price:** \$3.99 per pint

**Location:** Wegmans



**So Delicious  
Frozen Dessert**

**Base:** Coconut milk.

**Unique Flavors:** Coconut almond chip, green tea, pomegranate chip, and swiss almond

**Calories:** 150 calories

**Fat:** 8 grams

**Perks:** Loaded with medium chain fatty acids (MCFAs), So Delicious can help strengthen the immune system and provide anti-viral and anti-inflammatory benefits.

**Price:** \$3.00 per pint

**Location:** Wegmans



**Tofutti Premium  
Frozen Dessert**

**Base:** Soy milk

**Unique Flavors:** Almond bark, chocolate cookie crunch, and wild berry

**Calories:** 210 calories

**Fat:** 13 grams

**Perks:** Rich in soy protein and cholesterol free, Tofutti is low in saturated fat and suited for those who are lactose intolerant.

**Price:** \$3.29 per pint

**Location:** Campus dining halls, Wegmans, and Natur-Tyme in East Syracuse



**LaLoo's  
Ice Cream**

**Base:** Goat's milk

**Unique Flavors:** Black mission fig, rumplemint, and vanilla snowflake

**Calories:** 140 calories

**Fat:** 6 grams

**Perks:** LaLoo's contains all of the essential amino acids to keep you strong and healthy without heavy fat content. Plus, it delivers twice the calcium found in traditional ice cream.

**Price:** \$6 per pint

**Location:** Natur-Tyme and [www.laloo.com](http://www.laloo.com)

# Get Well



Lather up some extra soap: new research indicates hands-free faucets may be germier than sinks with knobs. **Fifty percent of water samples from sinks with motion detectors tested positive for the bacteria legionella** compared to only 15 percent of tap water from manual faucets, according to a study at Johns Hopkins Hospital in Maryland. The cause seems to lie in the valves of the high-tech sinks, which may offer more surfaces for the bacteria to grow.



# The Loophole Drug

**K2, the synthetic form of marijuana, is legal in most states, yet it provides a high similar to marijuana and could be much more dangerous**

Words by Maria Marino // Illustrations by Kayley Noonan



Jordan\*, a Syracuse University psychology major, smoked a joint filled with K2 with a group of his friends over winter break. They were all enjoying the legal herb until one of the boys took a hit and complained he felt hot and dizzy. Seconds later he collapsed onto the floor and started convulsing. "It was extremely scary. We didn't know what to do so we were freaking out," Jordan says. As they were about to call the police the kid stopped and got up, unsure of what had happened.

Jordan's experience is not an isolated incident. Since 2010, The American Association of Poison Control has reported more than 3,500 calls about K2 nationally. The drug is a legal, smokeable blend of plant material that has been coated with chemicals used in scientific research laboratories. The drug mimics the effects of THC, the active chemical found in marijuana, and produces a similar high. Vendors often label K2 as incense or potpourri to hide its actual use. It can be found under names like Bliss, Black Mamba, Bombay Blue, and Genie.

A large cause for concern is that K2 hasn't been tested or approved by the FDA for human consumption. Because the manufacturing process is unmonitored, the chemical composition of K2 varies from product to product, and no one is aware of the drug's possible effects.

Tibor Palfai, a professor of drugs and human behavior at SU, doesn't think K2 should be used until sufficient research is done. "It doesn't make any sense at all for people to smoke K2. Why not use marijuana for THC? At least you have some knowledge about it. There have been no toxicology studies."

The reported side effects are similar to those of marijuana: distorted perceptions, impaired coordination, and difficulty thinking and solving problems. In some cases the drug has been reported to cause vomiting, tremors, seizures, hallucinations, panic attacks, and increased heart rate. "If someone has a cardiac condition they could simply die," Palfai says. "The side effects can vary depending on how much is taken and prepared, just as is the case with any other drug."

The drug provides users with a marijuana-like high without risk of being caught

consuming an illegal substance. Palfai believes this was one of the main reasons people decided to experiment with K2 in the first place, and it holds true for a few of Jordan's friends. "Its metabolite is as detectable as THC but it's not looked for during drug tests because it's legal," Palfai says.

Mike\* and Sam\*, two other SU students, have also experimented with K2—but with completely different experiences. The first time Sam tried K2, he had an overwhelming head rush and paced around his room hyperventilating. "I thought I was going to have to go to the hospital. It got you really high for five to 10 minutes, but it felt like an hour and a half," Sam says. On the other hand, his friend Mike has smoked K2 many times and has never experienced any negative side effects. Mike says the high was almost exactly the same as a high from smoking weed. "So many factors go into everyone's account: people's reactions to the drug depend on if they're drinking or doing anything else, and also which brand of synthetic marijuana they get."

The synthetic drug is already banned in several states but a press release from Drug Enforcement Administration (DEA) Public Affairs states that as of November 24, 2010 the DEA will soon temporarily control five chemicals used to make synthetic marijuana. The DEA will consider the chemicals "Schedule 1" substances, the most restrictive category of drugs, and will control them for at least 12 months to research their safety.

Synthetic marijuana has been sold at head shops, gas stations, convenience stores, tobacco shops, and websites since 2006 as a cheaper, legal alternative to marijuana. K2 is typically sold in a small silver metallic bag and is smoked in joints or pipes. It costs around \$30-\$40 for three grams but varies according to brand.

However, Palfai says he doesn't think it is particularly popular around the university because students have easy access to real marijuana. "I never hear people talking openly about K2, but most of the time if you ask, people will say they've experienced it once or twice," Mike says. **wth**

\* Names have been changed.

# A Plan for All

Many students struggled to find health care after graduation

Words by Leah Rocketto

**K**erri Adler always dreamed of working for a production company. Be it for Broadway or NBC, Adler wanted to be a part of show business. But when the economy took a turn for the worse in 2009, Adler knew her options were limited. When she graduated from Syracuse University in 2009 with a degree in communications and rhetorical studies, Adler had no production prospects. “The only job I could get was a part-time job at Old Navy,” Adler says with a sigh.

Worse than taking the remedial job, however, was finding a way to cover her health care. Adler, as well as many other 2009 graduates, could no longer stay on their parents’ insurance plans. Many health insurers, like Blue Cross Blue Shield (BCBS) only allowed children to remain on a parent’s plan for “the remainder of the calendar year after graduation for fully insured customers,” according to its website.

As a part-time employee at Old Navy, Adler did not qualify for any medical benefits. To keep herself covered, Adler purchased individual insurance, costing her \$211 each month. But even that policy didn’t provide complete coverage. “I had no dental insurance,” Adler says. “The only way I could go to a dentist was finding a coupon for a \$60 cleaning for first-time patients at some random place near my house.”

Melissa Romero, a 2010 SU graduate, faced similar situations. Knowing she lacked coverage, Romero purchased a temporary health insurance plan from the SU Office of Alumni Relations. Several months and several doctor appointments later, Romero received an e-mail saying she was removed from the plan. Due to a miscommunication and mistake in billing, Romero had to pay for all her appointments.

“I received bills for a \$190 gynecology appointment and \$100 for a dentist appointment,” Romero said. This only added to her stress to find a job with benefits. But Romero and Adler breathed a little easier with the passing of President Obama’s Affordable Care Act in September 2010. Under this plan, all health insurance companies offering dependent coverage must provide coverage until the child is 26 years old. Although the bill passed in September, most insurance companies did not apply the plan until January 2011.

“The extension to age 26 is a perfect age for graduates to get settled, land on their feet, and hopefully find an employer who gives them insurance,” says Linda Karmen, deputy commissioner of health for Onondaga County. “It leaves a lot fewer individuals uninsured.”

Romero felt relieved when Obama’s plan passed. But the anxiety and stress from her pre-coverage life remains. “I’m still a little paranoid,” she says. “I’m worried how it will all play out when I go to the doctor’s again. I don’t want to get that bill in the mail again.”

Adler, who also returned to her parents’ plan, feels much more relaxed about finding a job—specifically a job she wants. “It’s hard enough to find a job in your field of interest,” Adler says. “If it’s all about getting a job just to get benefits, then many people will end up in jobs that might not interest them, just so they will be covered medically. I don’t think that is worth it.”

Thanks to the Affordable Care Act, more students can take time to find their dream job, rather than something just to pay the bills. **with**

## Hashing out Health Care: What College Students Should Know

Words by Rebecca Toback

Whether it’s for a car crash that sends you to the emergency room or a regular doctor’s checkup, as a college student, you need to be in-the-know about how the newest health care bill will affect you.

### The New Magic Number: 26

Previously, health insurance coverage stopped under the parents’ policy at age 18 or when school ended—whichever came first. New regulations extend that coverage to age 26, regardless of graduation or marriage.

### There’s No Denying It

No one under the age of 19 can be denied health insurance due to pre-existing conditions, such as asthma, diabetes, or other childhood illness. Eventually, denying health insurance to someone of any age due to a pre-existing condition will not be allowed under the Affordable Care Act, says Kristi Andersen, a political science professor in Syracuse University’s Maxwell School.

### Universal Coverage

Essentially, the Affordable Health Care Act will require that all Americans are insured—under your parents’ plan, by your job, or individually. When you turn 26, the ball is in your court to find coverage. Without an employer to insure you, you’ll pay out of pocket at doctor visits or buy an individual plan.

### No Annual Limit

Part of the bill includes a guaranteed right for consumers to appeal insurance company decisions, Andersen says. You can fight any decision your health insurance company makes to not pay for a trip to the doctor or a surgery. Mammograms, immunizations, and baby care will be covered without co-pays. Insurance plans can no longer have annual limits. “There used to be a limit on some policies, say \$2,000 a year, and that would be a real problem if you had something terrible happen to you and required medical assistance,” Andersen says.

# SEX HEALTH

## The Little Drug That Could

**How a prescription intended to reduce menstrual bleeding could save hundreds of thousands of lives.** Words by Tress Klassen

**F**rom saving women money on tampons to saving people's lives on the operating table, one drug with exemplary multitasking abilities is taking the medical community by storm.

Marketed as Lysteda in its tablet form, tranexamic acid (TXA) treats heavy menstrual bleeding. It works as an anti-fibrinolytic agent, meaning that it reduces excessive clot breakdown. This process, known as fibrinolysis, occurs naturally. But too much clot breakdown occurring in the uterus can cause heavy monthly bleeding—a condition that isn't life-threatening, but still uncomfortable and irritating to women who have their periods. TXA reduces menstrual blood loss by approximately 33 percent, according to two clinical studies.

The drug's ability to reduce blood loss makes it an incredibly useful tool for doctors.

CRASH-2, an international clinical trial that took place in 40 different countries, studied over 20,000 patients with severe bleeding resulting from trauma. Patients were injected with a gram of tranexamic acid shortly after injuries from car accidents, shootings, and other traumatic events and then received another one gram intravenously over eight hours. Reports show that patients who received tranexamic acid were more likely to survive their injuries. The drug decreased the risk of death due to severe bleeding by 16 percent.

