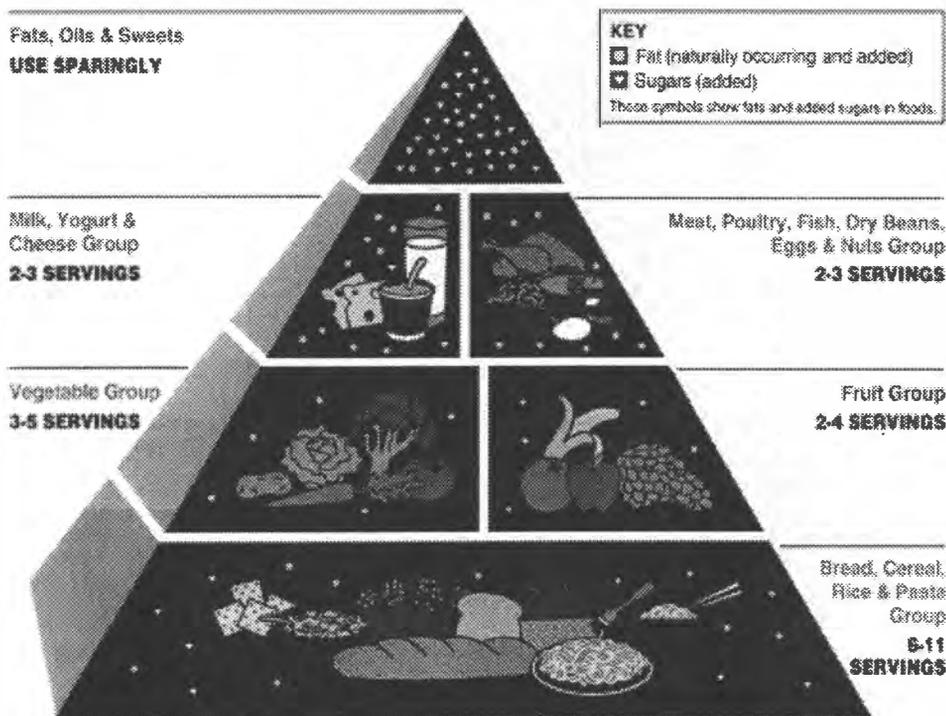


The Challenger

A Publication of the Harper College Honors Society

Fall 2003 - Issue 1



USDA and the US Department of Health and Human Services

Battle of the Bulge

By: Kristin Kleinau

The pop diva Mya recently wore a Dolce and Gabbana dress at the 2003 Video Music Awards. She had every right as her size is well below average. About two-thirds of Americans can't wear Dolce and Gabbana, because they are obese and it is a prevalent problem today, with forty million Americans being obese. Anyone who's at least 20% more than the normal weight for their height is obese. Obesity is categorized into four grades: 20% heavier than an ideal weight is

slightly obese, 40% more than ideal is moderately obese, 50% more than ideal is morbidly obese, and 100 pounds or more over an ideal weight is hyperobese. Obesity increases the risk of acquiring major illnesses like stroke, heart

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Body Maintenance

By: Jason Whiston

When the term body maintenance is heard, most people might immediately define this to be just exercise. However, that's only part of the equation in creating, or safeguarding a person's health. Other factors include nutrition and dieting. In this highly-driven era where instant access and high speed are described as a necessity, something as simple as a balanced meal is often overlooked. It's just easier to think that if you signed up for an aerobics class—or spent 15 more minutes on the treadmill—it will balance out in the end. This isn't necessarily true.

According to Ellen Coleman—a registered dietician with a Masters in Public Health—in the February, 1997 article in the *Physician and Sportsmedicine* called "Carbohydrate Unloading: A Reality Check," "...[gained] weight depends only on how many calories you take is relative to how many you burn off." Therefore, if I truncate just a particular type of food, such as "fatty foods," then I'll arrive at the perfect weight, or at least enough to slide into that new outfit that I bought for this weekend. That's wrong. Coleman counters, "Consequently, [these people] eat too many low-fat sweets and

