



Image by: Jenessa Knight

# Table of Contents

❑ Wellness	Pg3
❑ Four Temperaments	Pg5
❑ A Survivor's Tale Of Battling Lung Cancer	Pg7
❑ You Skin And The Sun	Pg9
❑ The Importance Of Mental Health Of Student Athletes	Pg11
❑ Nutritional Food And Their Benefits	Pg12
❑ Food Pyramid	Pg13
❑ Do Fries Come With That Burger	Pg14
❑ Confusion	Pg15
❑ Sonnet for the Human Body	Pg15
❑ Bulimia	Pg17
❑ Breast Implants: Are They Really Worth It?	Pg19
❑ On The Road To Emotional And Spiritual Health	Pg20
❑ Turlock's 'I Am Yoga' Studio	Pg21
❑ Raging Bull	Pg22
❑ Moody And Disorderly	Pg24
❑ Does Winter Make You SAD?	Pg26
❑ America Needs Nurses	Pg28
❑ The Kissing Disease	Pg30
❑ Sexual Education	Pg31
❑ Myths About HIV/AIDS	Pg32
❑ My Personal Experience With Colorectal Cancer	Pg34
❑ The Rod of Asclepius	Pg36
❑ Walking Corpses	Pg36
❑ INDEX	Pg38



# WELLNESS

By: Jennessa Knight

What is Wellness? Wellness is an active process consisting of conscious choices we make in developing a healthy lifestyle. “Wellness can be defined as purposeful, enjoyable living,” states Gerald and Marianna Corey, co-authors of [I Never Knew I Had A Choice](#). Wellness is a lifestyle choice, not just a one-time decision. It is maintaining a balance by attending to our physical, emotional, social, mental, and spiritual needs. I wasn’t sure how you wanted to start the sentence, but it seemed incomplete.

Wellness has three main aspects: Body, Mind, and Soul. Let’s start by talking about body. Sleep is fundamental in living a healthy lifestyle. It’s not just about sleeping the recommended 6 to 9 hours of sleep a night, rather developing a sleeping pattern. Sleep Deprivation leads to increased vulnerability to emotional upset and negative. Exercise is a way of reducing the negatives effects of stress; it can help prevent disease and also may prolong our lives. It has a number of benefits, it increase respiratory capacity, digestion and fat metabolism, strengthens bones & increases joint flexibility, improves circulation, improves mood, reduces the risk of heart disease, lowers body fat, increases muscle strength and tone, releases anger, tension and anxiety, improved self-concept, improving sleeping, source of enjoyment. There are many types of exercises. Walking helps the heart, lungs, and helps control weight. Swimming is a great source of cardio (increased heart rate) without the strain on your joints. Many people have a problem getting started. It can be very hard at first, painful and discouraging. You should start out slow 10-15 minutes and gradually increase time. Select workouts you enjoy. Part of keeping your body healthy is nutrition. There is truth to the saying, “You are what you eat”. Your daily diet affects your long-term health more than any other factor. Brenner, a health nutritionist writes, “Diet, like health is a state of mind. Diet is a relationship between yourself and the food you choose to eat. And perhaps most importantly, it’s what you think and feel about the food you eat.” Eating well will make you feel better; more alert and give you more energy. Eating poorly will make you tired and feel “sluggish” and “sick”.

### **Eating Tips:**

Instead of dieting, try to eat ting smaller, balanced meals more often to speed up your metabolism.

### **Exercise Tips:**

Try listening to up beat music or comic routines to keep your work out light-hearted. Also try doing fun activities like going on bike rides or play sports.

### **Spiritual Tips:**

Journaling is one of the best ways to gain spiritual well being. Talking about your day and life and the things you feel help you learn how to express yourself in better ways.

Psychological fitness is just as important as physical fitness. There is little point in maintaining the temple when the sanctuary inside is in ruins. Emotional stability is kept by being well. You should take a daily practice in expressing your feelings in open environments. Repressing feelings can be damaging on a long-term scale. It's good to also understand why you feel a certain way by looking at what causes your emotions to act the way they do. By simply having alone time with yourself you can achieve a better understanding of who you are and also have a greater control over your emotions and stress. There isn't much that we can change, so we have to work with what material we have. You have to decide if you want to change your body identity or "oneness with our mind". This involves increasing our awareness of how we experience our body through touch and movement. Our bodies aren't just vehicles that transport us around from one place to another. Our body is an expression of who we are. We can see stress in people's faces. People speak with a tightened jaw, as if repressing feelings. Walking slouched over can be a sign of someone holding back his or her presence in the world. Experience your body! Being aware of your body means paying attention to your senses of touch, taste, smell, sight, and sound. Studies have demonstrated that physical contact is essential for our healthy development of our minds. Having contact with others helps developing in physical, psychological, social, and intellectual ways. Keeping an active mind by word games and puzzles will improve your sharpness and clarity. Maintaining your mind can be simple and even possibly fun! Going home after school and "vegging" in front of the TV isn't good for your mind. You lose the information stored from the activities that day. Playing games with friends that deal with words and memory is a great way to improve your psychological fitness. For example, Catch Phrase, a game where you try to get the members on your team to figure out what your word is by describing it, will improve your mind's ability to connect common things. A game like Scene It or other trivia games are great ways to improve memory skills.

Spirituality is the core to wellness because it gives you a sense of meaning and purpose in life and the things you do. Spirituality has many meanings, but in wellness spirituality involves our relationships to the universe and is a means of finding purpose in living. It's a connection with your "inner-self", whatever that may be. Religion is a set of beliefs that connect us to a higher power or God. For many people affiliation with a church is an organized way of expressing their religion. It expresses three loves: love of God, love of neighbor, and love of self. Prayer, religious practices, meditation, mindfulness, and living in the moment are some ways that can lead you to a greater sense of spirituality. Feeding your soul is as important as feeding your body. You can do this by taking time in quiet reflection, appreciating natural beauty, kissing or hugging someone you love, reading something inspirational, writing in a journal, or praying.

We are a whole being, composed of physical, emotional, social, intellectual, and spiritual dimensions. If you neglect any one of these aspects of yourself, you will feel the impact in the other dimensions. Reflect on the balance in your life. Are there some areas in your daily living that need to be improved or modified?



# Four Girls Walk Into a Party...

## A Small Examination of the Four Personality Types

By: Amanda Entriiken

Sanguine rushes through the door so excited that she can hardly contain herself. Choleric rolls her eyes. "You should have knocked first," she reminds her sternly. "Sorry," Sanguine chimes without even turning around. Her mind is already gone; think about all the fun things she is going to do tonight. She hopes there's dancing. She wants to show off the new moves she has learned in her lessons. She knows they will impress everyone. Melancholy and Phlegmatic follow close behind as Sanguine and Choleric make their way into the room where all their friends are hanging out. Everyone says their hellos and takes a seat. "I thought we would have a scavenger hunt!" the host reveals. The group breaks up into teams of four. Sanguine, Choleric, Melancholy, and Phlegmatic decide to work together. They get a map, a list of items, and a bag from the host and go on their way. "We should start with the houses to the left and then make our way around the block," Choleric decides. She begins to walk up to the first house on the left. Sanguine runs ahead of her. "I want to ask for the items!" she says, laughing as she goes.

"Good idea," Choleric agrees. "What do you want to do, Phlegmatic?"

"I don't care," she shrugs.

"Well, since Melancholy is already drawing on the back of the item list, why don't you hold the bag and I'll take care of the map," Choleric suggests. "Okay," Melancholy and Phlegmatic mumble at the same time. They continue down the street, doing their designated jobs. Sanguine breaks the silence by starting a conversation about boys. "I can't wait until we get back and the dancing begins! Do you think Jacob will ask me to dance," she inquires.

"I don't know," says Phlegmatic.

"Probably not," doubts Melancholy.

"Wait! Why would Jacob ask you to dance? I like Jacob!" cries Choleric.

"No way! Since when?" questions Sanguine?

"Forever!"

"That's technically impossible," points out Melancholy.

"Whatever," Choleric shouts. "At least I've liked him longer than you have!"

"Have not!" claims Sanguine

"Have too!"

"Have not!"

"Have too!"