The effectiveness of tranexamic acid isn't the only reason why the medical community is so excited. The drug is also incredibly cheap—costing just under \$5 per gram. Plus, administration and transportation of the drug is simple. However, TXA isn't being widely used yet. Ian Roberts, co-coordinator of the CRASH-2

clinical trial, says that the medical community remains largely unaware of tranexamic acid's benefits. "It takes a long time for people to find out new results—many people will die today who would otherwise have survived if they had known that TXA has been shown to reduce mortality," Roberts says.

For developing countries, tranexamic acid would be—quite literally—a lifesaver. With no evidence of complications and the estimate that worldwide, tranexamic acid could save 100,000 lives per year, doctors and researchers like Roberts are eager for tranexamic acid to be made available worldwide. **with**

## There Must Be Something in the Water

**Hormones spilling into tap water may be a risk to humans and the environment** Words by Kelsey Perkins

**I**magine the surprise on the face of Douglas Chambers when he discovered that the fish he caught in Washington's Potomac River Basin wasn't a female or a male. It was both.

After reports of a high incidence of intersex fish in the Potomac River, U.S. Geological Survey scientist and investigator Douglas Chambers confirmed the findings. His samples of 30 smallmouth bass contained at least one endocrine-disrupting compound, a chemical found in agricultural, industrial, and household products that mimics estrogen.

Or unmetabolized estrogen hormones excreted by women on birth control pills and then flushed into the water system.

Sometimes, our bodies cannot completely metabolize the pharmaceuticals, says Tia-

Marie Stevens, a graduate student at the SUNY College of Environmental Sciences and Forestry and employee of the U.S. Geological Survey. "We take these pills and excrete the excess, flushing it into your septic tank or to a waste water treatment plant," she says. Stevens has worked in the lab and field with her supervisor for the past five years focusing on the growing problem of chemicals polluting our water.

Currently, there is not enough research on the harmful effects these hormones have on humans. Recent studies have shown that estrogen consumed by humans through birth control disrupts the endocrine system of some animals and affects the way they regulate hormones. A 2008 study funded by the Denver-based Awwa Research Foundation, a

nonprofit research group established by the American Water Works Association, concluded that it's unlikely that the effects are harmful to humans. To be safe, however, some pharmacies post a sign at checkouts that tells people not to flush their pills down the toilet. Although the traces are small, some experts are concerned about a "stew effect," which could occur when these chemicals interact with each other.

Stevens stresses the importance of upgrading old treatment plants and regulating chemicals and industrial supplies. Some experts suggest the conversion to "green pharmacies," in which a consumer can send back their drugs to a pharmacist instead of disposing of them into the toilet. **with**



# Allergic to Sex

Words by Gina Colonette

Sex is often associated with pleasure, fun, orgasm—but allergies, not so much. Allergies are no fun. But when all you have to do is pop a Benadryl, they don't seem so bad. You may not want to believe it, but there is such a thing as being allergic to sex—semen to be exact, and simple Benadryl won't do the trick in treating this one.

## for women

Women can be allergic to proteins in their partner's semen, causing an allergic reaction within 20 to 30 minutes of exposure, says Dr. Jonathan Bernstein, M.D. Professor of Medicine at the University of Cincinnati. Symptoms include localized burning, pain or swelling or systematic symptoms including hives, trouble breathing, swelling of tissue and in severe cases anaphylaxis, causing fainting.

## for men

Men aren't off the hook. Marc Waldinger, a professor of sexual pharmacology at Utrecht University in the Netherlands, found semen allergy is the cause of Postorgasmic Illness Syndrome (POIS), according to a 2011 study published in the *Journal of Sexual Medicine*. Men with POIS may experience localized allergic symptoms as well as severe fatigue, intense warmth, flu-like symptoms, and generalize myalgia (muscle pain).

## treatment

Condom use is the number one treatment for semen allergies in females. "The problem is if they want to have normal relationships and not use a condom, or if they want to conceive," Dr. Bernstein says. A semen allergy can be an indirect cause of infertility for women who use condoms as a treatment, says Dr. Clifford Bassett M.D., a fellow and member of the Public Education committee of the American College of Allergy, Asthma and Immunology.

Women can be desensitized intra-vaginally by placing diluted semen into the vagina. Every 20 minutes, a higher concentration is inserted until you get to the undiluted specimen. Dr. Resnick M.D., Director of Allergy at the New York Presbyterian Hospital, has found intra-vaginal desensitization to be effective 70 percent of the time.

A treatment that can be used for men and women is exposure to semen—after you are desensitized. This process involves a prescreening test, a skin-prick test of 16 allergens including semen, and other lab work to separate the protein. The person is then injected in the arm with the allergy-causing protein. The labor-intensive process takes up to four hours, over the span of two days. The treatment is expensive and many insurance companies don't pay for it.

## prevalence

Waldinger found that 88 percent of men skin-prick tested with their own semen came back with a positive test. Symptoms of POIS occurred within 30 minutes of ejaculation for 25 of the men tested. Dr. Resnick doesn't believe semen allergies occur in men. He says more studies need to be done to make Waldinger's more credible.

Semen allergies are often under-diagnosed and not even discussed, but they are more common than you think. Dr. Resnick says gynecologists often diagnose semen allergies as an infection, because they haven't heard of this allergy. If you think you are suffering from a semen allergy, speak to your doctor and tell the whole story. Semen allergies are difficult to diagnose if your doctor doesn't know your history. **with**

Take the questionnaire at [www.seminalmasmaallergy.com](http://www.seminalmasmaallergy.com)

# Cancer in College

## Young women share the risk of tumor scares

Words by Katie Webb

“

Survival rates for women with breast cancer ages 15 to 40 have remained **stagnant** for the past 40 years, but have improved in women older and younger.

**-Tricia Laursen  
Director of 15-40 Connection**

I hopped on the cold hospital bed wrapped in the paper gown left for me. I winced as the doctor pushed down on the lump on the side of my left breast. When I first noticed it a few weeks before, my mother reassured me that—even though I was 18—a lot of parts of me were still changing, and it would probably go away. The doctor said very matter-of-factly, “Looks like you have a fibro-adenoma, basically a tumor.” When the word “tumor” left her lips, I felt a jolt in my pulse. After an ultrasound, she explained it was a benign tumor and that it should be removed before it grew and became painful. I walked out of the room with paperwork for surgery in hand and a blank stare on my face.

Young women, including myself, expect our bodies to be healthy, especially when active and eating right. It’s not every day that developing breast cancer crosses our minds, and if it does, the worry often stems from having mothers and grandmothers that battled the disease. Research says that risk of developing breast cancer doubles if your mother, sister, or daughter had breast cancer. While breast cancer is rare in younger women, it is still a concern to be monitored. The diagnosis in women under 35 is often more difficult because the breast tissue is denser, making mammograms

less effective, according to the National Cancer Institute. Cancer in young women also carries more aggressive genes.

“There has been no improvement in the survival rate for breast cancer in women ages 15 to 40 since 1975,” says Tricia Laursen, director of 15-40 Connection, a cancer advocacy group for the younger and most overlooked age group. Survival rates for these women have remained stagnant for the past

40 years, but have improved in the women older and younger. There is a lack of awareness for this age group, stemming from the “young and invincible” mindset. “This age group has a tendency to wait things out because they feel they are overreacting by calling a doctor, and by then it’s too late,” Laursen says. Many organizations now advocate for early detection, especially for women with breast cancer in their families. Bright Pink is an organization that promotes increased diagnostic testing through MRIs and mammograms, as well as chemoprevention and preventative surgeries. They host educational workshops on breast health and introduce outlets for testing as well as a one-on-one peer support group.

When I called my mother and told her the news, I heard the breath escape her lungs in a heap. I felt her fear through the phone. Twenty-three years ago her life changed drastically because of a doctor’s appointment like mine. My mom was diagnosed with breast cancer at age 34. Her doctor found a fibro-adenoma, like mine, and told her that it was very common in women her age, and not to worry. Three months later, it developed into stage-3 breast cancer. Her grandmother had died from breast cancer at age 40. The doctor insisted my mother needed a radical mastectomy, suggesting that her entire breast be removed. In the end, it wasn’t necessary, but her battle continued with a year of chemotherapy and eight weeks of radiation until she finally beat it.

My mother wasn’t given the immediate attention that I was, or the option of a minor surgery to take care of everything. Young women today should take advantage of the available options and take initiative in maintaining early detection with organizations like Bright Pink. I was proactive in having my tumor removed, and have been all clear since. It’s never too early to start a breast health regimen to ensure a healthy future. **with**

# Feel Great



Make the most of the warmer temperatures this summer and take a dive out in the sun. **Swimming increases lean muscle mass and can burn up to 700 calories an hour** depending on the intensity of your workout. For a new way to enjoy the pool, try running in water; it gives the same aerobic benefits as treadmill running, according to the *Journal of Sports Medicine and Physical Fitness*.



# Grades, Games, and Grenades

How extra time videogaming could jeopardize your schoolwork

Words by Alex Lee // Photography by Daniel Berkowitz

**A**t 7 o'clock on a Wednesday night, Alex Hemsley returns to his dorm room after a long day of classes and work. Hemsley, a junior studying political science, economics, and psychology, opens his computer to 'quickly check his e-mails,' and soon gets a text message from a friend: "STARCRAFT IN 10?" Without batting an eye, he signs onto his on-line StarCraft 2 account and the games begin. What started as a "quick" e-mail check turns into three hours of completing missions and building colonies. When the clock approaches 11 and he still has four hours of homework to do, Hemsley calls it quits and starts his lengthy economics readings. Something is bound to suffer: sleep, or the quality of work. "Playing video games probably impacts my grades negatively, specifically in economics, because there's a lot of homework outside of class," he admits.

Call of Duty, StarCraft II, NBA 2K11, World of Warcraft, FIFA... you name it, college kids play it. It's hard to walk into a college dorm these days without seeing some sort of video game console or controller. Sixty-five

percent of college students report being regular or occasional game players, according to a survey by the Pew Internet & American Life Project. Whether they know it or not, these gamers have more to lose than a few hours of their time. Recent studies link excessive video gaming with depression and lower grades in college students.

A 2008 study by Ralph and Todd Stinebrickner at Berea College in Kentucky found that simply having a roommate who brings a video game console reduces a student's first semester GPA by .241 points. Having a roommate with a video game system decreased study time by 40 minutes. The Pew survey notes that 48 percent of college student-gamers agree that gaming keeps them from studying "some" or "a lot." Nine percent admit they play video games to avoid studying.

Dr. Douglas Gentile, a psychology professor and head of the Media Research Lab at Iowa State University, studies the detrimental effects of pathological gaming—also known as "video game addiction"—on both children and college students. In his 2011 study, Gentile relates pathological gaming to pathological gambling, where "playing can produce 'flow' states, in which the player is focused, has

a sense of control, may lose a sense of time and place, and finds playing intrinsically rewarding." Initially, gaming usually is

not a problem, but it becomes "pathological" once it puts the gamer's social, occupational, family, school, and psychological functioning at risk.

