

High heels can cause sharp pain: Give your feet a rest

By Madeleine Marr
KRT WIRE SERVICE

"Sex and the City" has been off the air for more than a year now, but it appears Carrie Bradshaw's legacy lives on. Last year American women bought 819 million pairs of shoes, according to the American Apparel & Footwear Association. And that doesn't include sneakers.

An unfortunate side effect to our love affair with fantabulous shoes — be they too high, narrow, cheap or pointy — are blisters, cracked heels, corns, or worse.

Amy Jo Gladstone, who designs cushy slides, slippers and flips favored by Teri Hatcher, Charlize Theron and Christina Applegate knows first-hand about being a style slave.

She adored her stilettos so much a podiatrist had to intervene.

"After two foot surgeries, I made it my mission to design shoes that women can stand to wear for more than 10 minutes — and look good," the New Yorker says.

Here, she gives five tips for keeping pain at bay:

1. Do spot inspections: "Pay attention to changes in color and temperature of your feet," says Gladstone. "Look for thick or discolored nails, a sign of developing fungus, and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot."

When showering, scrub those tootsies, "especially between the toes, and be sure to dry them completely." Talcum powder's never a bad call, either. While

they're still warm, remove hard skin and calluses gently with a pumice stone, not scissors ("yee-ouch").

2. Making the cut: "Trim toenails straight across, but not too short."

Be careful not to trim them in corners or on the sides," she says, because it can lead to ingrown toenails.

Suffering from particularly loud barkers? At night, slather on the moisturizer and wear socks to bed.

3. Shop smart: Sizes vary among brands and styles. So don't just grab any old pair by the size you see on the box. Take the time to try them on.

Like life, timing in shoe shopping is everything. "Purchase new pairs later in the day when feet tend to be at their largest, and replace worn out shoes as soon as

possible." You may be guilty of this, so heed Gladstone's words: "Don't purchase shoes that feel too tight, expecting them to stretch to fit."

4. Get your number: "Have both of your feet measured regularly. The size changes as you grow older," she advises. "Most people have one foot larger than the other. Fit to the larger one." Also, don't wear out your welcome. "Alternate; don't put on the same pair every day."

5. Be cautious: Avoid walking barefoot — you'll be more prone to injury and infection. With exposed sandals, always use sunblock.

Your feet don't know squat about fashion. Chances are, if you buy those teetering five-inchers, they'll rebel. Resist the urge to pop blisters. Ride



Photo by Razaria Best

Even though many women love to wear high heels, the pain it causes their feet can hardly be worth it. It's important to take care of your feet and alternate styles.

Sleep as important as diet and exercise for good health

MyStudentHealthZone.com
KRT WIRE SERVICE

Although you may think getting the right amount of sleep isn't that important, it is. Actually, good sleep habits are a big part of staying healthy.

While you're sleeping, your brain is still active. As you sleep, your brain passes through stages that are necessary for you to stay healthy. Sleep is actually food for your brain. About every 90 minutes while you snooze, your brain passes through four stages of sleep — from light to deep — then moves into one of the most important stages of sleep, known as REM (rapid eye movement) sleep, which is believed to be important in learning and memory. As sleep progress-

es, your brain spends more and more time in REM stage, from about 10 minutes during the first cycle to over an hour at the end of 8 or 9 hours of sleep. So if you sleep for only 6 hours a night, and you use weekends to catch up, you may not get the same quality of sleep you would have if you tacked on an extra 2 hours each night during the week.

SLEEP PROBLEMS

If you think you have any of the following symptoms, talk to your doctor:

Insomnia happens when you have a lot of trouble falling asleep, especially when it happens often. The most common cause for insomnia is stress. Chronic insomnia lasts more than a month.

Sleepwalking is when you walk or move around during sleep. Sleepwalking usually isn't a serious problem, but some sleepwalkers are at risk of getting hurt if they go into the kitchen where there are sharp items or if they go outside.

Sleep apnea is a disorder that causes a person to stop breathing temporarily during sleep. Causes of apnea include enlarged adenoids and tonsils, and obesity. People with sleep apnea may experience snoring, difficulty breathing, choking, and heavy sweating during sleep. They may also feel extremely sleepy or irritable during the day.

Narcolepsy is a sleep problem in which the person has sleep "attacks" during the day and can't stay awake, no matter how much

sleep the person had the night before.

HOW MANY ZZZS DO I NEED?