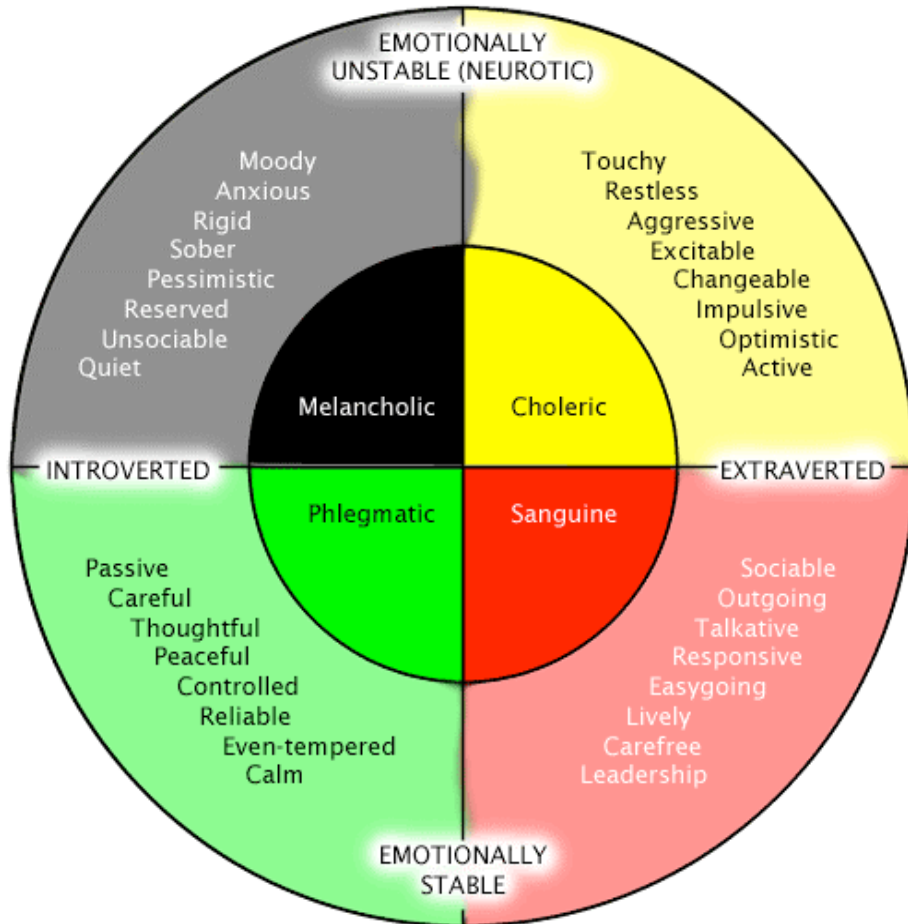
"Have not!"

"Can't you two get along? I hate to see you guys fighting," sighs Phlegmatic.

Choleric and Sanguine start to yell at Phlegmatic, but stop themselves. They turn towards each other. "I'm sorry," they say in unison. All four start laughing. "I can't believe we were arguing over a boy. Yuck!" Sanguine makes a disgusted face. "Hey guys, if we hurry maybe we can still win the hunt," Choleric points out.

They all start running down the street. Sanguine charms all the house owners with her personality. Phlegmatic skips along happily as she carries the bag. Melancholy draws on the items list every time they stop. Choleric keeps everyone moving and makes sure they all continue doing their jobs. Finally, Melancholy checks the last item off the list and they sprint towards the host's house. "We're here!" they all scream as the scramble through the door. "Congratulations! You're the first ones back," greets the host.

“Awesome!” Sanguine exclaims jumping up and down.  
 “I’m glad we all were able to work together so well,” Phlegmatic says peacefully.  
 “Hey, Melancholy, what have you been drawing?” Choleric asks. Melancholy turns over the items list to reveal an extremely lifelike picture of her friends.



Eysenck, H.J and Eysenck, M.W. *Personality and Individual Differences*. Plenum Publishing, 1958.

## Identifying the Four Temperaments

# Lung Cancer

By: Kristen Lizarraga

Lung Cancer is the leading cancer killer in both men and women. In 2003 alone, 157,990 men and women died from lung cancer<sup>1</sup>. Lung cancer will literally leave a person fighting for his or her life. I know first-hand the awful affects of lung cancer. Last October (2006), my mom was diagnosed with lung cancer. My family is extremely close and this news was absolutely devastating, to say the least. My mom had quit smoking seven years ago, but lung cancer is a major target on my mom's side of the family, with three deaths from lung cancer in her immediate family in the last eight years.

My family and I decided that we were not going to lie down and let the cancer consume her; we were prepared to fight. My mom was way too young to die. I just remember thinking that there were way too many things that we had not gotten to experience together, such as high school graduation, getting married and having grandchildren. After running some tests, my mom's doctor clearly told her that there was nothing she could do to help her. After hitting that brick wall, my family decided it was time to get a second opinion with a new doctor. My mom's next doctor was Dr. Jahan at UCSF, and he was amazing. He said that my mom did have hope, and that she was capable of undergoing chemotherapy, radiation and a surgery. Knowing that surgery was the only hope for a cure, my family was ecstatic! Over the course of forty days, my mom underwent her chemotherapy and radiation, and prepared for her surgery.

About a week before her surgery, our insurance told us that they would only pay for her to have a second opinion at UCSF, and that they would only pay for surgery if she went to UC Davis. My family was outraged and upset. We had a plan that could potentially save my mom's life, and now our insurance was not going to allow it at UCSF. This meant that we had to start over at UC Davis, and time was of the essence! Our insurance company was now jeopardizing her life. We tried several appeals and got nowhere. This was a three-hundred thousand dollar surgery, so we had no choice but to at least give UC Davis a shot.

To our surprise and excitement, UC Davis is where my mom truly found her miracle, and his name was Dr. Follette. He too ran some tests, and found that her chemotherapy and radiation had killed off all of her cancer. And to our joy, he told us that indeed she was eligible to have surgery to remove the dead tumor in her right lung.

Though the surgery is absolutely necessary and the only hope for a cure, it is excruciatingly painful. To take out the tumor, they surgically broke one of her ribs and removed forty percent of her right lung. It took about three months for her to recover.

Now six months after her surgery, my mom remains cancer free and my family remains hopeful that her cancer does not come back. We are so thankful that God has given her a second chance to live. Her cancer was quite a wake-up call and we all re-evaluated our lives to focus in on what is really important in life; those you love come before anything else.

Cancer is something I would not wish on anyone - not even my worst enemy. Almost losing my mom forever was the worst thing that has ever happened to me. Cancer and its affects are truly one of those things that you truly cannot understand until it hits someone you dearly love. If I had the power to take away all of the cigarettes in the world, I would without a moment's hesitation. Smoking gives a person almost a one-hundred percent chance of getting lung cancer. Knowing the facts, I do not understand why anyone would willingly choose to kill themselves.





## Your Skin and the Sun

By: Hailey Noordewier

After a carefree day outside, you might walk away with the beginnings of a fashionable tan, but are you walking away with something more? Studies show that excessive exposure to the sun can add to the aging process of skin and possibly cause fatal skin cancers.

The sun produces two different kinds of rays; UVB rays (Ultra Violet B) and UVA rays (Ultra Violet A). UVB rays are what most sunscreens take care of. They are the rays that burn your skin and are strongest from 10 a.m. to 4 p.m. during the summer months.

Most people know about sunburns, but they don't know what actually causes them. When outside and exposed to the sun, you are being hit with ultra violet rays. These rays hit the exposed skin and kill a layer of skin cells. Your immune system detects the dead cells and increases the blood flow to the area to deposit white blood cells. This increase in blood flow is what makes your skin red and warm. The white blood cells clear the area of the dead skin cells and once your skin peels, it returns to normal.

The other form of rays from the sun is called UVA rays (Ultra Violet A). These are the rays that penetrate the first layer of skin and damage the collagen and elastin that give your skin its youthful appearance. With these layers damaged your skin may show signs of premature aging and it could even lead to skin cancer.

Tanning of any sort only magnifies this. It is a common misconception that if you tan for short periods of time and develop a "base tan" your skin will be immune to sunburns. Although it appears that tanning this way isn't as bad for the skin, it is still dangerous. Tanners are still being exposed to the rays of the sun. The use of tanning oil while tanning continues to magnify the UV rays. Tanning beds are even worse than lying outside in natural sunlight. The UVA and UVB radiations emitted by tanning beds can be up to 15% higher than the rays from the sun itself. Not to mention that the Earth's ozone layer acts as a filter for many rays, while tanning beds apply UV rays directly to your skin.



