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Here's to your health:

Remember when health was a class we took in junior high? No big deal — eat your vegetables, brush your teeth, take naps, make sure to get some exercise. Then comes college, where fitting the four food groups into your budget can be a challenge, and working eight hours of sleep into your schedule is next to impossible.

In this issue of U., we set out to address some of the most important health issues facing college students. But we found that the list is endless. There's more than just nutrition and fitness to think about; there's drinking, smoking, drugs, sex and eating disorders. So, we took a step back and narrowed our focus a bit. What we developed is a cover story about one important aspect of student health: awareness. What we wanted to know is, with all the health information out there, what are we doing with it? It's a big question, and we came up with some surprising answers, which you can read about on page 12.

But we're not letting you off that easy. Look for more health coverage in future issues of U. Also this month, we give you the latest on gender equity, as well as an update on the ongoing used CD debate. And, lest we seem too weighty, check out our campus fashion update — a look at what's being worn at schools around the country. We may not be fashion experts, but at least we're cooler than *The Home Shopping Network*.

— Gayle Cohen, Editor on Fellowship

a note from the editors...