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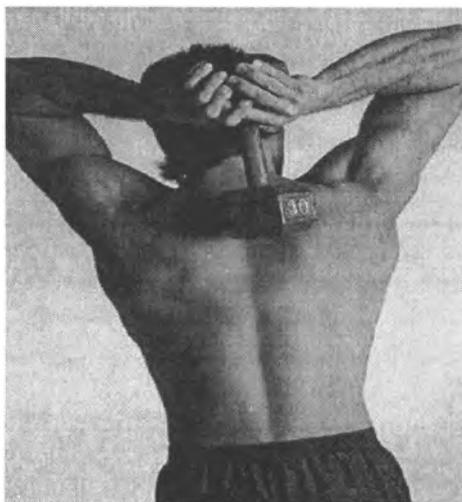
Time to Pump You Up

By: Joe Meister Jr.

Starting a diet can be a daunting endeavor. There is no miracle pill that can shrink that tummy or tighten those buns. The only way to really get in shape is to sweat through the workouts. The following are the three main training techniques to develop the perfect body.

First, we will pump some iron. Strength training is an anaerobic activity that focuses the workout on key areas of the body. The main areas strength training focuses on are: forearms, biceps, triceps, shoulders, chest, back, lats, abdominals, buttocks, quadriceps, hamstrings, and calves. Strength training isolates these muscles with the use of free weights or machines to create resistance. This causes the muscles to tear. As the muscles heal they expand creating the desired affect of larger, more defined muscle.

Next, it's time to get a good sweat going and feel the burn. Cardiovascular training is an aero-



bic workout, meaning it increases respiration and heart rate. Cardio is also an excellent way to burn fat. An increase in heart rate and breathing can be achieved in a number of ways: running, roller-skating, biking, swimming etc. Cardio works the heart and lungs, which constitute the most vital muscles in the body, besides the brain. A typical cardio workout is 20-30 minutes of exercise at an individuals target heart rate. The target heart rate is measured by subtracting ones age from 220 then multiplying that by 60%-85%. Beginners should try to

achieve 60%-75% of their target heart rate while more advanced should shoot for the 85% mark.

At last, time to relax the muscles after a strenuous workout. Flexibility training is probably the most important and most overlooked part of a balanced workout. Flexibility training or stretching elongates the muscles making them more limber and less prone to sprains, strains, and tears in the muscle. Stretching creates a greater mobility in the body along with manual dexterity.

To have the perfect body you're going to have to pay your dues. You might not be able to eat your favorite things for a while and the first week of your workout may kill you. But, remember what doesn't kill you makes you stronger. The more you workout the easier it gets. Stick with it and you won't be disappointed.

The Evil Face of Supplements

By: Rachel Shine

Healthy is what we want to be; diet fads, exercise trends and the latest fashions even include illusions to present dewy complexions, and black makes us thinner; these are not shocking. Vitamins are common to make sure we ingest all we need, supplements too. Why? They're easy. They are safe; we need vitamin C, take a pill. I am losing bone mass. Your suggestion is to take calcium supplements. The American Medical Association (AMA) explains other reasons for people to use these "alternative"

approaches, besides letting friends and colleagues play doctor, for one, a lack of confidence in traditional medicine, another is a concern with health, not just getting rid of the illness. Generally, the idea is that they must be safe because they are natural.

Not necessarily so, unfortunately. What are you getting yourself into when you pop the pill to practice proper health? Specifically, what might it do to you adversely? First the expected, dry definition of a supplement,



which is precisely as one would guess. Set it to include almost anything ingested (for our examples, think pill, though they come varied) to enrich a diet, says the Medical Library at the AMA website. The potential benefits are obvious, as GNC advertises: energy levels

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Body Maintenance...

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extra-large portions of starches. As a result, they can't lose weight and may feel that carbohydrates have 'betrayed' them." She also advises, "Cutting back on dietary fat does reduce total calories more than cutting back on carbohydrates, because fat supplies more than twice the calories by weight."

