

Factoids

• Tobacco was responsible for one out of four deaths in Lane County in 1996.
— Tobacco Free Lane County

• Your feet produce 25 gallons of sweat every year.
— Health Nov/Dec 1998

• The bathroom medicine cabinet is one of the worst places to keep medicines. The heat and moisture of the bathroom are just the conditions required to alter medication chemistry, making them weaker and possibly ineffective, and in some cases, toxic. A cool dry area away from sunlight and children is optimal.
— The University of Pittsburgh Medical Center

• Between three and four million cases of cancer worldwide — 375,000 in the United States alone — could be prevented annually through dietary change.
— New report by the American Institute for Cancer Research and the World Cancer Research Fund

• There are more than 1,000 chemicals in a cup of coffee. Of these, only 26 have been tested, and half have caused cancer in rats.
— Dr. Bruce Ames, UC Berkeley, in Smithsonian Magazine 12/95

SEXUAL ASSAULT Resources

• Statistics report that 1 in 4 women and 1 in 10 men will be sexually assaulted at some time in their life. Here's a list of resources available if you or a friend have been sexually assaulted.

Eugene Police Department: 687-5111, emergency: 911
Sacred Heart Medical Center: 686-6931 (Emergency Room)
Services include medical examination and the collection of forensic evidence, if prosecuting.

Sexual Assault Support Services: 484-9795
Provides round-the-clock crisis intervention, medical advocacy program and support groups. A female crisis-intervention worker is always available.

UO Counseling Center: 346-3227
Offers telephone and drop-in counseling: 8am-5pm.

UO Crisis Center: 346-4488
Offers telephone counseling: round-the-clock on weekends; 5am-8pm on weekdays.

UO Office of Student Life: 346-3212
Provides round-the-clock crisis intervention (accessed through Public Safety after hours), assistance in reviewing various code of conduct disciplinary options, and support throughout code of conduct proceedings, if charges are filed.

UO Student Health Center: 346-4441
Services include screening and treatment for sexually transmitted diseases and pregnancy prevention.

You Snooze, You Win!

By Nathaniel Klein

What single activity would you guess encompasses 23 years of one's average lifetime? If you guessed sleep, you're right; on average people spend one-third of their lives in some state of sleep.

To college students, statistics such as these seem fictitious. With papers, midterms, and finals, not to mention the parties, concerts, and dates, how could we possibly sleep that much?

Actually, studies show that college students generally sleep for seven and one-half to eight hours per night. If this seems inaccurate to you, you're not alone.

University of Oregon junior Raina Barret believes the average student spends far less than eight hours

sleeping per night, and describes herself as a person who needs little sleep (less than five hours a night). Sophomore Jackie Sias agrees; she only sleeps five to six hours a night. She said, "With the hectic schedule of most students, an eight hour sleeping pattern just doesn't fit."

The Sleep Disorders Center at Sacred Heart General Hospital reports there is not a necessary amount of sleep that every single person needs per night. In a recent "Sleep Tips" report, the center notes, "Sleep as much as you need to feel healthy and refreshed the following day — but don't stay in bed too long. People who spend an excessive time in bed tend to have shallow and fragmented sleep. Curtailing your time in bed helps consolidate sleep."

Some people do not have any trouble finding the time to sleep, but they find falling to sleep to be a real problem. Studies show that one-in-three Americans have trouble getting to sleep.

Katherine A. Albert, MD author of "Get A Good Night's Sleep" wrote, "the first thing to remember is that insomnia is a symptom, not a medical problem. It's a sign that something isn't working for you."

Esquire magazine recently surveyed

American households and found that 50% of people surveyed suffered from self-diagnosed insomnia.

Most of us, at some point, have had trouble getting to sleep. We can all sympathize with that frustrated feeling of watching the hours pass on the clock and not being able to fall asleep.

With all of the stress and pressure placed upon college students, getting a good night sleep can be a plaguing problem. In fact, curtailing emotional and physical stress are the two key factors in getting a restful night sleep. But how can we get a good night sleep without doing everything short of dropping out of school and flipping burgers for a living?

Junior Mathew Cavanaugh recommends a dark, cold room with lots of blankets.

Sias agrees, and said, "A good sleeping environment is dark and quiet."

Avoid the Alcohol and Afternoon Naps

Many have the idea that drinking alcohol is a good way to make the body tired. However, even though alcohol can make you "pass out," it doesn't mean that the sleep you get will be restful. In fact, sleeping after a long night of partying isn't half as beneficial as a sober night's rest. That is why often you wake up tired and groggy after sleeping twelve hours after a long night partying.

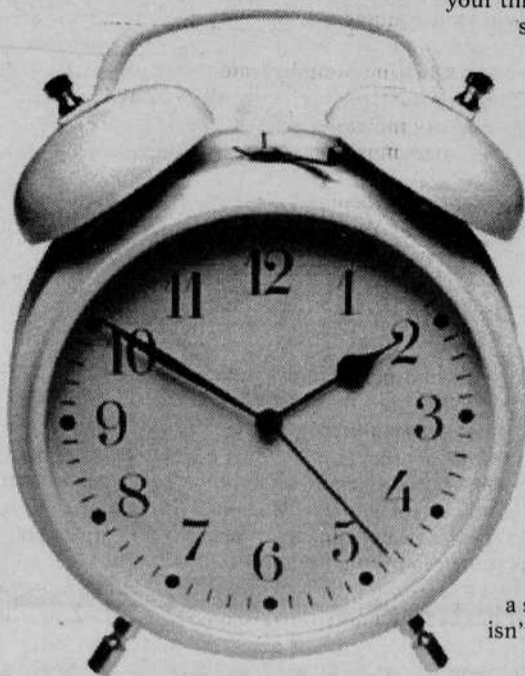
And how about sneaking in an afternoon nap? Think again, napping is not the best, or even an advocated way of making up

for lack of sleep. The Sleep Center writes, "Naps are tempting if you've had a bad nights sleep. But they can make it more difficult to fall asleep at your normal bedtime. If you've missed out on sleep for a few nights, the best restitution is to sleep an extra hour or two the next night."

