

And so begins another year...

A newsletter brought to you by the CHOICES Peer Education group  
(psst...that's Choosing Healthier Options in the College Environment Successfully)  
We're one OPEN group!

"Education is not the filling of a pail, but the lighting of a fire."

~William Butler Yeats, (1865-1939-, Irish poet)

Your skin accounts for about  
12% of your body weight.



## How's the Whole Sleep Thing Going?

According to a recent study done by the National Sleep Foundation, less than 28% of Americans get 8 hours of sleep each night. Insufficient sleepers are less likely to: work well and efficiently, exercise, eat well, and have sex. Our own campus survey conducted last year by the American College Health Association found that more than 90% of students felt tired or sleepy during the day.

Sleep experts recommend having a designated area for sleep. That can be a challenge when you're living at college. Your room is multitasking as much as you are; functioning as the place you sleep, work and entertain in. Although you may not have a separate room for sleep, you can do things to give your room a different "feel" for sleep time. You can accomplish this through the addition of white noise which can help block outside sounds, (i.e. a fan, humidifier or radio turned on to static). You can associate a scent with bedtime, consider getting a bottle of lotion that you use only at bedtime. In particular, the scent of lavender is known for making people feel relaxed & sleepy. Having a cup of herbal tea is another way to help you unwind from the day.

## National Hazing Prevention Week

Hazing can be defined as "any activity expected of someone joining or participating in a group that humiliates, degrades, abuses or endangers them regardless of a person's willingness to participate" (hazingstudy.org). This is not dissimilar to the more commonly thought of form of relationship violence that occurs between dating or married partners. Similar to unhealthy dating relationships, abusers use these tactics to reduce their victim's self esteem, instill fear and increase dependence on the abuser.

Groups often defend their hazing practices as a way to develop group identity. However they instead create an

Creating a bed time routine is important too. While everyone needs to experiment to develop their own personal wind down routine, consider doing the following for twenty minutes prior to going to bed:

- Dim the lights. This will mimic the sun going down & your body will begin to release the melatonin it made and stored during the day.
- Turn on a fan or crack open a window to adjust the temperature to something you are comfortable sleeping in (this may call for some compromise with any roommates).
- Turn off the television & the computer and put away homework.

Establishing a regular bed and wake time can help you increase the quality of your sleep. Additionally you should avoid working out, having big meals, and the use of nicotine & caffeine close to bedtime. Alcohol is another chemical known to disrupt sleep.

Talk with a medical professional before trying any over the

atmosphere of distrust and an environment which keeps its' members silent for fear of repercussions. Again just like an abusive partner, but in this case many abusive partners all at once. Victims of hazing can suffer the same psychological stresses that victims of dating violence do.

Typically Greek organizations and athletic groups are thought of first when discussing hazing, but more than half of all college students involved in clubs, teams and organizations experience hazing. (hazingstudy.org)

Another myth surrounding hazing is the belief that if someone is willing to participate in the activity it can't be hazing. However, consent can't be truly given in an environment of such strong peer pressure and desire to be accepted. Several civil suits have been won by victims as this held up in court.

If you are unsure whether your group's activities could be considered hazing, consider the following: is alcohol involved? Will active/current members be asked to do exactly the same thing that new members are? Would you hesitate to describe these activities to your parents or a university professional? Would you be willing to have pictures of the

activity on the front of the school paper? If you answered yes to the first question, or no to any of the others, your activity is probably hazing.

If you want to learn more about hazing, participate in any of the Hazing Prevention Week activities taking place the week of September 21<sup>st</sup>. If you would like to report hazing, call the **hazing hotline at: 436-2410, opt. #2.**

If you are a group leader and are interested in learning more about healthy ways of team building you can start with learning more about Bruce Tuckman and his model of group development, often more commonly known as the forming-storming-norming-performing model.

## Sweet Facts

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- A recent study by the American Heart Association reveals that Americans consume an average of 22 teaspoons of sugar each day (teenagers consume closer to 34 teaspoons each day). (*This study only looked at added sugars not the sugars that naturally occur in fruits, vegetables or dairy products.*)
- The recommended limit for daily sugar consumption by the American Heart Association is 6 teaspoons of sugar per day for women & 9 per day for men.
- One teaspoon of sugar is 4 grams and has fifteen calories.
- It would take 90 minutes of moderate pace walking to burn off 22 teaspoons of sugar.
- On nutrition labels, under the carbohydrates section you will see a listing for sugar. This will tell you the amount of simple sugars (in grams) contained in the food. Simple sugars include glucose, fructose and lactose.
- Fructose is the main sugar in fruit, lactose is the main sugar found in milk.
- High Fructose Corn Syrup is a common sweetener and preservative. It is made by converting some of the glucose that naturally occurs in corn into fructose. It is cheaper to produce than regular white sugar.

*The Potty Press is a monthly newsletter service provided by the Office of Health Education and the C.H.O.I.C.E.S. Peer Educators. Call x3540, email [choices@oneonta.edu](mailto:choices@oneonta.edu), or instant message "OneontaHealth" for more information about C.H.O.I.C.E.S. or anything health.*

- The United States is the only country in the world that sweetens its soft drinks with corn syrup, that's why a Coke tastes different in Europe.
- Eating too much sugar can leave you feeling sluggish after that initial sugar high. Your body responds by wanting more sugar. Does this sound like anything else you know? That's right, all addictions work the same way.
- When you eat fruit, in addition to the sugar, you also get vitamins & minerals as well as fiber which steadies the absorption of sugar into your blood stream.
- To cut down on sugar intake: eat whole fruit instead of fruit juice; think of sweetened drinks as "liquid candy"; limit all non-water drinks; and don't skip meals.

## Healthy Holidays

September is:

- Cholesterol Education Month
- Healthy Aging Month
- National Alcohol & Drug Addiction Recovery Month
- National Yoga Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Reye's Syndrome Awareness Month
- Whole Grains Month
- 6-12 National Suicide Prevention Week

from <http://www.healthfinder.gov>