Prevent a fall breakdown

by Ryan Anthony
staff writer

Here we are, three weeks into the semester and everyone knows what this means; you're still in those first couple weeks of classes where you just read the first few chapters and have barely any work assigned to you.

It always takes a little while before you actually get into the meat and potatoes of course, but in the next couple weeks this will all change. Soon it will be time for research papers and groups to start forming for those 300 and 400 level projects. Before long your formerly light workload will seem overwhelming. A glance at your assignments will lead to something faced by most college students—stress.

Stress comes about in our lives for a variety of reasons. Actual events and requirements we face are not themselves stressful. Rather, the way we react to these events and requirements is stressful. Having a book to read can be stressful to one person and relaxing to another. The stress faced in daily life can easily be handled if you have the right outlook.

When the time comes that you start feeling irritable and begin ripping out your hair, it is time to incorporate some stress management into your life. Often times, people feel stressed out because they feel they have too much to do in too little time. An easy way to overcome this is through time management. A good place to start is heading down to the bookstore and picking up a daily planner. Keep a day-to-day record of what you have to do and when you have to do it. Simply having everything in writing will help you organize your time more efficiently. You can also use a planner to help you set your priorities.

The next thing to remember when feeling stressed out is to have fun. When students feel overwhelmed, they feel like they have time to do nothing else. The next time you feel
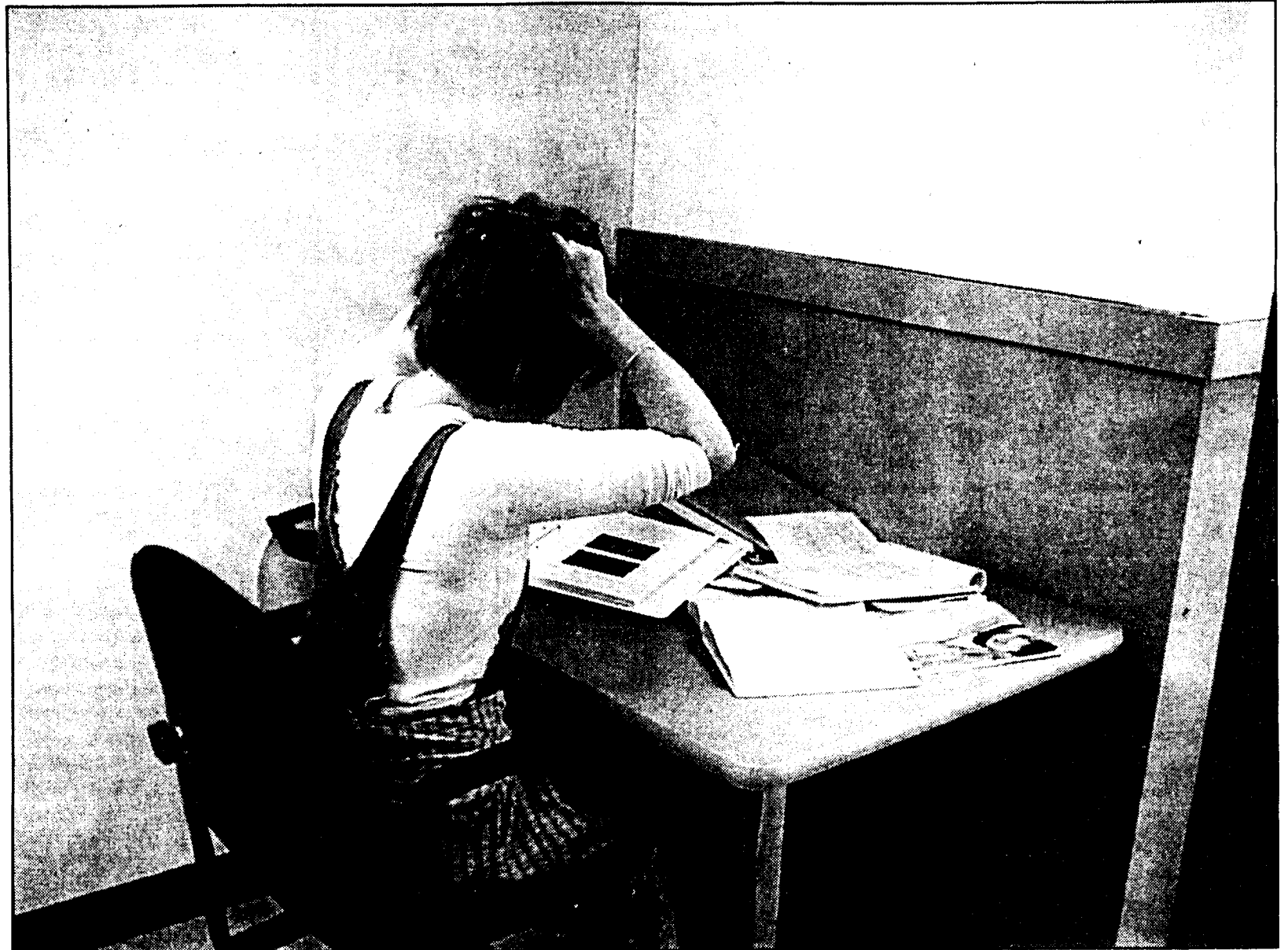