The study examined the lives of 3,034 students in Singapore, and found that the students



who qualified as pathological gamers (around nine percent) suffered from depression, anxiety, and poor school performance more often than other students. "I think the results of this study demonstrate clearly that gaming is not simply a symptom of depression, and therefore is worthy of concern," says Gentile. "The truth is likely to be that they are co-morbid... they affect each other."

In a 2008 speech about policy and regulation, former Federal Communication Commission Commissioner Deborah Taylor Tate cited online gaming addiction (such as World of Warcraft) as one of the top reasons for college dropouts in the U.S., played by 11 million people worldwide. Hemsley is confident that he won't be the next college dropout due to video game habits. "I do it for social reasons, not because I am addicted to it," he says. "I feel gaming is a balanced aspect of my life. For example, I have three tests next week, so I won't be playing video games at any point this weekend!" **with**

## Counter-Active

Words by Tory Wolk

If you work out every day, you probably think you're in shape. Think again. New research shows even those who exercise regularly may need to improve their overall fitness.

Long periods of sitting counter the effects of consistent exercise, according to a recent study by the American Cancer Society. When sitting still, your metabolism slows and your body stops producing certain proteins that help process and store sugars and fats. Excessive rest can lead to weight gain, heart disease, and diabetes over time. Dr. Alpa Patel, the study's lead researcher, suspects that being inactive is associated with other unhealthy behaviors. For example, a person who spends hours in front of the TV probably snacks at the same time.

Small changes in your daily routine can help. When you absolutely cannot avoid long periods of inactivity in a class or at a computer, try to break up the time with some sort of activity. "Introducing a couple minutes of movement every so often can be very beneficial," says Dr. Patel. "When you're watching TV, try to do other activities at the same time, like folding laundry." She also suggests avoiding the elevator, parking farther from your destination, and stretching or taking small walks between classes.

# More Kettlebell

Words by Kelly Bucci and Brianna Quaglia // Photography by Brianna Quaglia

**F**orget the free weights. Kettlebells are attracting action in gyms worldwide, and for a good reason. “You do more work in less time because the movement is based on swinging,” says Pete McCall, an exercise physiologist at the American Council on Exercise (ACE). “It requires more muscle force to control the velocity and momentum through the whole range of motion.”

An ACE study using 10 men and women experienced in kettlebell usage found a routine burned an average of 272 calories. These 20 minutes of weight training achieve the same burn as running on a treadmill for 30 minutes and then lifting weights for another half hour. Laura Albertelli, senior exercise science major at Syracuse University and personal trainer for SU's Recreational Services designed this workout for *What the Health* readers to tone in 15 minutes, three times a week.



## Disco Squat

Start in a squat with feet shoulder width apart, hips pressing back, and spine straight. Dangle the kettlebell in one hand in front of the shin on the opposite side of the body. Keeping the feet planted, stand up straight bringing the hips forward as fast as you can. Swing the kettlebell from shin to overhead (like a disco point), and swing back to the starting position. Begin immediately after. Continue this motion for 30 seconds then switch hands. Repeat 3 times for each arm.



Plank shoulder swing

Figure 8



Row push-ups



Single leg Romanian deadlift

## Single leg Romanian deadlift

Stand erect with feet hip width apart and hands at sides. Hold a kettlebell in one hand at side. Raise the kettlebell straight overhead with both hands and extend your left leg back. Lean forward until your torso, heel, and extended arms are all aligned and parallel to the floor. Rotate back to the starting position. Repeat for 30 seconds then switch motion to the opposite side of the body. Repeat 3 times.

## Row push-ups

Start in the plank position (the up position of a push-up), kettlebell handles in your right hand and hands directly under shoulders. Perform one push-up then shift weight onto left arm. Pull the kettlebell in right hand to your chest, driving your elbow to the ceiling, then place back to starting position. Perform a second push-up and shift weight to right arm. Do one row on the left side and come back to center. Continue alternating until you have completed 12 push-ups, then take a 20-second break. Repeat 4 times.

## Plank shoulder swing

Begin in an elevated plank position with hands on a chair or step; keep hips in line and shoulders above hands. Dangle the kettlebell in one hand in front of your belly button. Swing kettlebell directly out to the side with a nearly straight arm so that your body looks like half of a T, then bring the kettlebell back to your center. Continue swinging from center to side, resisting the body's tendency to twist the torso with the motion by contracting your core muscles. After 30 seconds, switch sides. Repeat 3 times.

## Figure 8

Squat with your legs slightly wider than shoulder width. Keep your spine parallel with the floor throughout exercise. Dangle kettlebell in one hand between knees. Pass the weight through the legs to your other hand. Bring the kettle bell around the outside of the leg and back between the knees—tracing an 8 around your legs. Perform for 45 seconds as fast as you can followed by 15 seconds of rest; repeat 3 times.



# SUDDEN CARDIAC ARREST

*Why young athletes are dropping to the ground*

Words by Samantha Quisgard

Every summer, student athletes rush to their doctors, paperwork in hand, hoping to receive approval to step foot on the field. However, young athletes are dropping to the ground, despite passing a basic sports physical.

According to the Sudden Death in Young Athletes Registry, there are approximately 115 cases of sudden cardiac arrest (SCA) in young athletes each year in the United States. This amounts to one case every three days.

## The Mysteries behind the Tragedy

The most common cause of SCA is hypertrophic cardiomyopathy (HCM), a condition in which part of the heart muscle becomes thickened. This makes it harder for blood to leave the heart, thus forcing the heart to kick into overdrive and work harder. Often a genetic problem, HCM usually shows no warning until it's too late. Congenital coronary artery anomalies (CCAAs), which account for a number of different abnormalities in the structure of the heart, can also cause SCA. According to the *Journal of American College of Cardiology*, CCAAs are found in 20 percent of all SCA cases.

## The Prescreening Debate

SCA often comes without warning. Seemingly healthy athletes run down the field one minute and drop to the ground, unconscious the next. Recently, physicians debate whether young athletes receive proper pre-screening before engaging in sports.

Countries such as Germany, France, and Luxembourg actually require all professional athletes to undergo an echocardiogram (ECG) test before competing. While an ECG can be beneficial to an athlete with a family history of heart problems, it may cause more harm than good if adopted for every athlete. Tim Neal, Assistant Director of Athletics for Sports Medicine at Syracuse University, says this could clog the system given that thousands of athletes would need testing around the same time.

Some physicians argue that ECGs are not effective due to the number of false-positive readings in the

past. However, Dr. Jonathan Drezner, University of Washington professor who has published numerous studies on the topic of SCA, says interpreting ECGs has improved over the past years, making ECGs more cost-effective and beneficial to the athlete. "I've been using ECGs to screen my patients for years and in my mind there's no doubt that when you screen with an ECG you are performing a better screen," Drezner says.

## A Life Saving Machine

During the tragic moment of collapse, having an automated external defibrillator (AED) on hand could be what's standing between life and death. AEDs administer electric shocks to a cardiac arrest patient in order to reestablish a normal heart rhythm.

"I think it should be mandatory that a coach or trainer be certified to use an AED and that they have one anywhere that they play competitive sports," says Dr. Ronald Caputo, a cardiologist at St. Joseph's Hospital in Syracuse.

More than 90 percent of universities across the country have AEDs according to Drezner. Installed at SU in 2001, an AED helped save the life of Conference USA official Gerry Bram during the SU vs. East Carolina football game.

Neal says all SU athletic trainers are AED certified. Defibrillators are also located in all SU weight rooms, and one in the office of Manley Field house.

According to Neal, schools need an emergency action plan too, not just an AED. Anyone should be able to walk up to an emergency action sign and understand how to call and get help quickly since the response time in SCA is especially crucial. According to the American Heart Association, every minute that passes, the chance of survival decreases by seven to 10 percent. The first AED shock should be administered within the first three to five minutes of collapse for the best chances of survival.

While it is rare that SCA comes with any warning signs, athletes should stop activity immediately if experiencing light-headedness, rapid heart rate, or chest pain. [with](#)



# Finding Balance

## Meditation for the Student

Words by Yelena Galstyan // Photography by Erica Fisher

**T**ake your demanding class schedule, your weekend job, your extracurricular activities, your dramatic relationships, your final exams and your to-do-list, and just throw it all away. Clear your mind; clear your palette. Easier said than done, right? Luckily, you don't have to sacrifice any of those things to gain some inner peace. Gautama Siddharta, the founder of Buddhism, once said: "The mind is everything. What you think, you become." If you'd like to become a more content and peaceful person, a meditation practice might be right for you.

The goal of meditation is to come back to the present moment. Most of the thoughts that enter our minds have something to do with the past, or something coming up in the future, says Jikyo Bonnie Shoultz, Buddhist chaplain at Hendricks Chapel. Naturally, those past and future events cause anxiety, worry, anticipation, and stress. Through meditation, people learn that they have the ability to focus their minds, Shoultz says.

Caroline Savage, a graduate student at SUNY College of Environmental Science and Forestry, and current President of the Student Buddhist Association, says meditation radically transformed her life. She let go of her anxieties, and became better at concentrating on her schoolwork. "Through the practice of focusing on my breath, I realized that it's OK to just be where I am and not have to worry about 20 things," Savage says. "I can just sit there and breathe and be in my own body."

Studies show that meditation relieves stress, improves heart function, boosts immune response, and reduces pain, but did you know that it can also rewire your brain? A recent study done by researchers at Massachusetts General Hospital and Harvard Medical School concluded that those who meditated for about 30 minutes a day for eight weeks had measurable changes in gray-matter density in parts of the brain associated with memory, sense of self, empathy, and stress. Shoultz adds that meditation is directly connected to feelings of greater joy and happiness. So what are you waiting for? Ready, set, sit. Shoultz and Savage tell us how. [with](#)

### Getting Started

Begin meditating with a group so you feel supported. You are more likely to make the time commitment if you're with people who are doing the same. On campus, try Healthy Monday meditations or attend daily sessions at Hendricks Chapel.

If you are a beginner and want to try sitting at home, experiment with guided meditations. Look up podcasts on iTunes. Gabrielle Bernstein, a meditation fanatic and life coach, offers numerous free downloads on iTunes to help you find inner peace.

Meditate for just a minute. When you're feeling panicked or overwhelmed, focus your mind like you would if you were sitting. This will train your brain to realize what is causing you stress, and then allow you to deal with it. Read *The One-Minute Meditator* by David Nichol and Bill Birchard to learn more.



**Head:** Allow your neck to be an extension of your spine. Think of a string from the ceiling to the crown of the head and position it so that it is going right out of the spinal column, instead of bent forward.

**Posture:** Form a tripod. Both your knees and "sit bones" should be in contact with the floor or a cushion. If your knees don't meet the ground, add small square cushions underneath them or sit on two cushions stacked together until you achieve some stability. Your spine should be erect without straining muscles.

**Mind:** Pay attention to the sensations of breathing and actually count the number of breaths you take. If a thought enters your head and distracts you, simply start over.