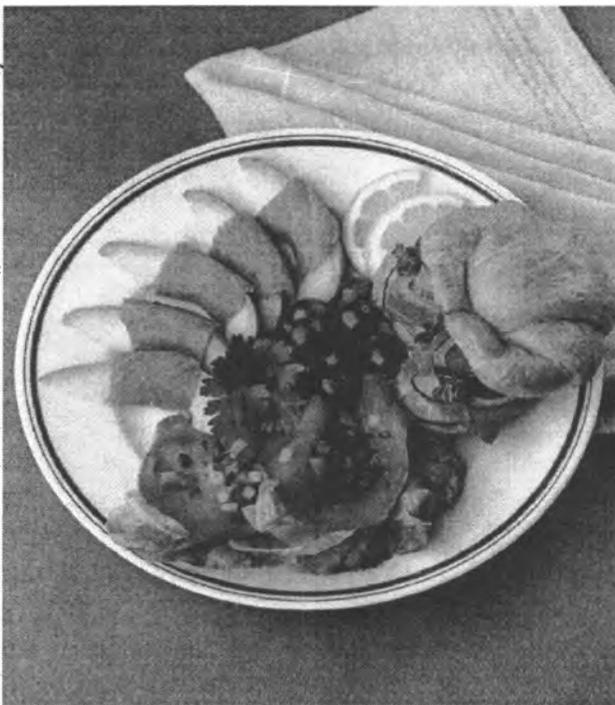
This confusion over dietary management has disabled many people's thinking, causing them to fall prey to fad diets. Two of the most famous of those are the Scarsdale and Atkins diets. When opening the menu *du jour* of the Scarsdale diet, any dieting gourmand could appreciate the selection offered. For breakfast, expect to sumptuously dine on one-half grapefruit and either coffee, or tea, with a sugar substitute packet as a suggested garnish. The petite pink or blue packet offsets the porcelain dishware, creating an ergonomic eating. For lunch, the gourmand is treated to the buffet, gorging himself on an unlimited supply of lean beef, chicken, or fish. To clean the palate, he's given a tomato salad and his choice of either coffee or tea. After a long day's work, he'd certainly want to treat himself to an elegantly-effortless dinner. This dinner starts him off with a classical appetizer of pure Spartan nature: a tomato and lettuce salad. This sparsely, yet artistically-crafted masterpiece whets his appetite for the main course: broiled fish. For a dessert, what more could be asked for than to devour an entire grapefruit or melon in piggish delight? In contrast, the Atkins diet says, "Say

no to carbohydrates!" It allows the diner to devour as much as he can stomach of: meat, fowl, fish, shellfish, eggs, and cheese as they contain no carbohydrates. Vegetables may be eaten on a restricted basis.

FadDiet.com offers a few more misconceptions upon dieting and nutrition care:

Cookie pieces contain no fat—the process of breaking causes fat leakage.

Foods that are frozen have no calories, because calo-



ries are units of heat. Examples are: ice cream, frozen pies, and Popsicles. If you drink a diet soda with a candy bar, the calories in the candy bar are canceled out by the diet soda.

Containers of food that list the number of servings as greater than one are incorrect. Each container includes one serving: one half-gallon of ice cream, one box of cereal, one bottle of soda, and one bag of chips.

Unfortunately, successful

personal nutrition doesn't seem to be a positive aspect in most people's lives. According to a 2000 research study by the Food Marketing Institute (FMI), "People are actually starting to care 'less' about nutrition. When they do care, they too often associate food, diet, and nutritional messages with negative feelings: guilt, anger, and helplessness." In addition, a 2000 consumer research study by the American Dietetic Association (ADA) illuminated more of this topic: "85 percent of consumers feel that diet and nutrition 'are' important to them. However, only 28 percent say they have made any significant changes to achieve a healthful diet."

With all of the conflicting information in the media, where does someone who's concerned about their nutritional health turn for help? A good start would be to ask a registered nutritionist, or your own internist, or school nurse. In addition, you might try the International Food Information Council Foundation (IFIC Foundation) at <http://ific.org>, Food Marketing Institute (FMI) at <http://fmi.org>, or the United States Department of Agriculture (USDA) at <http://cnpp.usda.gov> and they will be able to offer additional valuable information.

In order to wipe away the cobwebs of nutrition confusion, there was a collaborative effort by the IFIC, FMI, and USDA to help educate Americans in promoting their health. Through this effort, the Food Guide Pyramid was made. Essentially, the Food Guide Pyramid states that a healthy balance for an average 2,000 calorie per day person includes:

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2-3 servings of milk, yogurt, or cheese (a large latte has 1 serving of one oz. milk, a slice of processed cheese has 1/2 serving).