Not getting enough sleep can affect your ability to concentrate and make good judgments. It can also cause emotional problems such as depression. You might also feel irritable, cranky, or more emotional than usual. When you don't get enough sleep, you might feel more clumsy and less coordinated. Not getting enough sleep can also contribute to acne and other skin problems.

TIPS FOR GETTING THE RIGHT AMOUNT OF SLEEP

If you want to make good sleep a habit, think about ways to make your schedule more manageable.

Here are some tips for good sleep habits:

Have a regular bedtime and stick to it.

Try to stay on schedule even on the weekend.

Leave some time to unwind before bed.

Get into bright light as soon as possible in the morning. Bright light signals the brain that it's time to wake up.

Say no to cramming for exams with all-nighters. The best way to prepare for a test is to spread your studying out over time and to get plenty of sleep.

If you're doing everything to get enough rest, and still feel tired, talk to your doctor.

Kanye West proves himself on 'Registration'

By Steven Gaither
ARGUS SPORTS EDITOR

With the release of Late Registration, Roc-a-fella Records' producer-turned-artist Kanye West proves that he is in the rap game to stay. On "Heard 'Em Say" featuring Adam Levine, West and Levine blend together well. The catchy "Gold Digger" featuring Jamie Foxx makes great use of the Ray

Charles sample. "Hey Mama" is as touching, as it is hilarious. "Drive Slow" featuring Paul Wall and GLC is one of the albums' better cuts. On "Diamonds from Sierra Leone" West proves he can carry a song on his own.

There are numerous guest appearances including Common, Game, Jay-Z, Nas, and Cam'ron, all of whom enhance the album, and sometimes even over-

shadow Kanye. This album sounds different from anything else in hip-hop right now, which is one of the biggest things it has going for it.

West discusses the life of a college student, addictions, material wealth, and provides social commentary. Overall, "Late Registration" is soulful and entertaining and well worth going to the store to buy.

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yogurt, and milk also provide protein (and calcium).

Eating a few servings of low-fat dairy (like yogurt) and 2 to 3 servings of lean protein-rich foods every day will give you nutritional benefits without too much fat and cholesterol. There's no need to completely eliminate snack foods high in sugar, oils, and other fats, but they should only play a small role in your overall diet.

SNACK ATTACKS

When you've been up for hours studying, you might look to something sugary or caffeinated for a boost. But there are healthier alternatives that can give you more energy with fewer negative consequences:

Drink plenty of water rather than caffeinated beverages. Caffeine may provide a short-term fix, but the more you consume, the more you'll grow to depend on it. Staying hydrated can generally give you more energy than quick caffeine fixes.

Instead of a candy bar, how about a lean munchie like popcorn? If you're really hungry, a combination of protein and carbohydrates will satisfy you longer than high-fat or sugary snacks. Try an apple and peanut butter, yogurt mixed with low-fat granola, or a tortilla with cheese, heated in the microwave and topped with salsa.

OVERCOMING COMMON DINING HALL MISTAKES

For the best results at mealtime, follow a few simple guidelines:

Take the right approach to food. Instead of thinking of foods as "bad" or "good," moderation is the key. Pay attention to portion size and how often you eat. Eat a wide variety of food that includes plenty of fruits, vegetables, grains, and lean proteins.

Check your fluids. Stay hydrated throughout the day. Drinking lots of coffee or soda doesn't count. Caffeine is actually a diuretic (which means it makes you urinate more) and can sap your body of fluid. Instead, drink plenty of water.

Go for variety. Eat a variety of fruits, vegetables, proteins, carbohydrates, and fats. For instance, a salad of raw vegetables, dark leafy greens, and beans, topped with some nuts and fruit, delivers the different nutrients your body needs.

Watch your portions. Pay attention to what you're eating and stop when you start to feel full. An appropriate portion varies from person to person. Stick to the following guidelines:

Keep protein portions about the size of your palm.

A portion of milk is around 8 fluid ounces (about 237 milliliters).

A grain portion equal to two pieces of bread or half a bagel.

Limit nuts and other snack foods to a few tablespoons.

Fill up on vegetables — the least caloric food group.

Don't linger. Dining halls are like endless buffets — you can sit for hours, and the longer you sit the more you can eat. Try to avoid hanging out in the dining hall for too long so you don't eat more than your body needs.

Stock up on healthy snacks. Most dining halls will let you take fruit or other healthy snacks with you when you leave. Take an apple or an orange with you to help you resist the late-night lure of the vending machine.

Learning more about nutrition can help you make better choices about what you put in your body. Talk to a nutrition counselor or someone on the school's health services staff for suggestions.

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