**Eyes:** Keep your eyes slightly open or closed but don't look around.

**Hands:** You can leave your hands opened or resting on your knees.

# Less is More

## *What the Health* explores the **Barefoot and Minimalist shoe** trend

Words by Kasey Panetta // Photography by Darra Markland



**S**tephen Rathbun first tried barefoot running on a soccer field on South Campus. The ground was wet, the grass was muddied from recent rain and it squished between his toes as he splashed his way through puddles around the outer rim of the field. It was a new feeling for the avid runner, who averages between 60 and 70 miles a week, but a good one. He felt like his feet could finally breathe.

Like many other experienced runners, the idea of running without traditional shoe support intrigued Rathbun, a freshman sports management and international relations major. He began running barefoot as a way to train for running higher mileages, and thus joined a new barefoot and minimalist shoe craze.

The minimalist shoe, made light and flexible to mimic walking barefoot, fascinates runners and worries physical therapists. *Born to Run*, a book which follows a group of barefoot long distance runners in Mexico to study the “ultra-athletes,” created a lot of interest in this type of running.

In 2010, Harvard University studied runners wearing shoes and barefoot runners in hopes of discovering why—despite corrective running shoes and evolution—modern runners are so frequently injured.

Adam Daoud, a research assistant for the Harvard report and an experienced runner, says the difference between running with shoes and running without them tends to be that shod runners (those wearing shoes) land on the heel of their foot, called heel-strike, as opposed to experienced barefoot runners who land on the forefoot called a toe-strike. He compared it to standing barefoot and jumping. The body naturally lands on the toes because it's less of a dead stop when you land on your forefoot compared to landing on your heel—you spring on your toes. Without that padding, landing on the heel results in a painful shockwave. In shod running, a shoe makes the heel strike comfortable.

Runners like Rathbun and Daoud, who are good candidates for running barefoot, do so because it supposedly strengthens foot and calf muscles. But it isn't for everyone and it takes practice to learn to forefoot-strike properly, Daoud says.

“A lot of it is about the way you run, not what you have on your foot,” Daoud says, noting that he waited five months before switching a significant amount of his mileage to a shoe with no heel padding.

Ed Griffin, owner of the running store Fleet Feet in Syracuse, says that gradually



incorporating barefoot running into a routine is the key. It's a training tool to strengthen the foot and not something runners should be doing all the time, he says.

Whether it's no shoe or a minimalist shoe, this craze isn't meant for people just starting out. Beginning runners don't have enough strength and muscle built up in their feet to handle the shock of running with no padding.

Customers often ask about minimalist shoes, but Griffin recommends the shoe only for experienced runners with the correct arch and physical fitness.

"If you talk to the medical professionals, there has been a pretty good increase of injuries related to people not using these minimalist products properly," Griffin says, citing inexperience as a common cause of injury.

While the interest in the natural running experience increased sales in minimal-support shoes at Fleet Feet, Griffin finds the proven science behind the shoe lacking. No major studies exist proving the craze is beneficial, detrimental, or has no effect. The marketing campaign sparked people's interest, he says, but it's not something that scientists are backing 100 percent.

Stefan Keslacy, a professor of exercise science at Syracuse University, is more concerned with the specificity of the people considered in the Harvard study. The research, which focused on a small population of experienced barefoot runners, does not convince Keslacy that the theory should apply to runners outside of that culture. There is still more research to be done, he says.

For now, runners will have to wait and see. Daoud's current study highlights only the injury rates between foot strike types, dependant on whether or not the runners wear shoes. He recommends that if shod runners are happy and uninjured, they should stick to what feels comfortable.

"Hopefully it becomes another option to consider and maybe switching to forefoot style will help with certain injuries," he says. "There needs to be more research before anyone can specifically say this is what you need to do to reduce injuries, but I think that people should be aware of the option." [with](#)



## We've tried it!

### Me and My FiveFingers Running Shoes

Words by Stevie Jasuta // Photography by Darra Markland

I enjoy long jogs on the beach, sand tickling my toes, and the potential running miles I see in the endless stretch of shore. But when I end up spending my run looking down to avoid rocks and seashells, the majestic beauty of my workout disappears. Instead, I invested in a pair (or two or three) of Vibram FiveFingers barefoot running shoes.

From my experience, this brand of minimalist shoe is tough enough to withstand most terrain, while enjoying the benefits of barefoot running almost anywhere. In a variety of styles and colors, these funny-looking toe shoes encourage the health benefits of barefoot running without the worry of a thorn in your foot. I rock the Classics and the Sprints: I've

worn them in wet marshlands, on hot and dry beach sand, hiking up rocky paths, running along pavement, and in my Pilates and yoga classes—every terrain except Syracuse snow.

Vibram is the only toe-shoe out there, but Kigo, Feelmax, Nike, and Newton also have lines of lightweight shoes that simulate the sans-shoe experience. Out of Vibram's 12 styles of toed-shoes available for women, I personally enjoy the arch and heel support in my lilac and pink Sprints for serious runs, and my grey-teal-yellow Classics for every day wear-and-tear. But guys, don't worry: Vibram offers a selection of nine styles for men too. Vibram makes it easy for me to run au naturale without the "ouch!"







# Run For Your Money

Workout Your Body and Self-esteem  
Exercising for a Cause Words by Mayra Najera

**A**t a frat, you can spend hours dancing and socializing with friends until the Department of Public Safety crashes the party. Or, you can dance to live music nonstop for 12 hours with Habitat for Humanity's H4H dance-a-thon, one of several exercise-for-a-cause events on Syracuse University's campus, and help raise funds to support affordable housing for those in need.

Many other organizations recently are also choosing to hold active charity events rather than simply asking for donations. "It makes the event more interactive and fun," says Jenna Loadman, SU junior in the Bandier program for music and entertainment industries, and organizer of the H4H dance-a-thon. "It brings people that aren't normally interested in certain types of charities and makes them get more involved," she says.

These events can have personal benefits as well. "Some people think that if they are associated with an event like this, they will get more respect," says Tibor Palfai, SU psychology professor. "Usually someone who is charitable

is known to their friends as a nice person; it raises self-esteem," he explains.

Elizabeth Doyon, an SU freshman studying newspaper and online journalism, participated in Project Bread: Walk for Hunger, an event dedicated to ending hunger in Massachusetts, for the past six years. "As an athlete, charity walks were a good way to bring a team together and bond over a common goal to help others," Doyon says. She says, "After walking 20 miles you feel really accomplished. At the end there are balloons and everyone is cheering."

Some exercise-for-a-cause events are going global: 21 countries worldwide now raise money for cancer patients and research with the American Cancer Society's Relay for Life. "I feel happy to empower people to fight against something that takes the lives of many people," says Gabriel Brun, an SU freshman in economics, who attended the event. Gwen Le, an SU sophomore in finance, participated in Relay for Life last year. "You don't just put in the money but you put in the time to show that you care," she says.

For Shelly Kruger, an SU junior in marketing, the reason for participating in the Relay for Life event is more personal, "I do Relay for Life and cancer-based events because my mom had cancer. It's just a nice environment to be around, because everyone has been in the same situation and everyone can support each other."

If you are crunched for time, try an online exercise-for-charity group, such as the Plus 3 Network, where walking from your dormitory to class can be turned into Kudos-a point system that converts to charitable dollars. By simply registering on the site, and logging a regular exercise routine, a corporate sponsor will donate money per hour, lap, rep., or mile completed. Everything counts: walking a dog, snowboarding, dancing, playing football, and even time spent volunteering. Plus 3 Network makes it easy to donate to a cause. You can help a charity on your own time, over the summer, while studying abroad, or even in the comfort of your dorm. [win](#)

# Eat Smart



Citrus fruits may offer more than a refreshing summer flavor and a burst of Vitamin C. **Oils in the zest (part of the peel) may protect against skin cancer**, according to a new study at the University of Arizona. Check out page 27 for more foods that help ward off sun damage.

# Burgers Take A Back Seat

## The fast food industry gets a make-over

Words by Liz Labeau // Photography by Samantha Dolph



**E**ach day, about one quarter of the U.S. population eats fast food, according to the 2006 documentary, *Fast Food Nation*. But while the only fast food options were traditionally high-fat, high-calorie, low-fiber meals, many restaurants are revamping their menus to include healthier options. Taco Bell, McDonald's, and Wendy's take on the healthy challenge by creating meal options for their menus that appeal to those watching what they eat.

Abby Blaustein, a dietitian and assistant director at Saint Barnabas Hospital in New Jersey, believes consumers can make healthy choices if they think about what they order, even at a fast food restaurant. But whether the new menu options caused a shift towards healthier alternatives is unclear. Even then, many of the alternatives are only healthy when compared to the standard menu, says Leigh Gantner, a nutrition professor at Syracuse University. "The snack wraps served at McDonalds are smaller portions than other meals, but they still have the deep fried meat and high calorie salad dressing," she explains. "Salads from fast food restaurants are not all that healthy in comparison with more standard options at non-fast food restaurants." These choices can be healthier, but it requires consumers make the requests—less cheese, light dressing, and no deep-fried meat.

“Salads can be a **healthy** option, but keep in mind that the dressings **do count** in terms of calories.

**-Abby Blaustein**  
Assistant Director  
at Saint Barnabas Hospital



While healthier options now exist on fast food restaurant menus, Gantner says these options do not make up a wholesome, balanced meal. "The key to nutrition is always going to be variety," Gantner says. To ensure a well-balanced meal, "half of your plate should be a plant product, with another quarter being a starch, and a last quarter an animal protein."

Despite the healthier options, some people will still choose unhealthy food when walking into a fast food restaurant. Ariana Reed, a junior biochemistry major, admits that when she goes to Kimmel Food Court at SU, she's craving something a little more than a salad. "Taco Bell's Crunch Wrap Supreme is divine. It is the holy grail of junk food," she says.

More than 25,000 fast food chains operate in the U.S. alone, according to the National Institute for Health. So the next time you're stuck at one of those thousands of locations, consider the experts' suggestions for keeping it light:

### Taco Bell

Taco Bell's "Drive-Through Diet" includes seven meal choices, each with fewer than nine grams of fat. Its pieces forgo the deep fried, or "crunchy," and instead supply grilled options.

**The Meal:** One Fresco soft taco (a warm, soft flour tortilla filled with seasoned ground beef, lettuce, and salsa) and one Fresco Ranchero Chicken soft taco (Salsa, lettuce, and Southwest Chicken in a tortilla).  
*Total calories: 350 cal; total fat: 11 g.*

### McDonald's

McDonald's advertises "wholesome choices" and premium salads—each containing about three cups of vegetables—on its menu for dieters. Customers can also choose one percent low-fat milk or bottled water over soda.

**The Meal:** Premium Southwest Salad with Grilled Chicken.  
*Total calories: 320 cal; total fat: 9 g.*

### Wendy's

"Real choices, Real Value, Everyday." Wendy's slogan spotlights its real ingredients. This chain offers seven menu options, many of which can be combined with a half-sized salad.

