

The deadly incline in diabetes



REAL HEALTH

Jesse Henninger
Arts & Culture Editor

Had enough Halloween candy yet? Do your teeth hurt from the lollipops, the chocolate bars and the gumdrops? Have you ever wondered how our bodies are affected by our unhealthy habits? Our bodies are not capable of metabolizing the insane amounts of sugar we eat. We know our eating habits are not healthy, but we have not taken any steps to change them.

Sugar consumption has climbed steadily over thousands of years. The global sugar industry has continued to grow at a steady rate since it made its way to the Caribbean islands in the 17th century (These cane fields are where the atrocity of the enslaving of the African people began).

Sugar has always been big business, a major player in the global market. Sugar is an ingredient in nearly every processed food product on store shelves. If we created a timeline depicting the history of American food, you would see sugar's history align with it.

An excellent example of this is when Coca-Cola was introduced to the public in 1886. Since that moment, sugar in our diets has skyrocketed. According to the American Diabetes Association, one 12 ounce can of soda contains an average of 39 grams of sugar. Americans drink approximately 50 gallons of soda per person each year. That averages to almost 4.5 gallons of sugar (in soda beverages) ingested by Americans each year.

Besides drinking soda, we ingest more sugar than ever with the food choices we make. Americans shovel 22.7 teaspoons of refined sugar into their mouths every day. Some of the worst offenders for sugary ingredients are: ice cream, fruit smoothies and coffee beverages. Our must-have food items are, in fact, contributing to a disease that is the seventh leading cause of death in the world. A global epidemic, *Diabetes mellitus* is quickly becoming a serious wake-up call for everyone.

Many pay close attention to their sugar intake and exercise regularly, lowering their risk for diabetes. For 26 million Americans, however, the innate ability to process sugar is decreased or completely disabled.

How does the body process sugar? With insulin, produced by the pancreas.

Insulin is responsible for transferring glucose — (sugar) generated energy to the cells of the body. It literally saves our lives, at least three times a day, or as many times as we eat. Insulin is an essential part of life. What would happen to our bodies if we didn't produce insulin? The answer is scary.

Find out more at www.theclackamasprint.net.

Neat tricks for your leftover treats

Larissa Harper
The Clackamas Print

Pumpkins, ghosts and goblins galore! There are many different elements that are essential to Halloween. Delectable sweets are the center of this holiday.

People young and old look forward to this time of the year because it is an excuse for children to get more candy than they normally do, teenagers to go steal candy from their younger siblings (and get some of their own) and parents to take their kids out trick-or-treating, indulging in some of the candy themselves. When Halloween is over and you still have candy left, what do you do with it?

"If the candy is chocolate like Reese's, Kit Kat or M&Ms, I will make brownies with the leftovers," said Morgan Bird, 18.

Friends Grace Graham, 19, and Rachael Richardson, 18, had answers as to what they do with their candy. "I eat it

all," said Graham. "There is no excess." Richardson takes a different approach: "I will eat it and freeze the extra to hide it from my family, or else it will be gone in one day."

Trenton Jones, 18, said, "I eat it. If I had left overs I would give it to people."

Some eat all their candy, some use the remainder in other treats and some share their candy. Here are more creative ways to "reuse" and "re-purpose" your old candy!

First, if you just can't eat it all by yourself, throw some M&Ms, Hershey's Kisses, or other mini chocolates into cupcakes, cookies, brownies, muffins or make them toppings for ice-cream, adding something a little different. You could also keep some to freeze for later.

One recipe that is absolutely delicious is Chocolate Peanut Butter 7-Layer Bars. The ingredients needed are:

- 1 box Devil's food cake mix
- 1 egg
- 1/2 cup butter, melted

- 1 cup coarsely crushed pretzels
- 1 cup peanut butter chips
- 1 cup chocolate chips
- 1 cup Reese's Pieces
- 1 cup honey roasted peanuts
- 1 can (14 oz) sweetened condensed milk

Directions:

1. Preheat oven to 350 degrees. Grease a 13x9 inch baking pan with cooking spray.

2. Next, mix together in a bowl: the cake mix, egg and butter. Stir in the crushed pretzels. Spread the mixture evenly along the bottom of the greased pan and bake for about 8 minutes.

3. After the 8 minutes, take it out of the oven and sprinkle on the peanut butter chips, chocolate chips, Reese's Pieces and peanuts. Drizzle the top of the bars with the milk. Put it back in the oven for 15 more minutes or until it's golden and bubbly and the center is set.

