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Grief process not the same for everyone.

Small changes make a big difference in weight.

Growing number of students are abstaining.

HEALTH

Battle of the bulge can be won by making small eating-habit changes

By Argus staff reporter Travis Stinson and Amy Bertrand of KRT Wire Service

Ever heard of the Freshman 15? It's an expression used to describe the 15 pounds that many freshmen gain during their first semester in college.

Tracy White, now a sophomore, fell victim to the Freshman 15. But now she's enrolled in a weight-control class with other Winston-Salem State University students experiencing the same problem.

Also in the class are students who want to either gain weight or maintain their weight. Stephanie Thomas, a junior, is taking the class in an effort to stay toned. She admits that she likes to eat, but the class teaches her how to eat sensibly.

For those who need to shed a few pounds before

summer, here are 25 tips for dropping 10 pounds:

1. Switch from whole-milk products to skim-milk products. If you consume three servings a day, you can save up to 200 calories a day. That's 20 pounds a year.

2. When you go to a restaurant, ask for half of your portion to be put in a doggie bag right away. You could easily save enough calories to lose 10 pounds a year.

3. Reduce the use of butter and margarine. Use applesauce in recipes instead of oil. Try fat-free, butter-flavored spreads or sprinkles.

4. Chill soups, gravies and stews, then skim off the fat that floats. Doing this can save you up to 100 calories a serving.

5. Use extra-lean ground beef, ground chicken or ground turkey. Instead of

bacon, use Canadian bacon or prosciutto, a lean Italian ham. Buy beef labeled "select" instead of "choice" or "prime." Trim all fat from meat cuts.

6. Swap a 20-ounce O.J. for a real orange and you will save more than 100 calories, and get some fiber.

7. Meatless products, such as imitation hot dogs, bacon, burgers and sausage, are available at many grocery stores. They often have half the calories of their meat counterparts.

8. Switching from a 16-ounce cappuccino to regular coffee with artificial sweetener can save you well over 10 pounds a year.

9. Switch from fried to baked potato chips. Doing so saves 90 calories.

10. Find ways to add exercise in small ways. The goal is 30 minutes a day. If you take three 10-minute walks

a day — you will lose 13 pounds this year.

11. Cut back on egg yolks. It's the yolk that contains all of the fat and cholesterol. Try using egg substitutes.

Or, in most recipes, two egg whites equal one whole egg.

12. Switch to the light microwave popcorn and save tons of fat and calories, enough to lose 10 pounds if you eat it every night.

13. Use sugar substitute instead of sugar in all your baking. If you use a couple of teaspoons in your iced tea and a couple on your morning cereal, you could easily lose 10 pounds by switching to a substitute.

14. Switch your afternoon soda to a diet soda to save 150 calories (per 12-ounce can) a day.

15. If you can't take diet soda, just downsize your soda portions. If you usually pick up a 44-ounce soda

in the morning, switch to a 24-ounce size and save about 200 calories a day. That's about 20 pounds this year.

16. Switch from 100-plus-calorie sandwich bread to the light whole-wheat bread. You save 100 calories per sandwich, and you get the benefit of whole grains.

17. Swap out your cheese. Replace the ounce of cheddar or American cheese on your sandwich with an ounce of nonfat mozzarella.

18. Switch from two tablespoons of regular mayonnaise to two tablespoons of low-fat mayonnaise on that sandwich.

19. Portion control is essential when it comes to eating meat. A portion of meat is 3 ounces — about the size of a deck of cards. Most people eat two to three times this.

20. Replace your regular

beer with light beer and save about 50 calories per bottle.

21. Forgo regular bottled salad dressing (2 tablespoons, about 150 calories) for an equal portion of fat-free dressing (about 40 calories) for a net savings of at least 100 calories.

22. Take the stairs every day at work. If you go up and down often enough (say up and down five flights three or four times a day) you've got your 100 calories.

23. Don't supersize anything.

24. Remove the skin from a chicken breast after cooking and save 100 calories each time.

25. Instead of topping ice cream with crumbled cookies, crushed chocolate candy or hot fudge, top it with 2 tablespoons of fresh berries and save about 100 calories.

Guy's actions are probably telling girl he is not looking for a serious relationship

Dear Danielle: I am an 18-year-old freshman. I recently slept with a guy I met on campus, and he has not paid attention to me since. I have totally fallen for him. We have known each other since high school, and he always was shy. Why won't he speak to me, let alone date me?—Why not me

Dear Why Not: Most people come into college, not looking for relationships, but looking for a good time. Having casual sex is NEVER an effective way to let someone know you are interested. This guy seems to be sending messages that maybe he is not ready for a relationship. If that is the case, so be it. Move on with your life, and learn from your mistakes.

Dear Danielle: I've known this guy for about six months, and he's one of my best friends. We have a lot of things in common and we just seem to click. However, there is one problem — my friend who introduced us has liked him for three years. He pretty much ignores her and spends time with me. I don't know what to

tell her. We are attracted to each other, and we keep sneaking around so she won't see us out somewhere. I told her that I like him, and she was upset. Is there an easy way to tell her we are becoming a couple? — A friend in need

Dear Friend: Bad news is almost never easily communicated. The best solution would be for you to be up front with your friend. Sneaking around behind her back will only create more tension between you and her, were she to find out. Be honest and let your friend know how you feel. Be sincere, and let her know that you care. She should understand that it's not all about this guy, but about your bond as friends. Tell her that you truly believe your friendship is strong enough to make it through this. Then, give her some time. She'll come around.