**The Meal:** Baked potato with broccoli, sans sour cream and cheese.  
*Total calories: 330 cal; total fat: 2g.*



# Eat Your Sunscreen

The Diet That Protects Your Skin and Provides a Natural Glow

Words by Claire McFarland

It's spring. Although it may be tempting to lie out on the quad and soak up the sun between classes, check out which munchies will score you some ultraviolet (UV) ray protection. Recently published research shows certain foods not only help protect against sun damage and skin cancer, but also give the skin a healthy, bronzed glow. Soaking up the sun has proven to be good in moderation, since it provides a great deal of Vitamin D. This vitamin which helps calcium absorption in the body, according to a 2009 study conducted at Harvard Medical School.

Physical symptoms of sun damage include wrinkling, peeling, and freckling. Certain foods can actually help protect against skin damage and reduce the risk of skin cancer. It's important to eat large amounts of active botanical compounds in order to protect your skin from harmful UV rays. These provide the variety of color to foods and high-powered anti-oxidant value.

Eating green, leafy vegetables such as kale, spinach, and Swiss chard helps to prevent skin cancer by up to 50 percent. Paul Talalay, MD of John Hopkins University researches the effects of broccoli in preventing skin cancer. He recommends eating at least a half cup of the vegetable each day to protect yourself against skin cancer. A 2009 study from John Hopkins University also looked closely at specific foods to incorporate in a skin-protecting diet, and evaluated the properties that each food contained. Follow this list of foods to get the most from your cancer-fighting diet:

## Carotenoids



Beta-carotene, alpha-carotene, gamma-carotene, and beta-cryptoxanthin have Vitamin A activity, act as antioxidants and act directly to absorb damaging blue and near-UV light in order to protect the skin. Foods that include this nutrient are: carrots, tomatoes, green leafy vegetables, sweet potatoes, corn, egg yolks, blueberries, and watermelons.

## Flavonoids



A powerful antioxidant, these pigments contain Vitamin P and citron and have been proven to reduce risk of cancer and cardiovascular disease. These foods are packed with these disease-fighting nutrients: grapes, berries, apples, green and black tea, black-eyed peas, nuts, broccoli, ginger and turmeric.

## Pholyphenols



These water-soluble compounds are proven to be a strong antioxidant and even have been linked to anti-aging and increased production of collagen in the skin. Foods high in these youth-sustaining nutrients include: grapes, red wine, berries, green and black tea, olive oil, chocolate and peanuts.

Jane Burrell Uzategui, a registered dietitian and professor of nutrition science and dietetics at Syracuse University, says one of the easiest ways to incorporate a UV-protecting diet is to look for bright colors in the produce area. "The properties in these colorful foods include beta-carotene, Vitamin E, and selenium, which can help reduce mutation of cells, or cancerous cells," Uzategui says. Foods with lots of color provide a great deal of phytochemicals, which include all fruits, vegetables and whole grains, and have proven to protect the body against many types of cancer, she says.

Uzategui recommends a diet rich in these healthy staples, explaining an antioxidant-rich diet was not the complete solution to UV protection. "These foods should not be a replacement for sunscreen," Uzategui says, encouraging wearing sunblock in addition to eating these UV-fighting foods, and highly recommends incorporating these colorful, nutritious staples into your grocery list each week. **with**

## Carrots for Color

A 2010 study conducted by the Mayo Clinic indicates, that eating several portions of carrots (two to three cups per day) could deepen skin pigment, giving the illusion of a sun-kissed look. When eating a carotenoid-rich diet, which includes both carrots and plums, many of the excess carotenoids are stored in the fat just beneath the skin, where their pigments surface, giving a healthy glow that mimics a fake tan, according

to the study. Uzategui says that beta-carotene supplements are now being marketed as 'tanning pills,' which can cause similar effects on the tone and pigments of the skin.

Eating a carotenoid-rich diet can give you the color you crave without the wrinkles- and can even improve your vision. The alpha-carotene in carrots is a powerful antioxidant that helps not only deepen skin pigment but also provides key nutrients to help

the development and youth of properly functioning retinas in the eye. To see sharp, look young and get a natural healthy glow, pack some baby carrots for lunch and dinner and watch the results unfold.



# Mediterranean Menu

Learning from the Italians how to dine for our health Words by Amy Marturana

**B**arbequed baby-back ribs. A tub of butter ready to slather on corn bread. Salt and pepper for sprinkling over hot mashed potatoes. It's dinner time in America. But hop on a plane to Italy, Spain, France, Turkey, or any other country in the Mediterranean Basin, and the table looks drastically different. Chicken cooked in local olive oil. Fresh vegetable stew. And for dessert, fat-free yogurt and a shiny green apple. Welcome to the Mediterranean diet.

Previously only offered to students studying abroad in Florence, a course about the Mediterranean diet is now offered at Syracuse University, including a 10-day trip to Florence in May for the 17 students to experience the diet firsthand. Topics cover the history, culture, and health benefits of the diet, says Tanya M. Horacek, Ph.D., R.D., professor of the course and director of the didactic program at SU. Nutrition students' full schedules make it impossible to study abroad for a full semester, so SU introduced the class to give these students the opportunity to study in a different country, Horacek says.

The diet consists primarily of plant-based foods, including fruits, vegetables, and grains. Olive oil, herbs, spices, and fish are other staples of this heart-healthy diet. Red wine in moderation—one glass per day for women, and

two per day for men—is also a signature part. The low levels of saturated fat, cholesterol, and sodium, and high levels of fiber in these foods help lower cholesterol levels and blood pressure, which helps prevent heart disease, according to the Centers for Disease Control and Prevention.



Compared to the food choices Americans typically make, the Mediterranean diet is based on healthy alternatives—olive oil instead of butter, herbs and spices instead of salt, fish and poultry instead of red meat, and fresh foods instead of processed ones. Maureen Fauler, R.D., manager of clinical nutrition at Crouse Hospital, says that these substitutions are what make people in the Mediterranean region healthier than the average American. In 2010,

estimated obesity prevalence in Italy was 14.4 percent for males and 13.7 percent for females, compared to 44.2 percent and 48.3 percent respectively in the U.S., according to the World Health Organization. “People that live there tend to have lower body weight, controlled blood pressure, blood fats, and blood sugar. And the diet can also contribute to a longer life expectancy,” Fauler says. Following guidelines similar to the Mediterranean diet helps reduce the risk of heart disease, cancer, Parkinson's disease, Alzheimer's disease, cardiovascular mortality, and overall mortality, she says.

However, it isn't just food choices that contribute to better health in Mediterranean populations. “Food is just one aspect of it, but it's really the whole lifestyle,” Horacek says. The culture in the Mediterranean basin countries is centered on family and taking time to sit down and enjoy meals, instead of eating whatever is quick and convenient. Developing a respect for food and eating local, sustainable produce is the first step to experiencing the health benefits that come from the Mediterranean diet. No matter how much olive oil we use, or vegetables we eat, the real benefits will only show when we find a way to change our lifestyles to match the way we eat. [with](#)

**42%** of Italians say they worry about the effect of alcohol on their relationships. It is only 9 percent for Americans.

**37%** of Americans say beer is their preferred alcoholic drink, while wine is the preferred drink of 62 percent of Italians.

**55%** of Italians say they worry about the effect of alcohol on their physical health, while only 23 percent of Americans worry.



## Viva il Vino Words by Brittany Fuino

Following a Mediterranean lifestyle and diet is an up-and-coming trend in the U.S., especially with news of the cardiovascular health benefits of drinking red wine, according to studies supported by the American Heart Association. But some Americans take the diet's suggestion of “alcohol in moderation” far too liberally. While Italians have a higher percentage of frequent drinkers (those who say they have a drink every day), they typically drink a maximum of a glass or two of wine with dinner, sometimes even diluting it with water, Horacek says. An American who drinks in moderation—no more than one drink per day for women and two drinks per day for men—would be considered a “frequent drinker” in Italy.

This may be changing. The older generation of Italians drink mainly with meals, but the younger generation might also have a drink at a social outing or happy hour, Horacek says. While the Americanized way of binge drinking has spread across the ocean into Europe, it is still frowned upon. [with](#)

# To Be or Not To Be Gluten-Free?

*What the Health answers questions about the health benefits of a gluten-free diet for those who do not have celiac disease.*

Words by Jordan Clifford

“There were rows upon rows upon rows of gluten-free vendors,” says Kathryn Szklany, a second year graduate student in the nutrition science program at Syracuse University. “They had different pizza crusts, soups, and books. It was like it’s the newest trend.”

Last November Szklany, a member of the American Dietetic Association, traveled to Boston, Mass., for the annual ADA Food & Nutrition Conference & Expo, which offers the latest nutrition science information and food service trends, as well as access to top health experts. Since then she has seen a significant expansion of gluten-free foods on the market. “Once I went to ADA, within a month Wegmans had just about all of the gluten-free items,” Szklany says. Now studying to become a registered dietitian, she has been struggling with celiac disease since the age of 12.

Nearly one in every 133 Americans has celiac disease, according to the Center for Celiac Research at the University of Maryland. Celiac disease is a digestive condition caused by an autoimmune reaction to gluten protein.

It destroys the lining of the small intestine and results in the inability to absorb certain nutrients, according to the Mayo Clinic. The only treatment is a restrictive diet that eliminates all forms of gluten. With the growing awareness of the disease and the increasing numbers of gluten-free products hitting the shelves, it can be easy to confuse “gluten-free” with labels like “natural” and “organic.”

Dr. Lynn Brann, a professor of nutrition science and dietetics at SU, says, “Usually you see a lot of gluten-free products in the health food section. People probably think it’s better to

be gluten-free and that’s not necessarily true.” Brann explains that a gluten-free diet means avoiding certain grains such as wheat, barley, rye and contaminated oats, all of which contain lots of fiber and Vitamin B. “Unless you have a true medical issue and condition, there really isn’t any reason to avoid gluten,” Brann says.

However there are a lot of whole foods such as fresh fruits and vegetables, and healthy grains like quinoa, millet, buckwheat, and rice as well as nuts, seeds and legumes that are all naturally gluten-free and can be consumed by anyone, says Ruth Sullivan, a registered dietitian at SU.

She explains that the only benefit of voluntarily eating gluten-free is that it can be used as an awareness tool. “It can show you are eating too many refined carbohydrates,” says Sullivan. “But instead of going gluten-free, you can eat whole grain bread and whole grain pasta; that way you are getting the fiber in those foods.”

Plus, many of the processed gluten-free foods, such as bread, pasta, and flour, are expensive. “I always buy Udis bread. I think it’s about \$5.00 for a loaf,” says Szklany. Compare that to \$1.99 for Strohman’s Dutch Country 100 percent whole wheat bread at Tops. “It’s just so expensive, it’s insane,” Szklany says.