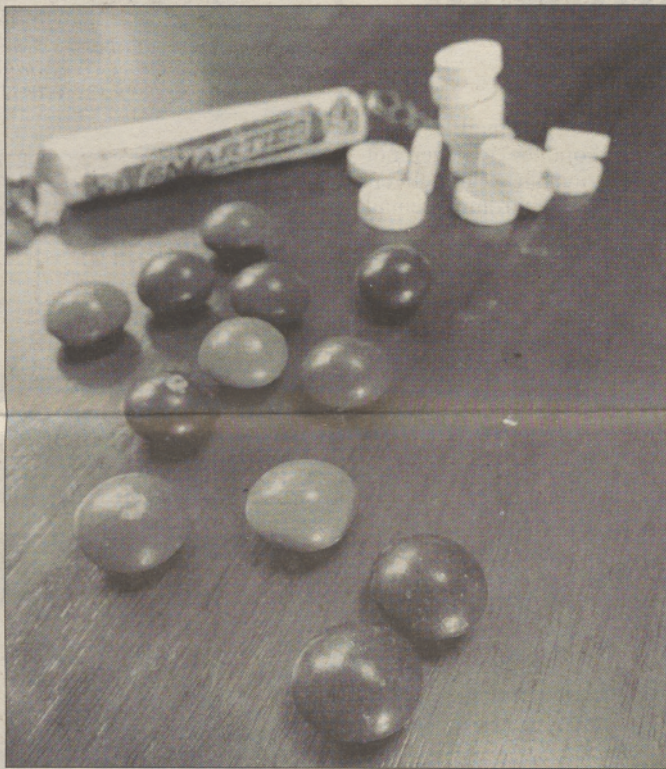
4. Let it cool completely before cutting into bars. Serve warm or at room temperature.

Make trail mix! Use some left over cereal, nuts and candy to add a little sweetness. Favorites to add are M&Ms, Smarties, gum drops, Dots, Sour Patch Kids, Whoppers, Skittles, Reese's Pieces or Raisinets. For the specific recipe of the pictured trail mix just toss together Rice Krispies cereal, pretzels, sunflower seeds, almonds, peanuts, tootsie rolls, dots, Reese's pieces, peanut butter chips and candy corn!

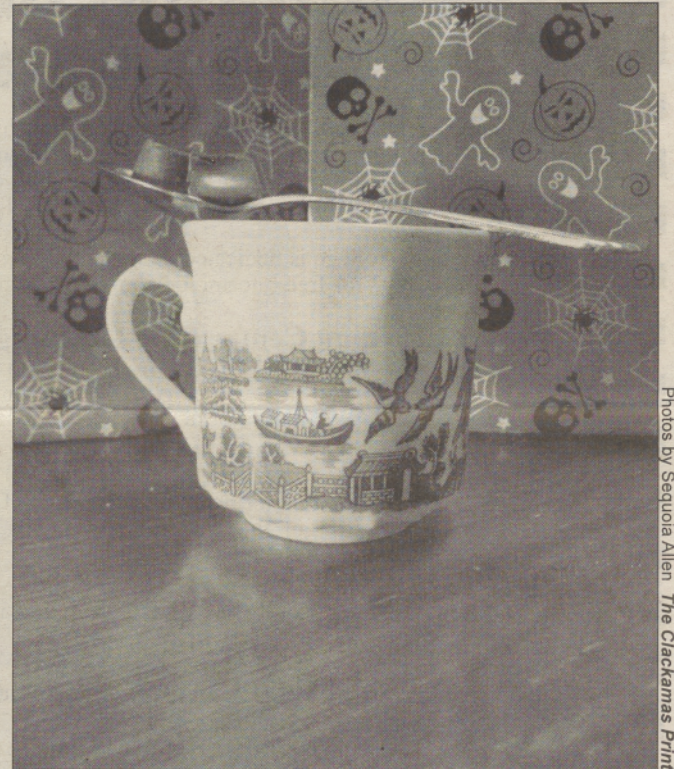
Delicious and easy, right?

There are a lot of coffee lovers out there and a great way to add a little something special to coffee is to take some left over Hershey bars, Milky Ways, Crunch bars and other smooth chocolates and melt them in the coffee. Just make your coffee as desired and stir in the chocolates until it's all melted, then enjoy!

For more ways to get rid of extra candy check out operationshoebbox.com. This is a way for people to donate their candy to troops. The address to send to is located on the website.



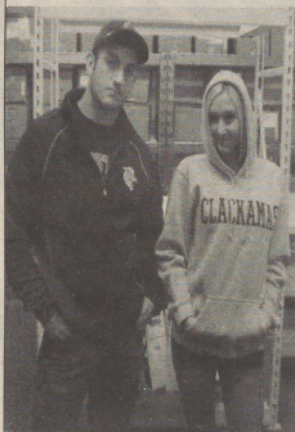
To get rid of your Halloween candy, check out www.operationshoebbox.com to send candy to our troops overseas.



Add chocolate candies to your coffee to add the kick you need.

Photos by Sequoia Allen The Clackamas Print

Bookstore deals, meals and sales!



Select sweatshirts are 25% off!
Was \$42.92, Now \$32.25

Neon yellow, pink, blue & green sweatshirts
Was \$32.95, Now \$24.71

NEW! Weiner Wednesdays:
Get a hot dog and small water for \$2.85!

Hot Pockets and Burritos: Buy one, get one FREE!!
NEW! Microwavable Cheese Pizza - \$4.25
Nachos - \$2.50