Danielle Ragland

Some college students have reasons to say no

By Erin Perkins
ARGUS NEWS EDITOR

"Pss...you see him —right over there? Girl, he is so good!" A friend whispered this to me as she pointed to a young man passing in the cafeteria.

Stunned and nearly dropping the food from my mouth, I was shocked by my friend's display of sexual casualness. That was the third guy she mentioned that she had sex with in the last few months. No strings attached — just casual sex.

Although I lack the same casual attitude about sex, I am aware that abstinence is becoming less and less a reality and more of an ideal. According to an article on www.college.com titled *Sexual Abstinence Hip on College Campuses*, a growing number of college students are simply saying no to sex. Maybe so, but I know many college

There are several options a person suffering from grief can explore, including group therapy and talking to a professional

By Dreama Williams
ARGUS REPORTER

Shawntee Morrison, a 27-year-old senior at WSSU, found two ways to deal with the sudden death of her 16-year-old cousin. One day, she burst out crying in class, and later she began sharing her grief with others, especially family members.

Morrison lost her cousin on December 27, 2004. "I kind of got depressed, basically," Morrison said, adding that she stopped doing schoolwork for about a week. Even now, more than a year later, she still mourns the loss.

Dr. Deborah Fountain, director of the university counseling center, said that some people take longer than others to get over a death and suggested five ways for students to deal with death in a healthy manner:

1. Talk with someone, preferably a professional or a member of clergy. There are grief therapists that specialize in handling grief.

2. Read literature about grief.

3. Be patient. Realizes that it takes time to heal, it's a process.

4. Sometimes a change of environment is good.

5. Try group therapy. Often times it is good to talk to individuals who are going through the same thing.

Brian Ferguson, a 21-year-old senior,



Photo by Garrett Garms

Getting over the loss of a loved one can be extremely painful, and in many cases, professional counseling is helpful.

also has struggled with the death of a loved one while in school. Ferguson lost his maternal grandmother right before final exams last spring.

Ferguson didn't take it as hard as everyone thought he would. He said that he just held everything in. "I know she is in a better place, which helped me to overcome her death a little bit," he said.

Although he still thinks about his grandmother, Ferguson said that he is glad that she isn't hurting anymore.

After the death of his grandmother, Ferguson said that he realized that life is too short. His grandmother lived in Atlanta, therefore he didn't see her or the rest of his family in Atlanta that often, but now he has become a lot closer to them.

Like Ferguson, Morrison didn't see her cousin often either. She only saw him twice a year and now wishes that she had spent more time with him. "I think about him sometimes, especially during his anniversary," she said.

Student counseling center in Thompson Hall is available to those suffering from depression

By Lauren Boyce
ARGUS REPORTER

Difficulty concentrating. Anxious. Trouble sleeping. Many students can relate to these feelings.

"As a freshman, it was hard for me to concentrate on my schoolwork. I felt alone, and I slept most of the day," Courtney Thomas, a 20-year-old business major from Statesville, said. "I never discussed my feelings with others. I felt overwhelmed with the pressures of school, and coming to WSSU was my first time away from home."

Courtney may have felt alone, but she was not alone, nor were her symptoms of depression unique.

Almost 20 million adults suffer from both physical

and emotional symptoms of depression yearly.

According to the American College Health Association, more than half of all college students report feeling depressed at some point in time, and the causes range from new financial responsibilities to preparation for graduation.

Stephanie Jones said, "As I prepare for graduation, the excitement turns into stress and anxiety. I worry about getting a job and the pressure of starting a career. I should be happy about my graduation, but I've been getting depressed thinking about what ifs."

Realizing that you have symptoms associated with depression is the first step to recovery. Many people believe depression is uncom-

mon and would never happen to them.

Jones, a 22-year-old political science major from Martinsville, Va., said, "Over the past year, I have discussed my feelings of anxiety and my fear of worthlessness with family, but it took a while for me to actually admit I was depressed."

According to the 2004 survey of the College Health Association, one out of four young adults will experience depressive episodes by the age of 24. Depression affects all ages and both genders.

Many students believe that alcohol or other drugs will alleviate their problems and symptoms of depression. Eighteen percent of U.S. college students suffered from clinically significant alcohol-related problems, according

to the Archives of General Psychiatry.

John Brown, a 21-year-old mass communication major from Charlotte, said, "If you are so used to being in a certain environment and everyone else is doing it, you feel obligated and eventually you will find yourself unhappy but still drinking."

"I wouldn't say I was depressed but I was stressed and unhappy about the situation," Brown said. "I never talked to anyone: I just used other substances to relieve stress and clear my head."

Depression is treatable. If you have symptoms of depression, the best thing to do is talk with someone you trust. Also, visit the student counseling center located in the Thompson Center. The doors are always open.