It’s these types of foods that are not necessary if you don’t have to eat them. Avoiding processed or refined foods and trying to incorporate plenty of fruits, vegetables, meat or meat substitute, low fat dairy, and whole grains is a good way to adopt a healthier diet while still consuming gluten, Brann explains. “Anyone can eat a whole food diet, so they don’t have to be restrictive with the types of grains they choose,” she says. **with**

## Gluten-Free in College (Not exactly a piece of cake)

Words by Rita Kokshanian

A simple Google search can tell you the most obvious sources of gluten. Bread, pasta, cereal, granola—the list goes on and on. But if you’re trying to live gluten-free in college, don’t overlook these hidden sources of gluten:

- Share a toaster with your roommates? Make sure that they’re eating gluten-free bread too, or yours will soon be contaminated with wheat—even bread crumbs left behind in the toaster can spoil your gluten-free breakfast. Other cooking tools that should not be shared are wooden cutting boards, wooden cooking utensils and pasta strainers.
- Be weary of peanut butter or anywhere else people might stick a knife. “If your roommates are double-dipping, they could be transferring gluten particles back into the communal jar,” says Ruth Sullivan, a registered dietitian at Syracuse University.
- Although potatoes are naturally gluten-free, be careful of processed potato and vegetable products. You need to be careful of the snacks you’re eating. Breaded French fries contain gluten, and even the unbreaded ones are sometimes fried in vats of oil used for multiple food items. When in doubt, call the company that produced it and ask!
- Cross-contamination is not the only thing you need to worry about when cutting gluten out of your diet. “Anything that has been processed and has had things done to it can potentially have gluten,” says Julie Procopio, M.D., R.D., who works with the CNY Celiac Support Group. Stick to foods that haven’t been processed in order to avoid potential cross-contamination or additives.



Food For Thought:

# FROZEN FRENZY



**Perdue Frozen Chicken Breast Nuggets**  
(serving size: 5 pieces)  
180 calories, 11g total fat, 420mg sodium  
**Tyson Grilled & Ready Frozen Chicken Breast Strips** (serving size: 3 ounces)  
100 calories, 2g total fat, 470mg sodium



**Dove Milk Chocolate with Vanilla Ice Cream Bar**  
(serving size: 1 bar)  
260 calories, 17g total fat, 50mg sodium  
**Skinny Cow Caramel Truffle Bar**  
(serving size: 1 bar)  
100 calories, 2g total fat, 50mg sodium



**Stouffer's Macaroni & Cheese**  
(serving size: 6 ounces)  
340 calories, 16g total fat, 820mg sodium  
**Lean Cuisine Macaroni & Cheese**  
(serving size: 10 ounces)  
290 calories, 7g total fat, 630mg sodium



**Green Giant Broccoli & Baby Slim Carrots with Cheese Sauce** (serving size: 1 cup)  
90 calories, 7g total fat, 200mg sodium  
**Birds Eyes Steamfresh Lightly Sauced Broccoli with Cheese Sauce** (serving size: 3 ounces)  
60 calories, 2g total fat, 370mg sodium



**Bertolli Roasted Chicken & Linguini**  
(serving size: 340g)  
390 calories, 17g total fat, 1350mg sodium  
**Kashi Chicken Pasta Pomodoro**  
(serving size: 283g)  
280 calories, 6g total fat, 470mg sodium



**Totino's Crisp Crust Cheese Pizza**  
(serving size: 1 slice)  
320 calories, 16g total fat, 610mg sodium  
**Digiomo 200-Calorie Portion Cheese & Tomato Pizza** (serving size: 1 slice)  
200 calories, 9g total fat, 440mg sodium

Words by Arielle Franklin

In the summertime, fresh fruits, veggies, and farmers' markets surround us. Since we can't all take the time to pick and prepare our own fresh meals while we spend summers reveling in activities-traveling, interning, and enjoying the warmth-let *What the Health* guide you down the frozen aisle to help you choose the meal that tastes straight from the vine.

Walking through the multiple frozen food aisles at your nearest grocery store can be a jungle. *WTH* recruited Lynn Brann, professor of nutrition science and dietetics at Syracuse University, to offer tips to keep in mind:

- Try to limit sodium intake to 2,300mg or less in one day. (When comparing labels pay attention to the percentages if you are unsure of the suggested consumption quantities.)
- Include frozen vegetables with both frozen and fresh meals to add flavor and bump up the nutrients.
- Check the side panel with nutrition facts. While eyeing products with low sodium, actively seek foods that are high in fiber, calcium, Vitamin D, and potassium.
- Consume as many "nutrient dense" foods as possible: vegetables, fruits, whole grains, fat-free milk products, lean meats, poultry, and beans. **wth**

## The End of Bananas

Words by Erica Murphy // Photography by Dan Berkowitz



Imagine eating a bowl of Cheerios without freshly sliced bananas sprinkled on top. What would a night be like without a rousing game of Banagrams? How would a pack of Runtz look without the curvy yellow fruit? Thanks to a nasty fungus that

has recently spread to regions in Asia and Australia, a world without bananas may be in our near future.

The disease, called Tropical Race Four, has become a major threat to the banana industry. Professor James Dale, director of the Centre for Tropical Crops and Biocommodities based at Queensland University of Technology (QUT), told a QUT reporter that the disease breeds in the soil and

essentially rots the inside of the plant. He and his team of researchers recently planted a genetically modified banana plant earlier this month and hope that it will combat the disease. The goal is to kill the fungus without killing the plant itself. Dale fears the disease might become a global threat if it reaches Latin America. While Tropical Race Four only affects the Cavendish banana, this specific type represents 99 percent of the banana export market. Without the Cavendish, that age old slip-on-a-banana peel slapstick comedy will be extinct. **wth**

# Most Ridiculous Diets Debunked

*What the Health* reveals the dirty secrets of four ridiculous diet trends so you can understand the do's and don'ts of healthy weight loss.

Words by Valentina Palladino

The Baby Food Diet calls for 10 to 14 jars of 80-calorie baby food during the day, and one 500-calorie dinner of lean protein and vegetables. The diet gained momentum in 2009 when celebrities such as Jennifer Aniston and Gwyneth Paltrow followed the Baby Food Cleanse, started by superstar personal trainer Tracy Anderson. “I wanted something where you can eliminate toxicity, break bad habits but still have your digestive system going. That’s when the baby food cleanse was born,” Anderson told *Marie Claire U.K.* in May 2010.

Ingesting puréed calories could jeopardize the overall feeling of satisfaction, since adults feel satiated by chewing—the “work” needed to digest. Puréed food that has the consistency of liquid can also lead to digestive issues and diarrhea. “Eating only baby food as an adult can seriously mess with your digestive system and lead to iron and calcium deficiencies,” says Ruth Sullivan, a registered dietitian at Syracuse University. Baby food also doesn’t have the nutrient levels needed to fuel adult bodies; it especially lacks fiber, which makes us feel full.

Dr. A.T.W. Simeons popularized the HCG Diet in the 1950s when he discovered that HCG (human chorionic gonadotropin), a hormone produced by pregnant women in placenta cells, helped metabolize fat in people who were trying to lose weight, according to the *Journal of the American Medical Association*. During pregnancy, the hormone signals the hypothalamus gland to metabolize fat cells, providing nutrients to the growing fetus. A combination of HCG injections and a restricted daily diet of 500 calories promises to help shed 1 to 3 pounds each day.

Following a 500-calorie diet could lead to weight loss with or without hormones. HCG injections claim to help by suppressing cravings and increasing the feeling of fullness. Adverse side effects are nevertheless common; HCG can cause headaches, hair growth, and excessive acne, and it can also lead to ovarian hyper-stimulation syndrome in women, according to Dr. Kenneth J. Heinrich, an ASBP spokesman and medical director of Physicians for Weight Loss in Chicago. There is also no solid evidence that HCG injections aid weight loss at all. In studies surrounding HCG and weight loss, a placebo works just as effectively, Sullivan says.

The Tapeworm Diet is banned in the United States, but people have been selling tapeworms in pill form since the 1910s, according to *Los Angeles Times* health writer Elena Conis. The diet requires you to ingest a tapeworm, most commonly the beef tapeworm *T. saginata* found in Africa, Latin America, and Mexico, and letting it feed in your digestive track. You don’t have to cut back on food because the tapeworm feeds on what you eat. The process essentially reduces the amount of calories your body will absorb because the worm eats some of the food you consume.

The tapeworm diet is notorious for other negative side effects. “You risk the tapeworm perforating the stomach lining,” Sullivan says, “which can cause many problems not associated with weight loss like neurological damage and abdominal pain.” Tapeworms also bring risks of malnutrition (because they steal nutrients as well as calories), nausea, vomiting, anemia, and even cysts, which could damage organs or cause seizures.



Whether it’s Dr. Siegal, Smart for Life, or Hollywood, all versions of the Cookie Diet promise four to six special cookies per day and one healthy dinner will help shed 15 pounds per month. Don’t worry about choosing different foods; just eat one of the specially made cookies for each meal and as snacks, then have a small dinner. The cookies

are fortified with fiber, vitamins, and minerals to help you feel full. Each cookie averages 100 calories and each dinner averages 500-600 calories of lean protein and veggies. At the end of the day, you’re left with 1,000 to 1,200 calories in your belly.

This kind of caloric reduction is enough to make anyone’s stomach grumble, especially since those cookies aren’t providing all of the necessary nutrients. “Eating just one food doesn’t allow you to get all the nutrients you need,” Sullivan says. “Diets need variety to benefit your entire system.” Cookie diets recommend a daily multivitamin to make up for nutrient deficiencies, but nothing can make up for the cravings that come along with a reduced-calorie plan. You’ll have to ask yourself if munching on super-protein cookies is worth the empty feeling at the end of the day. **W11**

# TART *and*

*From better workouts to better sleep,  
this small fruit yields big benefits.*

Words by Rachael Barillari // Photography by Cristina Alan



# SMART

**C**herry juice is a light and tart all-natural energy drink that makes anyone pucker as it slides down the throat. The Syracuse University men's basketball team has already tried the latest innovation in juice, as well as many other professional and amateur athletes. While the taste of cherry juice may not appeal to everyone, its benefits certainly will.

From the conventional orange and grapefruit to the exotic açai berry and pomegranate, Americans have been sipping up juice trends for decades. These drinks claim to aid healthy living, whether they contain "Unique antioxidants" like POM Wonderful's 100% pomegranate juice, or "100% of Vitamin C in every eight-ounce glass" like Tropicana's orange juice. Cherry juice, made from tart cherries, claims similar health benefits and is what *Every Day with Rachael Ray* is calling one of the largest food trends for 2011. Brian Ross, the CEO of Cherrypharm, says that Cheribundi, his company's version of cherry juice, can help anyone lead a healthy life.

Using mostly sour cherries, Cherrypharm is a company that creates all-natural, restorative sports drinks. The founder of the company, John Davey, teamed up with Cornell food scientist Olga Padilla-Zakour to develop the not-from-concentrate blend at the Food Venture Center at Cornell's New York State Agricultural Experiment Station in Geneva, N.Y. The company carries two flavors: Tru Cherry,

all cherry with a little bit of apple, and Skinny Cherry, a lower calorie option sweetened with all-natural Stevia. Ross emphasizes that the drinks are made from tart cherries, not from concentrate, but are freshly pressed.