Excessive time in the sun could lead to skin cancer. Skin cancer's common signs include moles that are asymmetrical, multicolored, have an uneven border, are bigger than the tip of a pencil's erasure, or are changing in any way. The two main type of skin cancer are basal cell carcinoma and melanoma. Basal cell carcinoma is the most common, which typically takes the form of colored bumps and may damage the surrounding skin. Melanoma is the deadliest form that can look like a mole, but is actuality is a cancerous tumor that must be removed to prevent spreading.



With all of the dangers of ultra violet rays from the sun, you might begin to wonder how you can protect yourself. Staying out of the sun is the only sure-fire way to protect you. Often times this is not a possibility. In these situations, wearing a wide-brimmed hat, sunglasses and conservative clothing is best. Certain types of clothing work better than others. The clothing must be dark. Uninformed, many people throw on a white shirt while swimming to protect themselves from the sun. When wet, a white tee shirt is only the equivalent of an SPF 4 sunscreen, which is far below the minimum suggested by the American Cancer Society.

Sunscreen is by far the best way to protect you from the sun's harmful rays. All sunscreens have an SPF (Sun Protection Factor) and the higher the SPF the more protection you will get out of the sunscreen. The American Cancer Society recommends using a sunscreen with at least an SPF 15. Currently, there are numerous advances in sunscreen, and although scientists are recommending an SPF of 15, there are SPFs that go up to 70. SPF, however, only protects the skin from UVB rays, while the UVA rays are eating away at your skin. Although not all sunscreens provide it, there is a way to protect you from UVA rays. To ensure that the sunscreen accommodates both types of rays, it should say "broad spectrum", "Helioplex", or simply "UVB/UVA". Also, if the sunscreen includes a PFA (Protection Factor of UVA) it will protect against the UVA rays.



If you still insist on being tan, seek out a sunless tanning product. The most effective sunless tanning products available contain DHA (dihydroxyacetone). DHA is a colorless sugar that combines with the dead skin cell of the outermost layer of skin, where the color change occurs. The main disadvantage of this method is the need for reapplication. The human body is constantly shedding its dead skin cells thus the products have to be applied about every three days to maintain the tan.

So, next time you are out in the sun fervently hoping to get some sort of tan, ask yourself, is I willing to sacrifice my health for a tan? After all this may be just what is happening on the lazy summer afternoon in the sun.

# The Importance of Mental Health of Student Athletes

By Christin Gowan

When health is mentioned in reference to student athletes, most automatically assume physical health. The body of athletes is the most important factor in their performance, right? Wrong. As a NCAA basketball player, I know that everything I do on the court is mental. I cannot stress enough the truth in this famous quote, "Every game is 90% mental and 10% physical."

The mind and body are far from independent. It does not make sense to separate the two. The mind affects the body and vice versa. Medical problems often lead to psychological problems. For example, after an injury and athlete may become depressed. On the other hand, psychological trouble can lead to serious medical conditions, such as eating disorders. It has been proven that athletes who are depressed are at a significantly higher risk for injury.

There are many reasons why student athletes are at risk for mental health problems. Eating disorders and substance related disorders are most common at this age. The transition to college life is overwhelming (leaving home, death, relationships). Pressure is at a high during college, which triggers many disorders.

Depression is the most common form of mental disorders an athlete faces. Approximately 10% of college students suffer from this mood disorder during college, as reported by the National Mental Health Association. Many athletes can become depressed due to lack of playing time, stress, and an overwhelming amount of schoolwork. Also, athletes can work too hard and over-train themselves, causing depression due to exhaustion and lack of sleep.

Athletes must be mentally healthy and "mentally tough" in order to stay at the top of their game. Athletes must be able to think clearly and make split second decisions. To maintain a healthy mind and body, athletes need to balance their lives and prioritize. To be a champion, be physically buff and mentally tough.



## •Nutritional Foods and their Benefits•

By: Adrina Gabriel

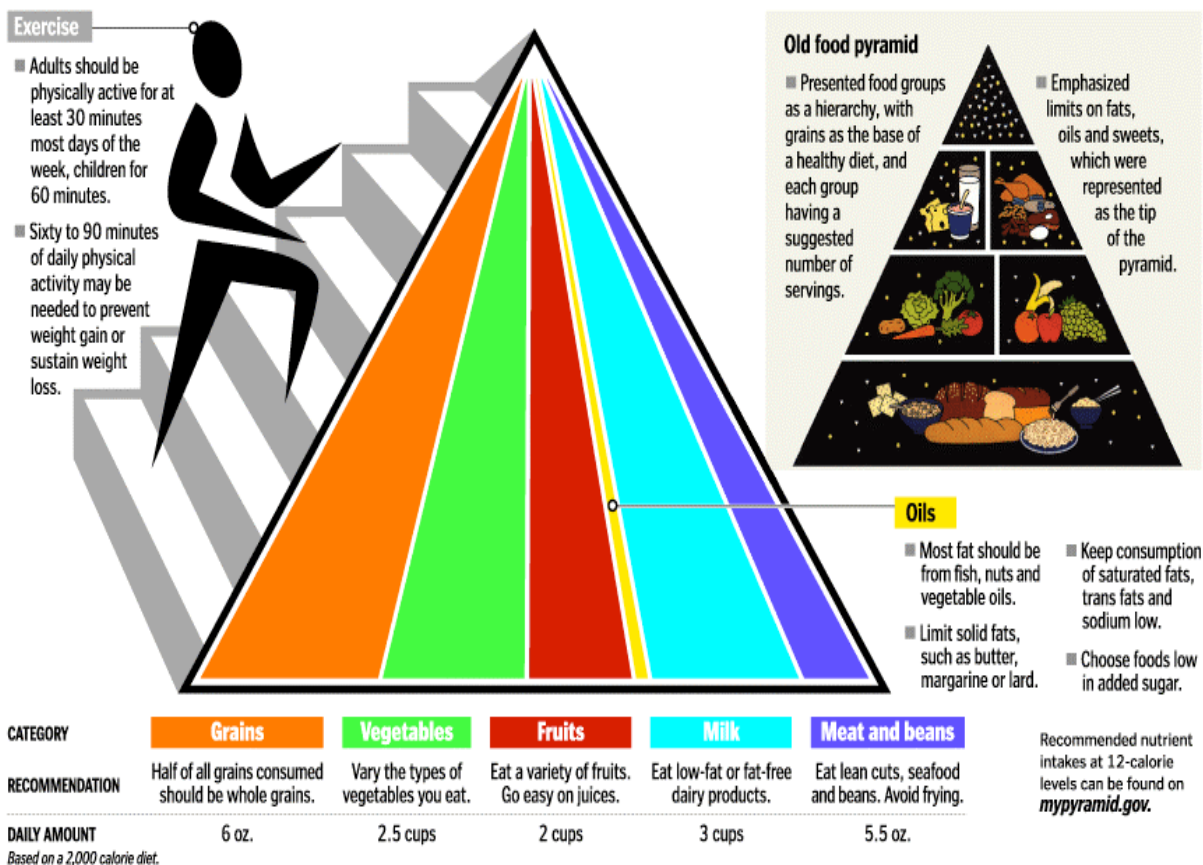
Obtaining the proper diet and exercise as well as consuming the right foods goes a long way in ensuring a healthy lifestyle. Consuming various assortments of foods, particularly those that fall into the dairy, produce, fruits and vegetables categories not only result in excellent sources of energy but also aid in accomplishing many other benefits to the body. Some of these exceptional foods include red grapes. Red grapes are known for their antioxidants, which help to largely maintain the body's nervous system but also are known to help prevent cancer. Other antioxidants in red grapes also preserve the heart as well as the brain. Similar to the benefits of red grapes, fish contains an omega-3 fatty acid known to maintain the body's nervous system as well. The nutrients found in fish are thought to help aid against inflammation. Another important product containing many incentives is milk. Milk is recognized to fight against aging but also to help the nerve cells. Other antioxidants include oranges. Oranges possess carotenoid allowing them to aid against declining eyesight and reduce cholesterol. Apples, like oranges also contain antioxidants that function in lungs as oxygen suppliers. Preserving a balanced diet and eating healthy are some of the simple, and delicious, ways to maintain a happy, healthy, lifestyle.