PHOTO BY ROB WYNNE

Don't let this be you! For stress support, see personal counselors, Allison Parr-Plasha and Sue Daley in Reed.

like you cannot take the stress anymore, just drop everything and do something you love to do. Watch television or play video games. Physical activity like playing a sport or working out can take your mind away from your work. Hang out with friends. Do anything enjoyable. A little time away can give you a fresh, relaxed look at the situation you face.

Take a look at your sleeping patterns. Stress can cause a person to try to squeeze too many activities into his day, leaving little time for sleep. Be sure to set aside adequate time during the day for a good night's rest. Little harm can happen from taking a nap during the day. An hour nap is a good way to relieve stress-induced fatigue on your body. If you fear you will nap for too long during the day, lay down on the floor instead of your bed. You will still probably fall asleep, but you will not be

comfortable enough to sleep for an extended period of time.

If you try all of these ideas and stress still gets the best of you, you still have hope. Do whatever it is you think will best eliminate your stress. Everyone reacts to stress differently, so what works for one person might not for another. If stress seems to have a hold of you, and you're having trouble eating and sleeping, classes

are unmanageable, and you can't shake it, you may want to consider seeing one of the counselors on campus, Allison Parr-Plasha or Sue Daley. They can be found on the first floor of the Reed Building in the Career Development Center and Counseling office.

Remember to step back, take a breath and just relax!

Sizzle & spice can be nice

by Sarah Orr
health page editor

Everyone has heard about the dreaded freshman 15, the weight gained during the first two semesters in college. If you don't spend the next three years trying to lose it, you spend them trying to avoid the weight gain. In my first column of the year, I am going to impart the wisdom needed to prevent this common college experience.

To prevent gaining 15 pounds or any weight for that matter, exercise is always a beneficial factor. Another technique for preventing unnecessary and unwanted weight gain is related to nutrition. Some foods are optimal sources for vitamins, nutrients, and energy. However, some pack more of a nutritional punch than others do. According to the October issue of Fitness magazine, the best source of vitamin C is papayas, lycopene is guavas, fiber is raspberries, beta-carotene is carrots, potassium is avocados, and calcium is cheddar cheese. All of these foods are healthy, but some contain a little more fat than others. The key is to find a nutritional balance.

Avoid alcohol. Taking part in the college scene for many involves mass consumption of alcoholic beverages, especially during the

weekends, but with 230 calories in an average wine cooler and 150 in a typical beer, alcohol adds a ton of calories to your daily intake with no redeemable nutritional value. Drinking every night or weekend can add 15, 20 or even 30 pounds!