The New York Rangers now drink Cheribundi regularly. The team's medical trainer, Jim Ramsey, says that he has noticed the benefits, noting that players feel less sore, sleep better, and recover faster. The Rangers may feel better when adding cherry juice to their everyday routine because of the 17 types of antioxidants cherries contain. Antioxidants reduce the risk of diseases caused by free radicals in the body. Free radicals—damaging toxins that the body naturally produces during exercise—leave our cells weak and unhealthy, which leads to hardening of the arteries and potentially a heart attack. It is the job of the antioxidants to keep free radicals from damaging the body's healthy cells. Specifically, anthocynin, a natural anti-inflammatory, and melatonin, which promotes restful sleep, assists in a more efficient workout because the athlete will be well rested, and experience reduced swelling and inflammation



Cherry juice is 10 times more effective than aspirin in reducing pain.

Cheribundi contains 17 types of antioxidants to help reduce the risk of disease.

of the joints. Another leading tart cherry juice manufacturer, CherryJuicePower, claims that cherry juice is not a cure, but provides pain relief and increased mobility to those suffering from inflammatory conditions. The company also states that cherry juice is 10 times more effective than aspirin in reducing pain.

In a 2006 study conducted by the *British Journal of Sports Medicine*, 14 male college students drank either cherry juice or a placebo twice a day for eight days. On the fourth day, the students performed exercises and had their muscle damage recorded. Two weeks later, the process was repeated with students who initially received the placebo instead of receiving Cheribundi, and vice versa. The exercises were then performed again. The results concluded that those who drank Cheribundi experienced decreased symptoms of exercise-induced muscle damage. Dr. Declan Connolly, one of the scientists who performed the study, explains that in order to get these results at least two 12-ounce bottles

of cherry juice must be consumed per day.

This may not seem like an overwhelming amount of juice to drink in a day, but Jane Burrell Uzcategui, instructor in the department of nutrition science and dietetics in the college of human ecology at SU, says that at about \$12 per day, drinking enough Cheribundi is just not realistic for the average college student, so she would not recommend drinking cherry juice to get the needed supply of antioxidants. CherryJuicePower is also pricey. Its concentrate sells for \$18.95 per bottle. Uzcategui explains that however you're getting your antioxidants is beneficial, whether it's from a drink like cherry juice or POM Wonderful. "I recommend a diet with fruits and vegetables for the everyday college student," Uzcategui says. For the rest of us who want the effects of this small powerful fruit, Cheribundi is available at both Wegmans and Tops. But Uzcategui warns that she wouldn't choose to sip on it because it really makes you pucker. **wth**





# Rolling Back Prices on Produce

**The supercenter's new health initiative slashes prices on produce, giving college students more choices than just Ramen Noodles for cheap eats.**

Words by Brittany Fuino // Photography by Olusola Ayodeji

**L**ast year, Amanda Hamilton, a nutrition science and dietetics graduate student at Syracuse University, came up with an experiment: she would spend \$50 week on groceries, an average food budget for college students. The catch: she could only buy her food from the farmers' markets in Raleigh, N.C., where she was living.

That money normally spent on ice cream, chips, and beer went toward buying freshly-baked, organic bread from a local German baker. By cutting out the expenses of processed foods, she was able to buy organically raised meats, eggs, and fresh fruits and vegetables.





Hamilton finds it inconvenient to get all her food from farmers' markets in Syracuse. As a self-proclaimed hippie in her group of friends and the health nut of her family, Hamilton believes in the goodness of locally grown, fresh foods. She grows some of her own vegetables in her backyard here in Syracuse, broccoli, spinach, and asparagus are a few of her favorites- but when the cold sets in she resorts to being a typical upstate New Yorker and purchasing the majority of her produce from Wegmans. "I would personally buy an entire organic cow and put it in my freezer if I could," says Hamilton, "but that's expensive."

Unfortunately, most of us don't have the luxury of having our own fruit farms or veggie gardens, weather permitting or not, so we get our fresh produce from the next best options: our local grocer, or a nearby farmers market. Or now Walmart?

As America's largest grocer, this supercenter has superpowers over what America eats, and at what prices. In January, Walmart announced a major health food initiative that aims to make healthy food more affordable in the next five years, meaning that cheesy, smiley face logo is bouncing on over to slash prices in the grocery aisle. Joining forces with local farmers to start selling organic and healthy foods to its customers, the company will follow a comprehensive five-step

program. Michelle Obama and her Partnership for a Healthier America publicly support this initiative in hopes of combating childhood obesity.

In a press release, Walmart claims its new health food initiative will save consumers \$1 billion a year on fresh fruits and vegetables. It also says the company will double its yearly sales of fresh produce in the U.S. by shortening the travel distance between small farms and distribution centers, providing fresh foods to urban and rural areas that have lacked access to them in the past, and bringing cash crops to areas where they were previously driven out of due to competition. Those who never had the option of buying organic at farmers' markets can now make their own choices.

Leigh Gantner, registered dietician and professor of nutrition science and dietetics at SU, teaches a course on Public Health and is concerned about the impact of Walmart sourcing locally. "One of the reasons Walmart has been so successful is because of how efficient they are in purchasing," says Gantner. Efficient purchasing means pressuring mega-distributors, like Dole and Delmonte, to lower their prices, says Gantner, which in turn hurts the farmers selling produce to them. She worries that this will cause them to cut corners in an effort to grow more produce as efficiently as possible by

Walmart claims its new health food initiative will save consumers \$1 billion a year on fresh fruits and vegetables.

upping the use of pesticides and antibiotics in a fashion not unlike that of the meat industry.

“Even if we could find a way to lower the cost of fruits and veggies at the cash register, a lot of work would have to go into changing consumer behavior,” says Gantner. If more people buy organic, demand increases. This potentially drives down the price of production, making fruits and vegetables more affordable to those on tight budgets.

While a comparison of healthy foods sold at Walmart and those sold at other grocery stores shows that not all of its fresh foods are cheaper, experts believe that this corporate move may spur a drop in the cost of health and organic foods everywhere.

Walmart is also creating its own criteria for what “healthy” means. By the end of this year the conglomerate intends to put front-of-pack seals of approval on its packaged food, indicating products with reduced sodium, lower fat or sugar content, and those made with whole grains. Ruth Sullivan, SU’s registered dietitian, believes that this labeling, which will be monitored by the FDA, could make a difference in helping people choose the healthier alternative. They also say in the next five years they will remove all industrially produced trans fats from their own, private-label “Great Value” foods, and lower the sodium content of those products by 25

percent and added sugars by 10 percent.

The savvy consumer knows that heavily marketed health foods are expensive- those of us on a tight budget might be tempted to forego whole grains when refined options are cheaper. Walmart intends to level the playing field between the cost of these healthier versions of their products and their regular higher fat and higher sodium counterparts, says Dr. John Agwundobi, Walmart’s vice president of health and wellness.

Whether Walmart’s health food initiative is for the benefit of public health, or has simply come about because someone in the corporate office saw an opportunity to jump on the health food bandwagon is something consumers may never know. Nevertheless, the initiative will promote public health.

Americans who have traditionally been pushed by the fast food industry and media to reach for double stuffed, double crust, doubly bad for you foods in packaging as loud as it is cheap may now be encouraged to make healthier choices thanks to Walmart, in conjunction with Michelle Obama’s partnership.

Walmart, located in West Genesee Street, is closer to campus than Wegmans Dewitt. Located at 618 Kensington Rd., Syracuse Real Food Co-op is right off of Wescott Street, but prices can be steep.

When shopping for health and especially organic foods, it is important not to fall for marketing

“Becoming a savvy label reader and buying fruits and vegetables that are in season can help you lower the cost of buying fresh items.”

- Ruth Sullivan  
Registered Dietitian



gimmicks. All grocers can be guilty of them, no matter where you go. “Becoming a savvy label reader and buying fruits and vegetables that are in season can help you lower the cost of buying fresh items,” says Sullivan, who recommends that students prioritize in order to save.

Not everyone can afford to pay the additional \$2.50 Wegmans for its organic eggs. At the top of your list of foods that you should aim to buy organic are fresh foods with thin skins; these are the most likely to contain pesticides. Always avoid trans fat and partially hydrogenated oils in your packaged purchases, and be wary of foods that don’t list “whole wheat” or “whole grain” as the first ingredient of a whole wheat product, says Gantner (a “12 grain” loaf of bread, for example, might be made

mostly of white flour). Of course, the easiest way to ensure your food is produced in a healthy, sustainable way is to get it from local farmers you know and trust. Gantner suggests concerned consumers buy from a producer who they have a relationship with, or from a farm where they can observe operations, whether they are organically labeled or not.

The major way Hamilton simply cuts down the cost of health foods by buying less of the processed stuff. “It’s a conscious choice, but I definitely think it’s worth it,” says Hamilton. [wii](#)



*Photo courtesy Walmart Corporate*

On January 20, 2011, Walmart executives announced the company’s initiative to make food healthier and healthier food more affordable at a Washington, D.C. store.



# Chilly n' Sweet

*What the Health*  
dishes up three icy  
treats for summer

Words and Photography by Kate Morin

Grills are scattered along every yard in sight ready to char some classic summer fare. Cool off from your next barbeque with a sweet frozen dessert. Check out these three crisp and clean treats for the end of an early summer dinner or a mid-afternoon snack.



## Fresh Marinated Berries with Mango Frozen Yogurt

### Serves 4

For Berries:

2 cups fresh berries  
1 tablespoon sugar  
2 teaspoons fresh lemon juice (about 1  
squeezed lemon)

For Frozen Yogurt:

11 ounces of frozen mango pieces, half-  
defrosted (let sit 1 hour in the fridge)  
16 ounces of yogurt  
2 tablespoons honey

**Berries** are a great source of fiber and antioxidants, says nutritionist Sudha Raj. When exposed to things like smoke and pollution in the environment, our bodies absorb free radicals—atoms that have unpaired electrons which allows them to attack cells in your body. Antioxidants function as martyrs on a mission to neutralize free radicals. By giving the incomplete atoms an extra electron, the antioxidant completes the electron pair in the free electron, neutralizing its harmful effects and, in the act, destroying themselves.