# The Food Pyramid

By: Michelle Johnson

From an early age, we are encouraged by our parents and doctors to follow the food pyramid. We are advised that six to eleven servings of breads, three to five servings of vegetables, two to four serving of fruits, two to three serving of milk products, two to three servings of meats and proteins, and sparing amounts of fatty food is the ideal daily food intake. However, many people do not follow this. In most cases, the food pyramid is actually flipped upside down. With busy schedules, families, and demanding jobs, many people find themselves snacking on the road and bringing home fast food for their family dinners. The fatty foods are easier to acquire and generally taste better to us, and, in most cases, they are simply more convenient. It is important to maintain a healthy diet. Eating healthy increases the lifespan and decreases the risk of many diseases. In fact, eating certain foods can even prevent or lower your risk of certain diseases. So, while fatty foods seem to be the best option, it is important to remember to eat your fruits and vegetables, and to get enough bread, protein, and dairy intake every day.





# “DO FRIES COME WITH THAT BURGER?”

By Kristin Hainline

It is no secret that obesity has progressively swept the nation, increasing more than 60% in adults and tripling among children in the last twenty years. This unfortunate occurrence poses higher threats of diabetes, heart disease, and hypertension (among others), and has become a major issue for America. On average, people are faced with approximately 220 food-related decisions each day, and with fast food restaurants lining the streets, making the right decisions can be difficult. Whether or not people choose to ignore these temptations (or go about them in a healthy manner) is where the issue lies.

Below is a chart depicting the amount of calories in some of the foods at McDonalds and Burger King:

<b>McDonalds</b>	<b>Calories</b>	<b>Grams of Fat</b>	<b>Carbohydrates</b>
Big Mac, Fries, and a Coca-Cola (Large)	1440	60	203
Double-Quarter Pounder Meal with Coca-Cola (Medium)	1420	37.5	170
2 Double Cheeseburgers and a Small Fry	1170	59	104
Large Chocolate Shake (alone)	1160	27	203
<b>Burger King</b>	<b>Calories</b>	<b>Grams of Fat</b>	<b>Carbohydrates</b>
Double Whopper w/ Cheese, Medium Onion Rings, Medium Chocolate Shake	2261	134	183
2 Bacon Double Cheeseburgers and a King Size Fry	1760	98	140
Garden Salad w/Italian Dressing and Bottled Water	75	4.5	9

People in our society tend to underestimate the impact fast food has on their weight maintenance. Places like McDonalds and Burger King pose huge threats, with some of their meals amounting to more than what is supposed to be consumed in an entire day. While society blames this epidemic on fast food, their convenient prices, and their speedy service, it is certainly not their fault alone. Many are ignorant or unaware of the dangers of the foods they eat, and that is when responsibility needs to intervene. With a reasonable amount of self-discipline and consistency, both in the gym and the restaurants, America can begin to overcome this obesity epidemic.



# Confusion

By: Veronica Sanchez

Like many other girls my age I am striving to live a healthier lifestyle and diet. In the age of today, this is not so easy. With the media ever advertising "thinner is better," and the push of unhealthy food, I am not surprised that two extremes of health are still present: Anorexia and obesity. A movement is needed for (especially) young women promoting the importance of finding a healthy balance for their body. The media gives young women a confusing and disorienting view. Designers create clothes that require a tin figure to fit properly. But all around us there are images of name brand junk food. All of the food from the McDonalds Big Mac to the M&M candy is constantly advertised, but not healthy. This poses a paradox there are signs saying lose weight. As much as the media pushes these foods, it also pushes being thin. As a result, it is up to the individual to decide on what their bodies need or should look like.

## Sonnet for the Human Body

By Maria Long

**A hand--what wonder does its form betray  
Its strength, its use, and its complexity  
Its softest touch and its ability  
To do complex tasks flawlessly each day  
An eye--a marvel which God's power portrays  
The farthest hill or closest speck to see  
Behold great ugliness or great beauty  
In brilliant color or in shades of gray  
A marvel are our brains, and more beside:  
Our skeletons, the eyes with which we see  
Our ears, our hands, our muscles and our hearts.  
Small wonder then, that once the Psalmist cried:  
"I will praise you, for I am fearfully  
And wonderfully made!" for so we are.**



If u can't fit into this... u fat!!

LOSE WEIGHT

Do you look this good?

Bigger is better.

LOSE WEIGHT

LOSE WEIGHT

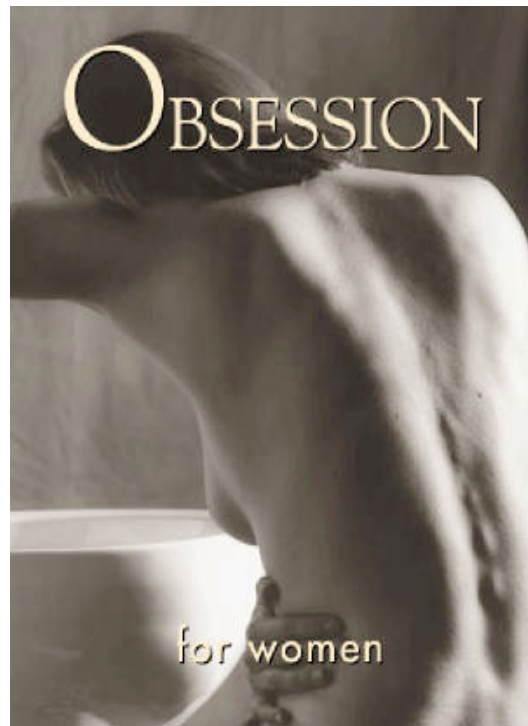


# Bulimia Nervosa

By: Maranita Zare

Bulimia Nervosa, often called bulimia, is primarily an eating disorder that involves a secretive cycle of binge eating followed by purging. Purging might be done in two different ways: making your self throw up and taking laxatives that speed up the movement of food through ones body. A person who has suffered with bulimia for an extensive amount of time may form habits such as exercising in extreme amounts, eating very little or not at all or even take pills to pass urine to prevent weight gain.

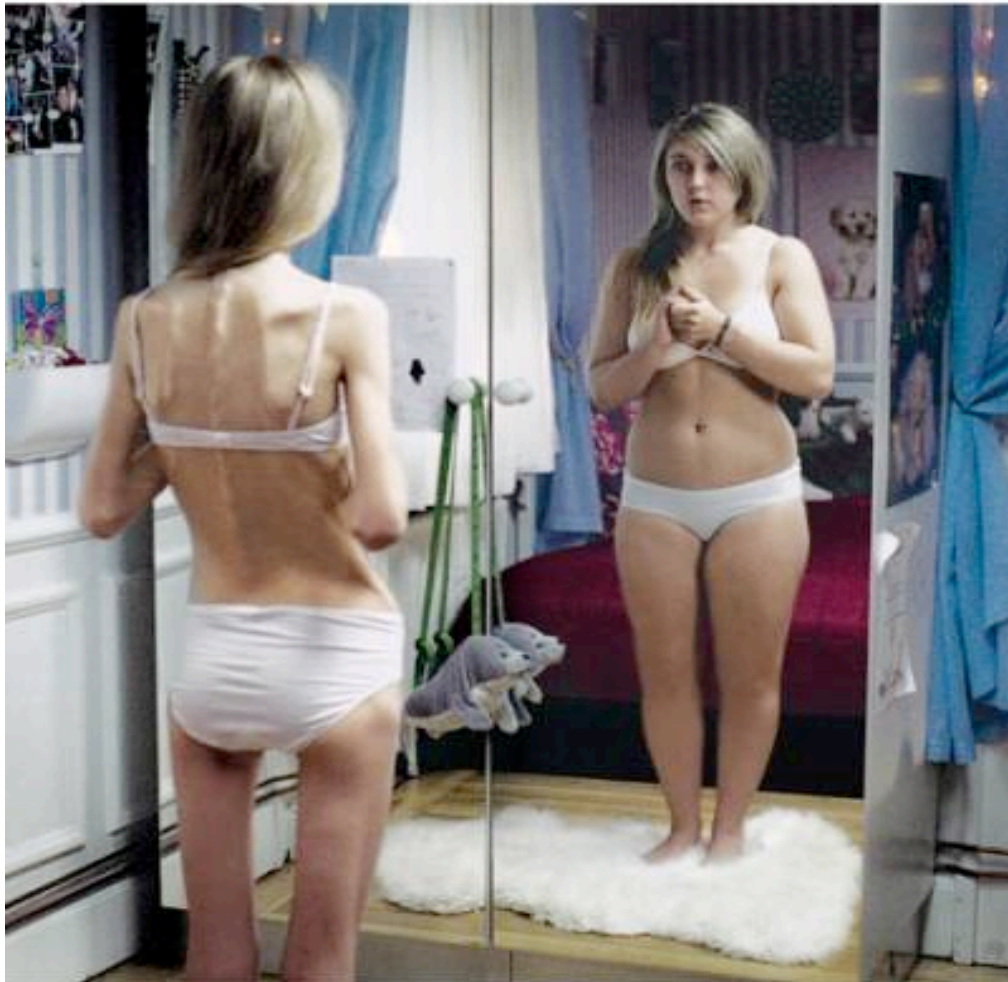
Many believe that eating disorders affect only young, upper class white females, but in reality bulimia affect people from all walks of life. It is more than just a problem with food. Typically, binging is triggered by stress or difficult emotions, such as anxiety or sadness. Purging is a way for that person to feel more in control of their life. It is merely a sense of relief and is most likely related to a problem deep within that person rather than the fear of gaining weight.