Snacking is another nasty habit common to college students. When running between classes, meetings, study groups, work, and hanging out with friends, it is very convenient to grab a candy bar, bag of potato chips, or a Pop Tart and go. This isn't the healthiest route you could take. There are safer ways to indulge without going overboard. Eat some carrots, crackers, apples or bananas for a nutritional treat, and remember to drink plenty of water throughout the day!

Reading labels is also important when becoming body conscious. Finding low-fat recipes can be helpful as well. Now that I am living in an apartment and have to cook for myself, I needed to find some low-fat, quick, easy-to-make recipes to help me get through the semester. I scoured the Internet, magazines, and cookbooks during the summer for low-fat, easy-to-prepare meals. Here is one of the best. It will come in handy when trying to fight the battle of the bulge.

Angel Bars

•16 - oz. angel food cake mix

•21 - oz. can "lite" cherry pie filling

Combine filling with dry cake mix. Pour into 15 x 10 x 1" jelly roll pan that has been coated with non-stick spray. Bake at 350 degrees for 20 minutes. Dust with powdered sugar if desired.

|	
Yield: 20 slices	**Serving size:** 1 slice
100 calories	0 mg cholesterol
2 gm protein	0 gm fiber
22.9 gm carbohydrate	0.1 mg iron
113 mg sodium	86 mg calcium
Adapted from: Lite-Hearted Cooking	

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100 Mile Mania
by sarah orr

The craze has swept the campus. Behrend has introduced a new exercise initiative this year, the 100-Mile Club. A T-shirt and an exclusive membership to this club are the incentives to get you to exercise. What do you have to do to join? By Dec.7, you must earn or log a total of 100 miles on your weekly activity schedule. You receive a chart and a conversion table when you sign up at the front desk in the newly named Junker Center.

Walking or jogging one mile is equivalent to one mile according to the conversion table. Swimming one mile is equal to one mile on the conversion chart; rollerblading or aerobic dancing for 45 minutes accumulates two miles. Burning 100

calories on the Stairmaster or elliptical runner racks up a mile. One continuous hour of basketball or tennis earns one mile, and walking 18 holes of golf does, too. Any questions about an activity not mentioned on the conversion chart can be directed to Rob Wittman in the Intramural Office.

The 100-Mile Club is based on the honors system. You are responsible for filling out and verifying all of the miles that you accrue. Your signature is needed to complete the form before you turn it in. The activity chart extends during the 15 weeks of the semester giving you ample time to earn the 100 necessary miles.

Many students across campus have decided to use the 100-Mile Club as
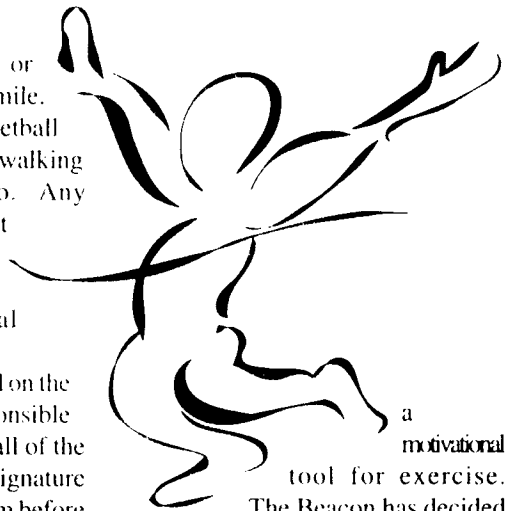
a motivational tool for exercise.

The Beacon has decided to profile three of these students and track their progress throughout the semester. They are students of various ages and backgrounds, but all have made a commitment this semester to get into shape.

Allison Jawdy

Junior
Major • Accounting
Age • 21 years old
Height • 5'7"
Weight • 120 lbs.

Miles:

0

Ryan Brewer

Senior
Major • Electrical Engineering
Age • 22 years old
Height • 5'11"
Weight • 155 lbs.

Miles:

0

Sundeep Bhatia

Junior
Major • MIS
Age • 19 years old
Height • 5'9"
Weight • 165 lbs.

Miles:

0

Sarah Orr
Health Page Editor