3-5 servings of vegetable (a small order of French fries has two servings, a plate of salad two servings).

2-3 servings of meat, poultry, dry beans, eggs, or nuts (a 1/4 lb. hamburger has 1 1/2 servings, a refried bean burrito has 1/2 serving).

2-4 servings of fruit (a 16 oz. bottle of juice has 2 servings, a medium apple has one serving).

6-11 servings of bread, cereal, rice, or pasta (a sandwich has 2 bread servings, a deli bagel 4 servings).

Another way to help monitor health is to have the food do most of the work. What does this mean? Each packaged food has a listing of its ingredients and nutrition facts on its container. By reading this panel, a consumer can adjust his own eating habits by monitoring which of the food groups that he's weak in, and adjust them to a more healthy balance.

In order to continue good healthy, you must have exercise—even as little as a 10-minute walk, three times a day—and you must know your eating habits. Remember the Food Pyramid. It'll be the most important math skill to retain—even more important than matrix algebra. Besides, when your Composition professor asks for you to write a short essay on what you did last summer, you'll already be armed with a topic: "I read food labels."

Battle of the Bulge...

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disease, diabetes, some cancers and osteoarthritis.

The causes of obesity aren't clear. Just overeating isn't always the problem. The way the body uses calories when at rest could be a factor. Obese people use less energy when at rest than non-obese people. Everyone could potentially become obese, but certain people are at higher risks than others. There are around twice as many women than men who are obese.

There are many ways to diagnose obesity. The doctor usually starts by measuring a person's weight and then comparing it to the standard height and weight charts. The patient's diet may also be reviewed.

To treat obesity, an evaluation of diet needs to be done in order to reduce the calorie intake to lose weight. Obese people generally have to diet and exercise. Some may need psychological help to change their lifestyle. The diet should let a person lose one to two pounds a week. Also people shouldn't fast, follow fad diets, or take drugs to curb their appetite. Any kind of exercise for 30 minutes two to three times a week lowers: blood pressure, pulse, cholesterol, and blood sugar. Obese people don't need to dive into both aspects in order to get healthy. It should be a gradual change and done at their own pace. There's also some surgical ways to correct obesity. It's used on only extreme cases, like when a patient's weight is severely affecting their chance for survival. The whole purpose of the surgery is to reduce the size of the stomach, slowing the flow of food through out the intestines. Gastric Bypass

surgery staples the stomach into two sections: the smaller pouch is attached to the esophagus and the small intestine to allow the food to bypass the larger pouch and slowly empty into the intestine. Vertical-banded gastroplasty creates an artificial pouch using staples in different places in the stomach. A plastic mesh is sutured into part of the pouch so it won't dilate. In this surgery, the food also enters the small intestine slowly. After these procedures, patients have to slowly work their way back to solid food. After the surgery, patients usually end up losing about 60% of the weight they were originally.

There are some simple guidelines to prevent someone from becoming obese. They are: keep a record of what you eat, stick to a diet, drink at least six 8 ounce glasses of water a day, keep a daily record of exercise, having a friend exercise with you and discussing any problems with others. Obesity is an eating disorder which can be helped.

Eating disorders affect about eight million Americans, mostly women. There are the two types of eating disorders: Anorexia nervosa and Bulimia nervosa. They both are harmful and can cause death.

Anorexia is a "loss of appetite," an incredible 95% of anorexics who are women have a normal appetite, but because of a distorted body image are convinced they're obese and refuse to eat. Anorexia is considered to be a psychological disorder. A person may be anorexic if they lose at least 25% of their original weight, think that they're fat even if they aren't, refuse to eat in order to maintain a normal weight, or fail to menstruate for three consecutive months. The

most apparent sign of anorexia is weight loss. The anorexic organizes their life around food. Anorexia usually happens to women between adolescence and their early 20s.

Anorexia is an unhealthy response to stress and other problems. Also, the pressure to be thin in today's society can trigger the disorder in some.