1. Mix berries, sugar, and lemon juice; cover and place in fridge for 15-20 minutes
2. Mix your half-frozen mangoes and cold yogurt in a blender for 30-45 seconds; if you don't have a blender, chop the mangoes first and then mix by hand with yogurt
3. Add honey and mix until well-blended
4. The mixture should be scoop-able, like ice cream; if it seems a little soft, stick the mixture back in the freezer for 20-30 minutes to let it firm up
5. Scoop like ice cream, and serve with a few spoonfuls of berries over the top

## Raspberry Lime Rickey Yogurt Pops

### Serves 10

$\frac{2}{3}$  cup water  
 $\frac{2}{3}$  cup sugar  
18 ounces of frozen  
raspberries, defrosted  
1 cup plain nonfat yogurt  
3 tablespoons honey  
3 tablespoons fresh lime juice  
(about 2-3 limes,  
squeezed)



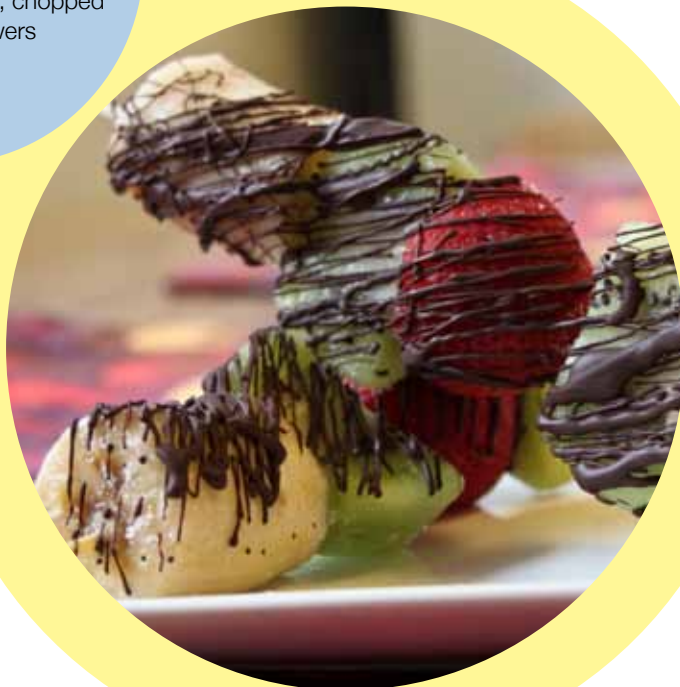
1. Boil water and sugar until sugar dissolves; place in container and chill 1 hour
2. Place raspberries in strainer over a bowl; press berries through strainer to remove and discard all of the seeds
3. Measure out 2 cups of the raspberry puree
4. Add simple syrup (sugar water), yogurt, honey, and lime juice to the puree and mix until well-blended
5. Divide into mold (which you can buy at most grocery stores, Target, and Walmart) and place a sheet of plastic wrap tightly over it
6. Freeze for 1 hour; remove tray from freezer, and insert popsicle sticks into center of each pop through slits in the plastic wrap
7. Freeze for 8 hours
8. To remove, dip mold in hot water for 10-15 seconds and enjoy

### Serves 4

2 bananas,  
peeled and cut into fourths  
4 strawberries, tops removed  
2 kiwis, peeled and cut into fourths  
 $\frac{1}{2}$  cup dark chocolate, chopped  
4 wooden skewers

## Frozen Fruit and Chocolate Pops

1. Place chocolate pieces in microwave for 30 seconds; remove and stir continuously until smooth
2. Arrange fruit on skewers; you can use any order you like, but we recommend banana, kiwi, strawberry, kiwi, banana
3. Place completed skewers on parchment paper or plastic wrap on a flat tray or plate
4. Drizzle melted chocolate over the top of the skewers—as much or as little as you like
5. Place in freezer at least 1 hour for fruit to freeze through and chocolate to harden



# Ithaca's got Brains & Beauty

Take a mental health day in Ithaca's natural beauty

Words by Tina Ferraro

**P**roclaimed by bumper stickers and T-shirts alike, Ithaca in fact, is gorges. This charming lakeside town combines the aesthetics of the natural world with the energy of the city. A closer and cheaper alternative to other cities in New York, Ithaca lies less than 55 miles from Syracuse University's campus, about an hour's driving distance. The trip south to Ithaca is ideal if you're looking for a change of scenery, but can't spend a whole weekend away. Situated on the shores of Cayuga Lake, this picturesque city center offers the energy of a college campus in the peaceful setting of upstate New York.

The student populations of Ithaca College and Cornell University culturally enhance the city of Ithaca. Students come to these schools from all across the country, bringing their ideas, beliefs, clothes, foods and lifestyles with them. That culture has helped distinguish Ithaca as the "urban capital of the Finger Lakes," according to a 2008 article in *The New York Times*. From restaurants to nightclubs to waterfalls, Ithaca has something to offer everyone. [wfh](#)



## For the Wino

Ithaca's proximity to the Finger Lakes bodes well for wineries and wine connoisseurs alike. The microclimate created by the lakes provides the perfect atmosphere for grape growing. Residents and visitors alike anticipate wine-harvesting season, which usually ranges from August until October, though wine tasting opportunities are available year round. Wine tasting offers a chance to relax and enjoy the company of friends over drinks at scenic locations like the nation's first wine trail, Cayuga Lake Wine Trail. Dotted with dozens of wineries, this wine trail makes it possible for visitors to meet winemakers and sample the award-winning varieties that the region is known for, including hard ciders, distilled spirits, and classic wines.

## For the Outdoor Enthusiast

When the sunshine comes out, and winter relinquishes its grip on the area, Ithaca undergoes a transformation. The towering waterfalls and gorges that once looked so stark in comparison to the city, become an intrinsic part of Ithaca's beauty in the warmer temperatures. The state parks, such as the Allan H. Treman State Marine Park, that frame these features are lined with trails ideal for biking and hiking. Cayuga Lake also provides visitors with an endless amount of options, ranging from boating and kayaking, to taking a scenic dinner cruise on the lake. The quiet beauty of the region mixed with the eclectic atmosphere of the city make Ithaca an ideal place to relax and rejuvenate, for anyone needing a mental health day or just a serene getaway.

## For the Shopper

Ithaca also features the Ithaca Commons, a popular shopping center and an urban social scene in itself, where "PhDs cross paths with street musicians," according to visitithaca.com. Boutiques, cafés, and bookstores call the Ithaca Commons their home. Enjoy hunting for rare treasures? Browse the old record collections at Angry Mom Records, or leaf through the clothing racks at Petrune, a vintage clothing store. There are dozens of unexplored shops waiting to be discovered.

## For the Foodie

Ithaca boasts more restaurants per capita than New York City, making it a dream destination for food lovers. The famous Moosewood Restaurant tops the list of places to dine. The Ithaca Farmers' Market, located on Cayuga's lakefront, offers organic, local food products for the environmentally concerned. The market hosts over 150 different vendors, promising a blend of culture, uniqueness and deliciousness. In addition to food, the farmers' market sells an assortment of wines, clothing and accessories, handcrafted jewelry, original paintings, pottery, and woodwork. Artists and craftspeople of the region dedicate time and effort to master the aesthetics of their work. Tapping into the city's cultural and intellectual offerings is a perfect escape from reality.





# Do You See What I See?

## Seeing life through a clouded lens

Words by Kirsten Acuna // Photography by Olusola Ayodeji

**W**alking down University Avenue last September, a shadow passed by my peripheral vision. Ignoring it, I continued walking, but it appeared again—a small black speck from the corner of my left eye. As I turned my gaze towards the speck, it zipped away, disappearing as fast as it emerged. Freaking out, I stopped outside of Bird library, looking all around me. The black squiggle returned momentarily, but every time I'd try to focus my vision on it, the squiggle darted away.

The squiggle popped into my line of vision at least 30 times on my walk from Newhouse to Ernie Davis Hall that fall day. No matter how many times I blinked or wiped my eyes the speck remained. The cloud disappeared only when I set foot inside my apartment. However, every time I'd step outside to walk in the snow, sit in a classroom with white walls or go on my laptop, the speck returned, becoming a nuisance to my everyday routines, activities, and studies.

Eye problems never concerned me—my vision has always been 20/20. I gave it a few days, but the black phantoms continued to appear, seeming worse in bright light. Fearing I could lose my eyesight, I did what any 21-year-old with access to the Internet would do—Google my symptoms. Pages prompted possible signs of retinal detachment that could lead to blindness!

A quick trip to an eye clinic back home in New Jersey assured me I was normal—I was just seeing floaters. Dr. Anthony Andrews, Chief of Retina Care at SUNY Upstate Medical University, says floaters occur when the gel in the back of your eye begins to liquefy and age. Trauma or previous inflammation of the eye can also cause floaters, he says, but not everyday activity or stress.

It is odd, however, for someone my age to see floaters frequently. "It's rare before the age of 50 to have floaters," Dr. Andrews says, "occurring in less than 10% of people."

He says white settings may make floaters more noticeable, answering why I may primarily see them while in Syracuse. To make the floaters less visible, I wear sunglasses outdoors. This works slightly, but they're still there.

Last semester, as editor-in-chief of one campus publication—*medley magazine*—and co-managing editor of another—*The Student Voice*—I didn't think I could concentrate and do work. When trying to type, black squiggles would fly through my line of sight. Many times I just wanted to close my eyes and shut myself off from the world. I felt like someone took a crayon and smudged a black

mark across my line of sight that I couldn't wipe away. I would become angry and distraught wanting to gouge my eyes out.

It's still frustrating sometimes, but I've learned to live with floaters and keep them from interfering with life. If I keep busy I don't notice them. I try to find rooms without white walls or harsh lighting to study. When I get out of class, I throw on my shades.

Although I can go about my day normally, I'm aware of signs needing immediate attention. If I start seeing drapes, black curtains, or flashes of light, I must contact someone within 24 hours, because that is a sign of retinal detachment which could lead to blindness. Luckily, Dr. Andrews says retinal detachment is a worst-case scenario with floaters.

Although scary in the beginning, now I know that I need to stay alert and get regular eye check-ups more often. Floaters are just part of life. When in class looking at a projector, I'll see a black line zip by. Looking up at the sky, an amoeba-like blob will float past. And, while talking to a friend, I may see a speck hanging over their right shoulder. It's no big deal—I'm accustomed to the black smudge. I just needed to adjust my vision. **with**



## What the Health asked eight students:

How do you keep your eyes healthy?

"All of us on the SU Crew Team have Oakleys with the polarized lenses to cut down on the glare off the water."

-Chelsea MacPherson  
**Senior**  
*Exercise Science*



"I wear goggles when I go for a swim."

-Christina Melora  
**Sophomore**  
*Communication Science and Disorder*



"I wear a mask if I go paintballing, and I wear my goggles in chem lab."

-Dave Marks  
**Junior**  
*Public Health and Disorders*



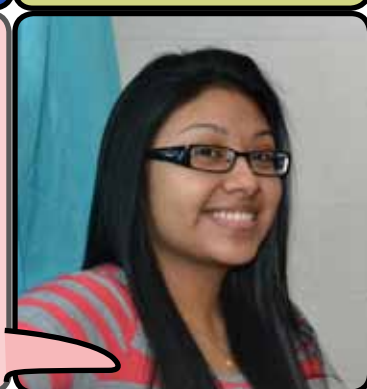
"I wear sunglasses on sunny days and goggles when I'm in Chemistry lab."

-Jackie White  
**Freshman**  
*Biology*



"I always wear my glasses because my vision is beyond terrible. And on the rare occasion that I wear make-up, I make sure to wash it off before bed to avoid irritating my eyes."

-Karina Avila  
**Sophomore**  
*Public Health*



"I eat carrots to take care of my eyes because they have lots of Vitamin A, which is good for you eyesight."

-Matty Bennett  
**Sophomore**  
*Psychology*



"I have wide eyes, so I wear sunglasses to keep them safe. I was rocking Ray Ban Wayfarers before all of you. And my eyes are my favorite feature, so I wear sunglasses year-round."

-Melia Robinson  
**Junior**  
*Magazine Journalism*



"I wear protection over my eyes when I'm in the tanning bed."

-Ari Kasprovicz  
**Sophomore**  
*Exercise Science*



interviews & photographs by  
**Shweta Shreyarthi**



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