Whatever the reason, missing sleep can be frustrating and exhausting. If you have tried every means that you can find, and still just can't seem to get a good night of sleep, then call your doctor or visit the Sacred Heart Sleep Center. They specialize in breaking bad sleeping habits and returning people to sleep-filled nights. You can contact them at (541) 686-7224.

Quick Tips To Getting A Good Night's Sleep

1. Use your bed for sleep only. Save all other activities for daytime and the couch.
2. Exercise two to three hours before bed. (Allow 2 to 3 hours after exercise before going to bed.)
3. Eat a light snack. Going to bed hungry can interrupt restful sleep.
4. Use a fan or a noise generator.
5. Go to bed and wake up at regular times every day (even weekends).
6. Avoid coffees, teas, alcohol, and colas, especially before bed.
7. Remember, nicotine is a stimulant. Smoking increases the heart rate and can prevent sleep.
8. For more sleep information contact the Sleep Center at Sacred Heart Medical center.



Carbs: Essential for Exercise

By Colin Anderson

If you're like most students, your exercise program takes a higher priority in spring than it did in the dark, wet winter. How do we best fuel our workouts for the maximum exercise gains? The answer is carbohydrates. Carbohydrates are the most essential source of fuel for the avid exerciser.

Exercises such as running, weight training, and biking require large amounts of energy and carbohydrates. According to the American Dietetics Association recommendation, carbohydrates should make up 60-70% of the daily caloric intake when exercising regularly. But what should we eat exactly? Will any of the carbohydrate-rich foods satisfy this recommendation?

There are two kinds of carbohydrates, simple and complex. Simple carbs are divided into two categories, monosaccharides, a single sugar molecule, and disaccharides, a double sugar molecule. Complex carbs are found in starch in plant foods and glycogen in muscle. They are formed when sugar molecules link together to form long chains. When vegetables ripen more starch can be obtained from them. In contrast, when fruits ripen, they are higher in sugar. These starches that are eaten get digested into glucose then burned for energy or stored for future use. Carbohydrates that can be found in fruits, vegetables and whole grains provide a wide range of essential vitamins and minerals. For this reason, these foods provide more nutrients than the carbs found in soft drinks and candy.

Carbohydrates have an effect on blood sugar level that cannot be determined by whether they are simple or complex. The effect is determined by what is called glycemic response, defined as the food's ability to con-

tribute glucose to the bloodstream. By "ability" we mean how fast or slow the food contributes sugar to the bloodstream. When doing short bouts of exercises, foods such as potatoes, honey and corn flakes are good to eat because they have a high glycemic response. When doing long lasting exercises, say 30 minutes or more, bananas, rice and pasta are good foods to eat before hand because they have a low glycemic response which means the blood sugar levels will remain steady for a longer period of time.

Other than blood sugar, carbohydrates are stored in the skeletal muscles and in the liver, as glycogen. As blood sugar is utilized as fuel, glycogen is broken down to replenish blood glucose. Thus, glycogen fed into the bloodstream by the liver helps us to maintain normal blood sugar levels. Since the brain's only fuel source is glucose, this can otherwise be known as "brain food."

You know when you get that feeling that you cannot think after you've been studying all day and haven't had anything to eat; well, that's because there isn't glucose available for mental alertness. You may have heard of the phrase, "hitting the wall" or "bonking." This is when there is depleted glucose in the bloodstream. Not only do skeletal muscles need glucose, but so does your brain — a poorly fueled brain limits muscular function and mental drive.

The more exercise you get, the more room there is in muscle to store glycogen. This glycogen stored in muscle is stored for fuel during exercise. Carbs are essential for every active person, for both aerobic and strength activity. Both activities require high energy levels that will keep muscles from being fatigued. The best way to do this is through a carbohydrate-rich diet — and rest. Don't for-

get a day of rest at least once a week so that muscles can heal and fill back up with glycogen to allow them from being fatigued.

Check out Nancy Clark's Sports Nutrition book at the Health Ed Office to learn more about food for exercise.

Quick Carbohydrate Chart

Food	Amount	Carbohydrate (c)	Total Calories
Fruits			
Apple	1 medium	20	80
Orange	1 medium	15	65
Banana	1 medium	25	105
Vegetables			
Corn	1/2 cup	15	70
Peas	1/2 cup	10	60
Carrot	1 medium	10	40
Green Beans	1/2 cup	5	20
Broccoli	1/2 cup	5	20
Bread-type foods			
Bagel	1 small	31	165
English muffin	1	25	130
Pancakes	5- to 4-inch	55	185
Graham crackers	2 squares	10	70
Breakfast cereals			
Grape-Nuts	1/4 cup	25	105
Raisin Bran, Kellogg's	3/4 cup	30	120
Granola, low-fat	1/2 cup	45	210
Oatmeal, maple Instant	1 packet	30	165
Cream of wheat, cooked	3/4 cup	24	115
Grains, pasta, starches			
Baked potato	1 large	50	220
Baked beans	1 cup	50	260
Spaghetti, cooked	1 cup	40	200
Rice, cooked	1 cup	45	200
Ramen noodles	1/2 package	25	180
Sweets, snacks, desserts			
Strawberry jam	1 tablespoon	15	50
Honey	1 tablespoon	15	60
Oreo	1	8	50
Fig Newton	1	11	60
Pop-Tart, blueberry	1	30	195