Besides losing weight, there are other physical consequences of Anorexia. They include: Anemia, constipation, dehydration, tremors, downy hair on the face, back or arms, excessively low blood pressure, icy hands and feet, or an irregular heart beat. If left untreated, Anorexia can be fatal; they literally starve themselves to death or die of conditions because they are malnourished.

To get treatment, an intense group effort is needed. The anorexic won't see themselves as having a problem. They need to get back to a healthy weight and relearn normal eating habits. Counseling and therapy are essential to recovery, and

sometimes drugs are prescribed to help the patient.

Approximately 50 to 70% of anorexics who receive treatment return to their normal weight. About 15% have occasional relapse and 15% need treatment for many years. Around 10 to 20% of anorectics die from related problems.

Bulimia nervosa is the eating disorder where the person binge eats and then purges it up. Those with this disorder usually maintain a normal weight and binge/purge to avoid getting fat. The pattern of bingeing varies and a few bulimics are totally given over to the binge and purge pattern and never maintain a normal diet.

This illness usually starts between the ages of 15 to 24. The odds of young women developing bulimia are between 1 to 2 in 100 and strikes males only a tenth of the rate women experience it. There is no conclusive evidence linking bulimia to biological factors.

Most bulimics know they have a problem and they are careful

to conceal their illness, including having secret places to binge. There are physical consequences of bulimia. They include: dehydration, tremors, indigestion, constipation, internal bleeding and infections, damage to the bowels, liver and kidney damage, and rupture of the esophagus.

There are ways to determine if a person has bulimia. These signs and symptoms were established by the American Psychiatric Association. They include: recurrent episodes of binge eating, regular self-induced vomiting, a minimum average of two binge eating episodes a week for at least three months and persistent excessive concern with body shape and weight. To be treated bulimics need psychotherapy and need to want to change their behavior. The goal of treating them is to change their eating patterns while keeping a normal weight. About 40% of bulimics respond to treatment well, 40% have moderate improvement and 20% have no improvement.

Infomercials

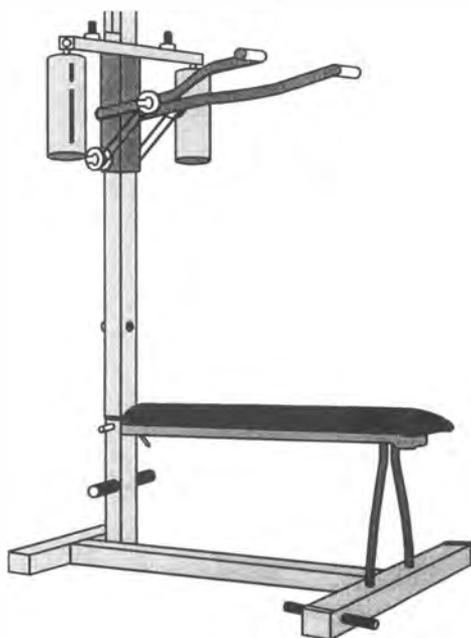
By: Joe Meister Jr.

In today's fast paced world people are looking for a quick fix for their workout needs. Many advertisers key on this and produce workouts that tailor to the consumer's busy schedules.

One such machine is the Bowflex. Bowflex is a single machine that can replicate over 60 gym style resistance-training exercises. It uses "Power Rods," long metal rods, which can create from 5 to 410 lbs. of resistance. Bowflex's system works because the more muscle a person has the higher their metabolism is. It boils down to the

more a person strength trains, the more muscle he or she gets, and the more fat is burned off of his or her body. Bowflex claims that it can create results in six weeks by working out three times a week for just 20 minutes.

Next, Tony Little will create a slimmer, leaner you with his Gazelle. Tony Little's Gazelle is an elliptical machine for a cardio workout. It creates the running motion but without the impact of actually running, which can wear down knees, hips and ankles. The Gazelle is fitted with three levels of resistance for a range of fitness lev-



els. It also has a heart rate monitor so the runner can see that he or she is in the target heart rate zone. Tony recommends a 30-minute workout

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three times a week for perfect health.

