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Alcohol: Dry Campus 101
By Arianne Stamps

Welcome back 49ers and a very special welcome to all new students! You’ve made it to a brand new year at, The Beach. With any fresh start comes a world of new opportunities, both positive and negative, as well as increased responsibilities. As young adults, it’s up to you to make informed and beneficial choices to increase your success as a college student. Yet, making the right choices all the time can sometimes get complicated due to social pressures and other distractions.

One of those distractions not uncommon at the beginning of the year is drinking. Whether it’s to celebrate the reuniting of old friends, or the new freedoms of moving out on your own, including alcohol in your plans can prove to be detrimental, especially when brought on campus.

CSULB is a “Dry Campus,” meaning that there are very strict policies in regards to alcohol consumption on campus. Not only must students and employees follow federal and state regulation, but campus mandated policies as well. According to CSULB Regulations for Campus Activities, Regulation XI, “Alcoholic beverages generally may not be consumed on campus except at sponsored events.”

These policies are even more strenuous if you live or visit someone that resides in any of the university’s housing communities. “Possession and/or consumption of alcoholic beverages are prohibited in and around the residence halls.”

To make it simple, even if you’re just visiting a friend in the dorms and there is an empted alcoholic container in the trash, you will be in violation of the university policy and face actions of reprimand. Those actions can range from citations to expulsion from the university.

For freshmen, there is an increased danger with alcohol because of binge drinking, which can easily lead to alcohol poisoning. “With the freshmen there is less experience with the [party] setting…” according to a 2005 Stanford Review article. “…Freshmen (Continued on page 2)
Nutrition: Food For Thought

By Christina Goldpaint

Nutritious eating is something that can often be overlooked by college students. Between late night munchies, super-sizing, and fast food restaurants on every corner, it can be difficult to stay on the right path. The majority of fast food is full of saturated and trans fat, sugar, and sodium, and will not give you the energy you need to stay focused and succeed. These foods can also lead to health complications such as Type II diabetes, heart disease, and stroke.

Best Foods For Your Body:

- **Whole Grain Foods** are richer in fiber and provide the body with essential nutrients that are often lacking processed carbohydrate foods. They also decrease your risk of certain types of cancer. Some examples of whole grain foods include brown rice and whole wheat bread.
- **Vegetables and Fruits** lower blood pressure and help protect against certain types of cancer. Eating fresh vegetables and fruits is one of the best things you can do for your body. Some of the best sources of vegetables include romaine lettuce, spinach, broccoli, and cauliflower. Good sources of fruits include citrus fruits such as oranges, lemons, and grapefruit.
- **Fish, Poultry, Eggs, Nuts, and Beans** are all good sources of protein. Lean cuts of chicken and turkey are healthy alternatives to red meats that contain large amounts of fat such as hamburger patties or steak. Almonds, peanuts, and pistachios also contain protein and healthy fats.
- **Calcium** is one of the most important minerals for your body. Although milk is a good source of calcium it can also be full of saturated fat. For example, three glasses of whole milk contains as much saturated fat as 13 strips of bacon. If you chose to incorporate dairy in your diet, make sure it is low fat (1%) or non-fat. As an alternative to dairy, try adding calcium supplements to your diet; they have the same benefits without the fat.
- **Water** helps lessen the chance of kidney stones and the severity of colds and flu. It is important to drink between six and eight cups of water per day to keep the body well hydrated.

**Foods to avoid:**

- **Processed Foods** such as packaged cookies, cakes, donuts, and muffins tend to be extremely high in saturated and trans fat.
- **Canned Fruits** that are saturated in syrup. Instead, try to eat fresh fruit as often as you can.
- **Saturated Fats** raise LDL, the bad cholesterol, and lower HDL, the good cholesterol. They are mostly found in animal products such as meat, butter, cheese, and whole milk.
- **Trans Fats** have the same effects as saturated fats, and are found in fried foods.

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accommodate this lack of sleep. Instead, your body begins to demand the sleep that it has lost by manifesting the symptoms mentioned above.

After re-educating yourself about the importance of sleep, begin a regular sleep schedule, including weekends. This is important because not only is adequate sleep essential, but the regularity of that sleep as well. The National Sleep Foundation recommends starting a relaxing routine before bed, in order to achieve restful sleep.

Here are some more tips for getting a good nights sleep:

- Relax
- Exercise, but avoid doing so within three hours before planning to sleep as it may increase brain activity.
- Try to go to sleep and wake up at the same time every day.
- Make sure the temperature in your room is comfortable. Extreme temperatures can be a sleep disturbance.

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1. “Sleep.” Retrieved 7.12.05 from the Brown University Health Education Website. http://www.brown.edu/Student_Services/Health_Services/Health_Education/gene

Exercise: Work up a Good Sweat

By Dannie Allen

Coming back to college in the fall, or coming as a new freshman, produces feelings of having your slate wiped clean and embarking on a new semester that has not mistakes...yet. And who doesn’t want to “pull all A’s” this semester? Focusing on school and studying hard is great, but not if it is to the detriment of your physical health. One of the toughest lessons to learn in college is to “balance,” and it is a hard act to juggle. All too often, students get wrapped up in the study or party aspect of college, and let their physical health fall by the wayside.

The good news is that if you take care of your body and give it the exercise it needs, it will take care of you. According to Family-Doctor.org devoting time to exercise will help reduce the risk of heart disease, high blood pressure, osteoporosis, and diabetes. It will also help you to decompress from the pressure and stress of school.

Adequate sleep will help you achieve your full academic potential.
“If people shift their interests, they would have more time for physical activity.”

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With all of this information, consider yourself well informed and don’t make excuses for not taking care of your body this semester. So stop procrastinating with exercise (procrastination is for your classes). Suit up and get out there. Remember, if you take care of your body, it will take care of you.

References:

For all of the benefits, how can you not find 30 minutes a day for working up a good sweat? According to the United States Department of Health and Human Services, busy people say that the biggest hurdle to getting adequate exercise is that “there is not enough time.” However, a study by Meghan Warren, at the University of Minnesota, says, “If people shift their interests, they would have more time for physical activity.” So maybe instead of channel surfing or playing computer games you can put your energy towards something that actually pays off, such as increasing your heart rate with physical exercise.

To help you shift from mind-numbing activities to heart healthy physical ones, try trading in old TV reruns or computer games. Another way to sneak in exercise for students who want to exercise, is to sign up for a physical education class. The schedule of classes offers everything from jogging, surfing, swimming, soccer, volleyball, weight training and conditioning, to badminton! By engaging in fun activities such as these, the time will fly by and you’ll be surprised to learn that you’ve actually been exercising.