There is no known cause of bulimia but there are various factors that may play a part. Women in the U.S. are pressured more and more everyday to have a certain thin, flawless body image. Also, family ties into the event, causing bulimia. Parents that constantly criticize bodies of their children or diet themselves are even more likely to cause a child to have bulimia. Stressful or traumatic events like a new job or rape can also lead to bulimia. Some one with this eating disorder may also, at times, feel hopeless and become depressed, feeling moody and having low self-esteem. They have a hard time expressing themselves and their anger.

A person with bulimia may use extreme measures to lose weight, by going to the bathroom right after a meal, to purge, using diet pills, taking laxatives, or exercising a lot, even when hurt or tired. Signs for throwing up include: swollen cheeks, teeth looking clear, but eventually chipping, and broken blood vessels in and around the eyes.

Someone with bulimia can get better. It requires the care of a trained professional, but the best way to recovery is through a combination of awareness of nutritional needs, medical care- medication, and psychotherapy. The treatment needs to cover the underlying psychological concerns and the disordered symptoms. It can be a very long struggle. In some extreme cases treatment may not be helpful, and the individual may become chronically symptomatic, or death may occur. The best way to treat any eating disorder is to prevent them before they even develop.



Support for people with eating disorders.



# Breast Implants: Are They Really Worth It?



By: Kelly Lizarraga

In Today's society, when we do not have something that we want, we buy it. Whether it is fancy clothes that we want, longer hair that we want, or bigger boobs that we want, all we need to do are take out our credit card and charge it.

Breast implants have become a fairly common procedure among women in today's society. I mean, you do not have big enough boobs, why not get some fake ones? You'll look better and you'll feel better about yourself? There is one very important factor that should stop women from getting breast implants, the harmful effects that may be caused by breast implants.

There are some less severe harmful effects that may be caused from having breast implants. For one, breast implants may interfere with breast-feeding. Some people might say, "Big deal if I cannot breast feed my baby. I can still give them formula, so they will be just fine." Breast-feeding is not the only harmful effect that is caused from breast implants though. Breast implants can also cause a woman to experience a loss of sensation in the nipple and breast area, which results from damage to the nerve endings in the nipple and breast. The loss of sensation is often only temporary, but the loss of sensation may end up being permanent.

There are also more severe harmful effects that may be caused from having breast implants. When getting breast implants, the breast implants may impede breast cancer detection, meaning that during a mammography, an ultrasound, or an x-ray, the breast implants might hide tumors or growths. Another more severe harmful effect of breast implants is the leaking or draining of breast implant material. The breast implant material may leak or drain into your body, which can cause deadly side effects. Similar to the leaking or draining of breast implant material is the rupturing of the breast implant. Many ruptures result from the natural aging of the implant, excessive compression to the breast (this may be caused from a mammography that may sometimes compress the breast implant enough to cause rupture), or trauma to the breast. Typically, when a breast implant ruptures, surgery is needed in order to remove the ruptured implant or implants. Shockingly though, most women who have an implant or implants that ruptures will just have a new set of implants put in and ignore the fact that this sort of thing could very easily happen again.

The most shocking thing about all of these harmful effects that are caused from breast implants is the fact that every time a woman decides to get breast implants, their plastic surgeon is obligated by law to tell her about the harmful side effects and yet they still decide to get the breast implants. It completely baffles me that women would think that all of these harmful side-effects caused from breast implants are really worth it in order to have the "perfect body," if such a body even exists. Are breast implants really worth all of the harmful side effects that may come with them? You will have to be the judge on that.

## **Top 5 Reasons To NOT Get A Boob Job:**

1. 25-40% need a second surgery to correct something wrong with the first one.
2. Up to 9 percent of saline implants end up deflating within just three years
3. They sometimes find cultures of microorganisms growing inside saline implants when they're removed.
4. A lot of doctors doing boob jobs do not have proper qualifications.
5. The more we learn to recognize them. the less attractive they are.



# On the Road to Emotional and Spiritual Health

By: Dinah Copple

We are all familiar with what it takes to be physically healthy. We must exercise, eat all our fruits and vegetables, get enough sleep; the list goes on and on. We also know the benefits of being physically healthy: we have more energy, we look better, and we live longer. Just as it is important to be physically healthy, it is equally important to be emotionally and spiritually healthy. To be emotionally healthy is to not have any extreme highs or lows in our emotions, but to be able to stay relatively the same most of the time, and not be driven solely by our emotions. To be spiritually healthy is to have a relationship with God and to be able to treat those around us with kindness and respect. These two types of health go hand in hand. In order for us to be emotionally healthy, we must be spiritually healthy. Likewise it is difficult to be spiritually healthy and not be emotionally healthy as well. There are certain characteristics that all emotionally and spiritually healthy people should possess.

Spiritually and emotionally healthy people know how to forgive and be forgiven. They understand that they are not perfect and so are able to forgive themselves when they make mistakes. Likewise, they realize that others are not perfect and so are able to forgive them. They also realize that life is too short to hold grudges, and so therefore they learn to forgive others.

Spiritually and emotionally healthy people are not judgmental and critical. They are not quick to judge others and they make sure that their own lives are right before they point their finger at another person. They understand that if they judge others, then they will be judged themselves.

Emotionally and spiritually healthy people know how to deal with and resolve conflict. They understand that if we live long enough, we will be forced to deal with conflict, and knowing this, they realize that to resolve conflict, two elements must be present: love and honesty. We must love the person enough to be willing to confront their behavior. Resolution can come only when people feel that they can be honest about how they feel. Conflict will continue to exist if people are not able to be honest with each other and are willing to tell the truth and accept the truth, no matter how brutal the truth may be.

Emotionally and spiritually healthy people understand that they must be accountable to someone. They accept that they must have someone who they can trust to call them out if they are not living right.

Emotionally and spiritually healthy people know how to deal with their emotions. They embrace the variety of emotions that go along with maturity. They know and understand that they sometimes have widely varying emotions. However, they do not let themselves be driven by these emotions. They understand that there is a time and a season for everything, and that includes different emotions.

Obtaining emotional and spiritual health is a process. It is a journey. It is something that we should all strive toward.

# Centered Souls Incorporated Brings Turlock The I Am Yoga Wellness Studio

By Jana Siemens

In anticipation of their upcoming opening, in January 2008, owners Anna Eshoo and Tracy Parreira are looking forward to serving the community with their knowledge of Yoga and its amazing benefits to the body. The studio will be approximately 2500 square feet, located at 2030 Geer Road. An array of Yoga and Pilates classes will be offered daily, ranging in all levels from beginning to advanced, as well as children's and prenatal yoga. Other services provided include facials and massage therapy. There will be a sauna, a Yoga store, and a Healthy Juice Bar with sandwiches. The studio will also offer child care services, Healthy Living workshops, cooking classes, and Yoga retreats.