Last, the most popular form of flexibility training is, of course, Yoga. Yoga is a complex form of stretching and maneuvering one's body along with calm deep breathing to create a harmony of body, mind, and spirit. Yoga was created

Supplements

continued from Pg. 2

increase, digestion is more productive, the "optimal" 2:1 ratio of calcium to magnesium results, and the coveted metabolism crescendos. But, then what goes wrong when people are suffering from psychosis, having heart attack, seizures, and dying from these natural supplements, as The AMA reports.

First, pay attention to St. John's wort (*Hypericum perforatum*), a typical supplement taken for its combative powers against depression and stress. As with any drug, those who are pregnant, lactating, allergic, or under other prescriptions, especially other anti-depressants in this case, must ask their doctor for the safe go-ahead. Also note that this is a short article; if you have any concerns, please call your personal physician.

When using St. John's wort, do not drink coffee, beer or wine, eat yogurt, fava beans, chocolate, salami, smoked or pickled foods, or use narcotics, diet pills, nasal decongestants, cold or hay fever medicines, or amphetamines, warns the Personal Health Zone web page. They all contain chemicals that would cause high blood pressure and nausea when mixed with the hypericin in St. John's wort. Yes, these are small beans. But think on this: "in transplant patients, self-

in the Indus Valley around 1,500 B.C. It has become very popular in the last few decades and can be found virtually anywhere. There are a multitude of tapes, books, and even classes that can train a person the art of Yoga.

In conclusion, there are many different workouts to cater to

medication with St. John's wort has led to a drop in plasma levels of the immunosuppressant drug cyclosporine, causing tissue rejection" wrote the June 2002 issue of *Xenobiotica*. And a 61 year-old patient experienced "recurring elevated itching erythematous lesions in light-exposed areas" while taking the extract which were unexplained until she discontinued using the medication reported the April 1997 issue of *Hautarzt*, a dermatologists' publication.

Admittedly, St. John's wort is a lesser evil; the adverse reactions are few and little less than discomfiting. Ephedra is not so forgiving. Defective-drugs.com enumerates the evil perpetrated by this medicine: death, seizures, heart attack and stroke. A medical examiner in Florida said it contributed to the death of the Florida Orioles pitching trainee Steve Bechler who had fainted during spring training. The site goes on to report that 60-70 percent of users experience side effects. Certainly not all so serious. The most commonly experience side effects are vomiting, nausea, and psychiatric disturbance in conjunction with agitation and anxiety. "Ephedra, also known as ma-huang, is a herbal supplement found in many over-the-counter products designed to help people lose weight or increase their energy and athletic performance" Defective-drugs.com

every different personality. When choosing a workout keep your goals in mind and be sure to have fun. Listening to music or watching TV will help pass the time. Figure out which workout fits your lifestyle and *run* with it.

explains. The active ingredient in the supplement is Ephedrine, "an adrenaline-like stimulant," found in common weight loss products like Metabolife. Sportsmedicine.com lists it is also used to counter-act bronchitis or asthma.

But since it is an herbal supplement, the manufacturer does not need approval from the FDA, reports the Food and Drug Administration's official website. But the FDA does have power to suspend or discontinue the sale of a supplement if the risk is found to outweigh the benefits and there is little scientific evidence to support the drug's benefits. Either way, there is not enough scientific evidence to support a direct correlation between the drug and the health problems.

The FDA is aware of the concerns and evidence against the herb. They have on their own web site warning that the risk is heightened with people under 18 using the supplement, any use of it in conjunction with other performance-enhancing drugs (including caffeine), during a heavy workout regiment, or with a diet focusing on cardiovascular fitness. The FDA also reports tremor and insomnia as possible side effects.

And statistically speaking, Ephedra accounts for only one percent of the sale of supplements, but actually 64 percent of adverse side effects reported.

Poet's Corner

by Sam Shoemaker

I stand by the door.

I neither go to far in, nor stay too far out,
The door is the most important door in the world
It is the door through which people walk
when they find God.

There's no use my going way inside, and staying there,
When so many are still outside and they,
as much as I,

Crave to know where the door is.

And all that so many ever find

Is only the wall where a door ought to be.

They creep along the wall like blind people,

With outstretched, groping hands.

Feeling for a door, knowing there must be a door, yet
they never find it...

So I stand by the door.

The most tremendous thing in the world

Is for people to find that door, the door to God.

The most important thing any person can do Is to take
hold of one of those blind, groping hands,

And put it on the latch,

the latch that only clicks and opens to the persons own
touch.

People die outside that door, as starving beggars die

On cold nights in cruel cities in the dead of winter

Die for want of what is within their grasp.

They live, on the other side of it-- live because they
have not found it.

Nothing else matters compared to helping them find it,
And open it, and walk in, and find Him..

So I stand by the door.

Go in, great saints, go all the way in-

Go way down into the cavernous cellars,

And way up into the spacious attics-

It is a vast roomy house, this house where God is.

Go into the deepest of hidden casements,

Of withdrawal, of silence, of sainthood.

Some must inhabit those inner rooms.

And know the depths and heights of God,

And call out to the rest of us how

wonderful it is.

Sometimes I take a deeper look in,

Sometimes venture in a little further;

But my place seems closer to the opening

So I stand by the door.

There is another reason why I stand there.

Some people get part way in and become afraid

Lest God and the zeal of His house devour them

For God is so very great and asks all of us.

And these people feel a cosmic claustrophobia,

And want to get out. "Let me out!" they cry, And the

people way inside only terrify them more.

Somebody must be by the door to tell them that they
are spoiled

For the old, they have seen to much:

Once taste God and nothing but God will do anymore.

Somebody must be watching for the frightened

Who seek to sneak out just where they came in,

To tell them how much better it is inside.

The people too far in do not see how near these are

To leaving- preoccupied with the wonder of it all.

Somebody must watch for those who have entered the
door.

I admire the people who go way in.

But I wish they would not forget how it was

Before they got in. Then they would be able to help

The people who have not yet even found the door,

Or the people who want to run away again from God,

You can go in too deeply, and stay in too long,

and forget the people outside the door.

As for me, I shall take my old accustomed place,

Near enough to God to hear Him, and know

He is there,

But not so far from people as not to hear them,

And remember they are there, too.

Where? Outside the door-

Thousands of them, millions of them.

But, more important for me

One of them, two of them, ten of them,

Whose hand I am intended to put on the latch.

So I shall stand by the door and wait

For those who seek it.

"I had rather be a door keeper..."

So I stand by the door.



St. Peter's Food Pantry is Out of FOOD

Non-perishables are needed to refill St. Peter's shelves.

*Canned Foods

*Mixes

*Cereal

*Toiletries

*Soup

*Condiments

Bring all donations to Honors Office.

Honor's Info

Meetings every Wednesday @
3:30 PM.

Subjects this semester...

10/15 Gender Role Steriotypes
10/22 Technology and Ethics
10/29 Halloween Bash (wear a
costume)
11/5 Pizza with a Professor
11/12 Animals and Medicine
11/19 What is Love
11/26 Role of Artist in Society
12/3 Government Health Care
12/10 End of Semester Food and
fun

Your Officers Fall 2003:

Allan Kohler- president
Kristin Hines- Vice President
Jason Whiston- Secretary
Brandon Roel- Treasurer
Andrew Wilson- Advisor

Editor's Final Word

Fitness is on the edge of everyone's lips. Models show that slim is in. Athletes prove that chicks dig muscle. So with all the media that surrounds us choosing a body type is like choosing a breakfast cereal.

I chose the topic of Health because I struggled with self-image issues. As a child I was always the fat kid in school. This stigmatism lasted until my first year at Harper when I decided to do something about my image. I found that a healthy diet and lots of exercise is the best (not the easiest) way to lose the extra weight. I researched alternative methods to creating the perfect body and found that no drug is without its side affects.

PTK Update:

New Member Inauguration
October 28, 2003

We need volunteers!!!
Cancer Society Gala
November 15, 2003
Contact Dana at
nutzgirl18@yahoo.com

Your Officers 2003:
Amanda Simon- President
Laura Bergeson- Vice President
Dana Schmidt- Secretary
Min Ding- Treasurer
Joe Meister Jr.- Public Relations

Next Month's Theme: The Computer Age

Your Team this issue:
Editor: Joe Meister Jr
Writers: Jason Whiston
Kristin Kleinau
Rachel Shine