There is an abundance of positive energy centered on this entrepreneurship. The women behind this venture are not only two partners in business, but life long friends with a true dedication to helping others. Their passion, Yoga, is a mental and physical discipline, traditionally practiced with the goal of heightening liberating its subject from suffering. Yoga originated religious traditions of Hinduism more than five but has greatly evolved into a broadly practiced art form of balanced posture control. There are many different styles of yoga, each distinguishable though all stem from in practice and focus, of common origin (Shaynebance).



Most people who practice yoga begin with the goal of feeling fitter, happier, and more aware of their own bodies, but for some, yoga can eventually become a "spiritual" exercise as well. "Yuj" is the Sanskrit root of Yoga, meaning union (Reference.com). Harmony between the mind, body and spirit has originally been the fundamental principle of yoga. Anna, a yoga instructor herself, says, "Yoga, to me, is a great workout as well as means to keep me centered throughout my life."

Yoga is considered therapeutic and curative, as science has begun to prove the all around benefits of yoga (abc-of-yoga.com). Mentally, yoga is a method of relaxation and positive thinking. Its basic physical benefits include stress relief, increased energy and endurance, improved attention and concentration, decreased blood pressure, pulse and respiratory rates, and overall improvement in strength, balance, and posture, to name a few.

With the numerous rewards of yoga to look forward to, the community of Turlock holds great expectations for the I Am Yoga Wellness studio. The studio may be contacted by e-mail at [CenteredSouls@yahoo.com](mailto:CenteredSouls@yahoo.com) with any further questions or comments.

# ► Raging Bull ◀

By: Adabel Sahara

What if I were to tell you that taurine, an ingredient of Red Bull energy drinks is an extract from the testicles of a bull. Being a myth, you do not have to worry, but you will probably think it every time you take a sip of Red Bull. Taurine is an amino acid naturally found throughout the body, but the taurine found in Red Bull is entirely synthetic. So what if I was to say that the new drink, found in parties and bars, can harm your health or even kill you. I bet this would not pop into your head when you go to mix Red Bull and Vodka, or even if it did, it would not stop you from drinking it. As long as it provides the buzz, then it really does not matter, huh?

As if energy drinks alone do not spell disaster, but now people are deciding to mix them with alcohol to get an even greater buzz. Energy drinks, a stimulant, are known to boost heart rate and blood pressure, jolt the body, and prevent sleep. Alcohol, on the other hand, is a depressant, impairing judgment, slowing reflexes, and lowering inhibitions. To mix the two would be like mixing happy and sad, it does not quite work.

Being a stimulant, the energy drink effects make intoxication, preventing realization of alcohol consumption. Fatigue usually tells a person how much alcohol they have consumed. However, the stimulant takes over and gives the impression that the person is not impaired, causing further drinking and increasing the "rush". What the drinker does not realize is that their blood alcohol level (BAC) is still the same with or without the energy drink, and whether or not they feel impaired. The stimulant then wears off, leaving the alcohol depressant to remain in effect, sometimes causing vomit during sleep or respiratory depression.

The caffeine in energy drinks causes veins to expand and become wider, which causes alcohol to travel faster throughout the body, then causing the effects of the drink to happen quicker. Drinkers begin to lose coordination and balance, become extremely hyper, have a shortness of breath, and an impaired judgment. Other effects may include insomnia vomiting nosebleeds, dizziness, disorientation, and loss of body's ability to regulate temperature.

Waking up the next day may be the worst thing in the world, considering the drinks you mixed double the effects of the hangover. Dehydration of the body causes hangovers, and alcohol does a good job of dehydrating your body. However, let us not forget that the alcohol was mixed with an energy drink, which also dehydrates the body. So now, when waking up, your body is twice as dehydrated as usual making impact of the hangover even greater. Dehydration also hinders the body from metabolizing the alcohol, which can lead to alcohol toxicity. [Note to self: do not drink energy drinks when exercising].

Drinking too much of the mix can eventually lead to death. The stimulant mixes with the depressant, sending mixed messages to the nervous system, and then causing cardiac relating problems, like cardiopulmonary (having to do with both the heart and lungs) and cardiovascular failure (compromising of the heart and blood vessels).

A good alternative to mixing the drinks would be to replace the alcohol with no-alcoholic beverages. This way your body would keep itself more hydrated. And the effects will not be as dangerous as when mixing in both the depressant and stimulant

The next time you are at a party or at a bar and are about to order a beverage of Red Bull mixed with Vodka, remember that you are settling yourself in a bad situation- a health-compromising situation. If a buzz is what you are looking for, find it in some other way, preferably less dangerous than this. It is not worth the trouble it causes.



# Moody and Disorderly

By: Ellen Storlie

Bipolar disorder is a psychiatric condition defined by recurrent episodes of significant disturbance in mood (“Bipolar”). A clear and direct cause of the condition has not yet been found, but some significant contributors have been pinpointed. Genetics and early environment play an important role in the development of the disorder, which becomes most active during the late adolescent to early adult years. Scientists study neurobiology in search for more connections between the disorder and those it afflicts. They have found that the sufferers of bipolar disorder tend to have poor social skills and slower psychological processes. The sufferers’ main affliction is the phases of manic and depressive episodes, which usually last from three to six months long.

Signs and symptoms of the depressive phase of bipolar disorder include: constant feelings of sorrow, anxiety, guilt, anger, isolation, loneliness, and despair, trouble sleeping, instability in appetite, irritability, apathy, self-loathing, problems concentrating, lack of motivation, depersonalization, loss of interest in sexual activity, chronic pain (with or without a known cause), and morbid reflection.

Treatments for depressive phases consist of medication and counseling. The medications, known as ‘mood stabilizers’ are used to prevent relapses. Antidepressants may also be prescribed to a sufferer of frequent depressive episodes; however, if extreme depression and suicidal moods occur, then hospitalization is needed.

Signs and symptoms of the manic phase of bipolar disorder include: elevated or irritable moods, increase in energy, pressured speech, short attention span, impaired judgment with possible result in substance abuse, aggressive behavior, delusional ideas, increase in sexual drive, and, at more extreme phases, a break with reality.

Treatments for manic phases consist of medication and counseling, also. The medications known as ‘neuroleptics,’ or antipsychotic meds, are used as stabilizers during manic episodes, and they control symptoms before and after episodes.





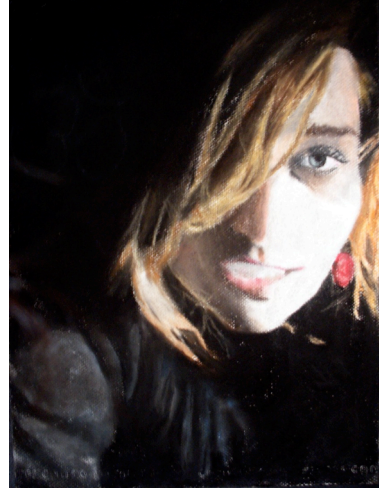
There is also a third phase of the bipolar disorder, called hypomania, which is characterized as a mania-like phase with shorter episodes and less extreme symptoms. There are a couple of definitive signs of an episode of hypomania. These are uncontrollable laughter and creative periods that result in an increase of energy, clever thinking, and ideas.

The people that might think that mood disorders are not relevant to their lives because they remain unaffected by these disorders would be mistaken to assume that mood disorders are uncommon. Approximately 20.9 million American adults, or about 9.5 percent of the U.S. population, in a given year, have a mood disorder ("Numbers"). Bipolar disorder, specifically, affects approximately 5.7 million American adults, in a given year. Those statistics only represent those actually diagnosed with a mood disorder. There are many adults that do not like to admit when they are having problems and do not seek medical help. Also, the statistics can only account for those affected directly by the disorder, but those people have families and friends, all of whom are greatly affected.

# Does Winter Time make you SAD?

By: Lauren Balos

It is true that many people experience a change in attitude and behavior as the seasons change. Colder weather may bring about the desire to stay indoors or eat richer foods. Snow outside might even produce some stress—after all no one enjoys hours of shoveling walk ways. The question is what if lack of sunlight in the winter time does more than make you a little tired or stressed? What if it makes you SAD?



Spencer Carmona

SAD is the acronym for Seasonal Affective Disorder, this disorder is a form of depression that most often occurs in the late fall or early winter and then disappears in spring or summer. Occasionally the disorder affects people in the opposite way, the onset of the depression occurring in spring and going away come fall. This disorder may not be the most extreme psychological disease but it is certainly not imagined.

Like most disorders SAD is more common in certain people and locations. Women are commonly the afflicted gender and individuals living in areas further from the equator—areas that receive less sunlight—are also more susceptible to this disorder. In addition this disorder tends to affect the middle aged demographic more consistently.

Is SAD a choice? Can individuals simply will themselves to be happy and overcome this disorder? Actually, like most forms of depression, Seasonal Affective Disorder is caused by chemical or hormonal imbalances. A hormone made by all human bodies called melatonin is produced to regulate the biological clock of each individual. This hormone, particularly, indicates the need for sleep each night and coincidentally is produced in a higher abundance with a lack of sunlight. An overabundance of melatonin is believed to cause not only a disruption in the internal clock, which in and of itself can cause depression, but is also thought to make an individual tired and then often depressed.

While many people likely suffer from a mild variety of this disorder, when it actually affects the daily life of an individual a treatment may be necessary. One of the most obvious treatments for this disorder is to expose one's self to more light, thus producing less melatonin. Another possible treatment revolves around the individual getting counseling akin to any other form of depression. Other hormonal adjustments can be made through the use of other medications again similar to those used to treat generic depression. Although the most commonly prescribed and used are simply light treatments from a "light box". When using a light box the afflicted sits in front of a strong light and this is used as a substitute for natural sunlight. This treatment can be used in small or large doses depending on the individual need.

Often this disorder gets downplayed and scoffed at as winter blues or cabin fever. When in reality this disorder is a legitimate and real form of depression with a hormonal cause. Those that suffer from SAD can at times come under scrutiny much like the scrutiny placed on other forms of depression such as Post-Partum Depression. This adds another unnecessary dimension to the suffering of those afflicted and I believe shouldn't be tolerated. People that suffer from a hormonal imbalance should be treated with the same respect as those suffering from any disease that directly affects the physical body. Speaking out for tolerance and respect can encourage those afflicted to come forward and seek the readily available treatment, ensuring their lives can continue with little hindrance.

### **Fun Winter Activities:**

- \* **Go Sledding**
- \* **Make a snowman**
- \* **Have a snowball fight**
- \* **Make snow angels**
- \* **Make hot chocolate with friends**
- \* **Start a scrapbook**
- \* **Go ice skating**
- \* **Go snowboarding or skiing**

# America Needs Nurses

By: Devony Rush

The United States is in the middle of a nursing shortage that is only expected to intensify. As baby boomers age, more nurses are retiring and more citizens need increased health care. The nurse-to-patient ratio is down and along with it went the quality of our health care.

In a recently conducted survey by Health Affairs, 82% of RNs and 81% of Physicians have noticed shortages where they worked. The American Hospital Association found that the United States is currently in need of 118,000 nurses, making the national RN vacancy rate 8.5%. This number is projected to increase to 340,000 nurses by the year 2020.

A major contributor to the nursing shortage is the school system. Many instructors are reaching the age of retirement right when we need them the most. Programs also do not admit nearly enough students. According to the American Association of Colleges of Nursing, insufficient staffing, clinical sites, classroom size, and budget constraints caused U.S. nursing schools to turn away 42,866 qualified applicants in 2006 from baccalaureate and graduate nursing programs. In order to meet the rising need for nurses, U.S. nursing schools must admit and graduate 90 percent more nurses from their programs.



With less new nurses entering the field, the average age of a U.S. nurse is rising. In a few years, 40% of working RNs will be 50 or older. A survey released in 2006 by Bernards Hodes Group found that 55% of surveyed nurses intend to retire between 2011 and 2020. Many of the nurses surveyed that we will be losing from the health care system are nurse managers, who are generally the most educated and experienced of all nurses.

Another cause for the shortage is job dissatisfaction. Many nurses feel that the job is becoming too stressful. Understaffed facilities are putting unrealistic amounts of patients under the watch of each nurse, which is driving them out of the profession altogether.

The shortage of registered nurses combined with an increase in workload is detrimental to patient care. This is cutting into a nurse's time with the patients which can lead to unnecessary deaths, progression of illnesses, and longer hospital stays. In 2006 a family whose mother was neglected by the nursing staff took a Kansas hospital to court. As a result of insufficient care, the patient suffered from brain damage and was paralyzed. They won their case and were awarded 2.7 million dollars.



The nursing shortage is becoming an even greater problem and is affecting the quality of health care. A survey sponsored by Kaiser Family Foundation showed that 40% of people surveyed feel that the quality of healthcare has gone down in the past five years. In order to fix this problem, many hospitals are offering lucrative signing bonuses of up to 14,000 dollars. Millions of dollars in grants are also going to nursing students and the recruitment of nursing teaching faculty. Hopefully, we can get the number of nurses back up to provide better healthcare to the upcoming rush of baby boomer patients.



# The Kissing Disease

By Rebekah Ching

Mononucleosis, more commonly known as “mono”, is a viral illness that is most often in teens and young adults. Adults are usually immune to the virus, and young children only have mild symptoms if infected.

Mononucleosis is caused by the Epstein-Barr virus (EBV). This virus produces symptoms such as a high fever, sore throat, often with white spots on the tonsils, and swollen glands and tonsils. It causes the infected person to feel tired and weak for weeks or months. Mono can also cause the spleen to swell two to three times its normal size, which results in pain in the upper, left abdomen. In severe cases the spleen can rupture, but this is very rare. You do not know that you are infected with the virus until symptoms begin showing up four to six weeks later.



Looking at your symptoms and having the doctor do a blood test diagnose mono. Usually only self-care is needed to treat it.

Mono is often called the “kissing disease” because it can spread through saliva during intimate kissing. A small peck on the lips is not likely to spread the virus. EBV grows in the nose and throat. Fluids that come from these parts of the body such as saliva, mucus, and tears can be a carrier for this virus. Mono is spread when people come in contact with these infected fluids. You can get mono by sharing a drink or eating utensil with someone who is infected, and those with a weakened immune system have a higher risk of getting the disease.



Once an infected person has gotten over mono, the symptoms are gone, but they will still carry the EBV virus. This virus randomly becomes active without producing any symptoms. When this happens, the virus can be passed on to others. These “lifetime carriers” of EBV are the most common source of EBV being spread.

# Sexual Education

By Winona Wilson

Many believe that children should not be taught about sexual education in public schools, while others believe they should be. Sexual education is more than learning about protecting yourself and your partner from sexually transmitted diseases; it is about the health of ones entire body. Students are taught about the changes their body will undergo once they begin puberty and how it may affect them in elementary schools.

Once they enter junior high and senior high school the curriculum will often go more in depth about sexuality, contraception, and abstinence. There are debates about whether or not the students should be taught about birth control and sexually transmitted diseases (STDs) in schools because that responsibility should lie on the parents. Some parents refuse to discuss such matters with their children, however, leading to an increase in ignorant or wrongfully informed teens engaging in sexual activities. Most schools that have sexual education programs will allow the parents to sign waivers to release their children from that part of class.

The programs often focus on abstinence to decrease the amount of teenage pregnancies. Studies have shown however, this is usually based on religious beliefs with false information. After speaking with several different adults with children in high school and middle school, I discovered that it is important to have sexual education in the schools because some parents won't even talk to their children about pregnancy, much less sexual intercourse and how to protect ones self from STDs.



Sexual education should take place in both the home and the school. In the home, the children can get the religious view of what they should and should not do. In the school, the student should receive the information based on scientific studies. They should know the rate of teen pregnancy, at what age people first begin experimenting sexually; they should learn what the STDs are and how to protect themselves against them.

# Myths About HIV/AIDS

By: Angela Plascencia



Today's growing society is affected by the outbreak of HIV/AIDS more than ever. The general public knows that it is a disease, but not many people take the time to actually understand the disease. People who are infected with HIV/AIDS are people who can lead a normal life, and should not be viewed as repulsing or deviant. The general public should get informed about this ever-spreading disease, and research the common myths that people so erroneously believe. Here are some myths that people believe about HIV/AIDS.

## **MYTH: HIV is the same as AIDS.**

HIV and AIDS are not the same thing. HIV, Human Immunodeficiency Virus, is a virus. It is transmitted through bodily fluids such as blood, breast milk, semen, and vaginal secretions. The most common way of coming into contact with these bodily fluids is through sexual contact, through transfusions of infected blood, sharing needles to inject drugs, mother to child through pregnancy, and breast feeding. AIDS is a collection of diseases. HIV puts the body at risk of acquiring illnesses that are AIDS defining. Once HIV makes your immune system weak enough to contract one of these illnesses, you are said to have AIDS. Having HIV does **not** necessarily mean you have AIDS.

## **MYTH: You can become infected by kissing, hugging, sharing things, or living with an HIV/AIDS positive person.**

This myth is far from the truth, as well as unfounded. The only ways to become infected are through contact with bodily fluids, and saliva is not included in these. Kissing poses no risk at all of becoming infected with an HIV/AIDS positive person. Unless both persons had severely bleeding gums, the risk would be non-existent. It cannot be transmitted by eating food prepared by an HIV/AIDS positive person. Also, insect bites are not a form of transmission.

## **MYTH: Only homosexual men/minorities have HIV/AIDS.**

HIV/AIDS is also spread through heterosexual sex. It was first identified in gay men, but now it is a disease that affects both men and women alike, in the US and worldwide. Although many African countries have been devastated by HIV/AIDS, it is also spreading rapidly through countries such as Russia and India.



**MYTH: HIV/AIDS cannot be transmitted through oral sex.**

Although it is one of the safer forms of sexual intercourse with an infected person, HIV/AIDS can be spread when there is contact between semen or vaginal fluids and the mucous membranes of the mouth. The risk may be even higher if there are open sores in the mouth or genital area.

**MYTH: HIV/AIDS positive women should not get pregnant because they will give the disease to their baby.**

When treated, an HIV/AIDS positive mother has as little as a 2% risk of transmitting the disease to their baby. If untreated, the risk is about 25%.

**MYTH: The government produced HIV/AIDS to reduce minorities.**

Research suggests that HIV/AIDS can be traced to Africa, where hunters killed and ate chimpanzees and monkeys infected with an SIV (Simian Immunodeficiency Virus), a disease closely related to HIV. The hypothesis is that their disease mutated and turned into HIV in humans, and in the process it has become a worldwide killer.





# Colorectal Cancer

## My Personal Experience

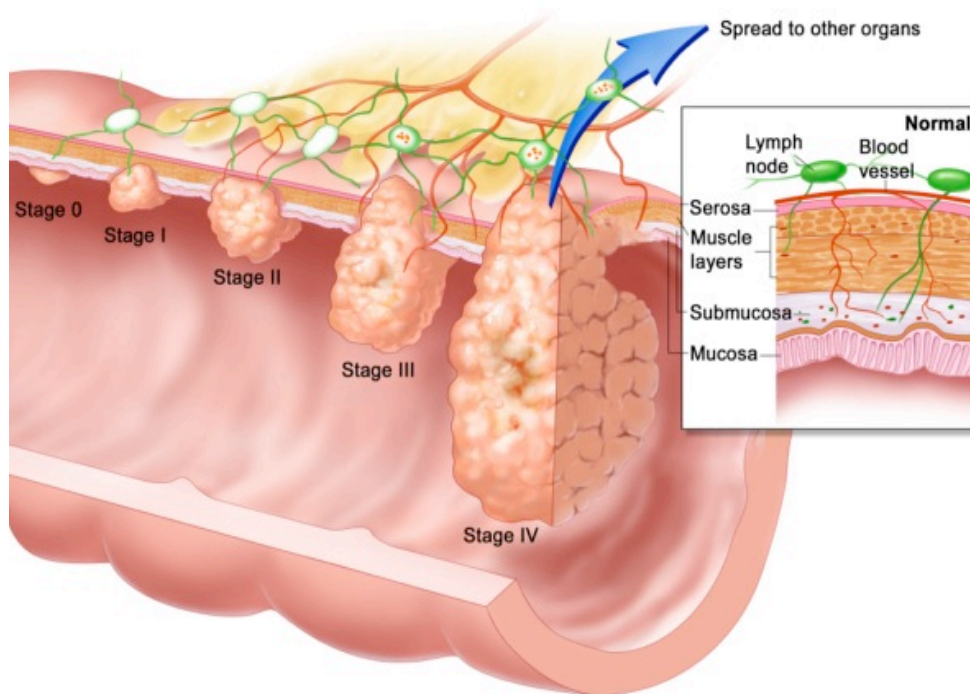
By: Sintia Younan

The human body is made up of cells and when an individual is said to have cancer it signifies that these cells have become abnormal. The cells start to divide uncontrollably and without any form of order. It is normal for our bodies to divide cells; however, this only should occur when our bodies are in need of new cells. When our cells start to behave abnormally the formation of a tumor occurs. Tumors come in two forms: benign and malignant. Benign tumors are not considered cancerous because they do not spread to other parts of the human body and are relatively harmless to the individual. Malignant tumors are considered to be cancer because they damage all tissues or organs around the tumor. It can also spread throughout the lymphatic system to attack other organs, which causes the same process to occur in a different area of the body. The top three-cancer diagnosis for men is Prostate, Lung and Colorectal and the top three-cancer diagnosis for women are Breast, Lung, and Colorectal.

Due to the fact that colon and rectal cancer have so much in common, they are often times lumped into one form of cancer. Colorectal Cancer occurs when a tumor develops in the large intestine in its inner wall, the areas of the colon and rectal. Benign tumors in the large intestine are called polyps and can be easily removed in a procedure called 'Colonoscopy'. However, the ability to catch colorectal cancer in its early stage is very difficult, which causes these benign tumors to transform into malignant tumors, which leads to cancer. Since early detection of this cancer is very hard to accomplish, it is the second leading cause of death.

The exact source of developing Colorectal Cancer is unknown; however, it is believed that it is formed from polyps. Some reasons that individuals develop Colorectal Cancer are due to high-fat diet, smoking, or having a history of Colorectal Cancer in one's family. An interest aspect of the majority of people who do obtain Colorectal Cancer is that they do not have any of these factors in their personal history. Colorectal Cancer occurs in a majority of the causes to individuals over 50 years old. In the early stages of Colorectal Cancer, it presents no signs of symptoms to the individual that has Colorectal Cancer. For example, in March of this year my father was diagnosed with Colorectal Cancer. The doctors had stated that this cancer had been forming in his body for four to six years, which would give him the timeline of being approximately 40 years old when he started to develop Colorectal Cancer. When the symptoms started to occur, they were fatigue, changes in the bowel behaviors, diarrhea, weight loss and pain in the belly. My father started to exhibit a change in behavior in his bowels, meaning that he constantly felt full even though he had not eaten anything for several hours, he felt as if he had eaten food just a moment ago.

The only way to diagnosis Colorectal Cancer is by having a Colonoscopy. This method allows the doctor to send in a small camera to look at your large intestine, colon, and rectum. The doctor can at this point remove benign polyps and take samples or areas that do not appear to be normal, and send these samples to a pathologist, who will examine the tissue sent in. Once it have been confirmed that the individual has Colorectal Cancer, then the individual will have surgery and depending on how far advanced the cancer is will determine the fact of whether it will be necessary or the individual to go through chemotherapy. When the individual finishes their chemotherapy and the cancer is eliminated, then the doctors set up a plan to routinely check the individual via colonoscopy to make sure that the cancer does not come back. Although, the plan differs for every individual, the framework is roughly the same. For instance, the plan that the doctor laid out for my father was that he would have a colonoscopy every three to six months for approximately two year, if he is still clear at this point they readjust the plan so that he has a colonoscopy every year for the next three to five years, and if he is still clear they make the plan every five from that point on, which signifies that the individual is at this point cancer free.



# The Rod of Asclepius

By: Katie Kennedy

Once upon a time there was Apollo, the great Greek god of archery, light, truth and healing. Apollo impregnated the beautiful mortal maiden Coronis, but she did not love him. She loved another mortal, Ischys. A white crow (some sources say a white raven) told Apollo of the affair so the irate god sent his sister Artemis, chaste goddess of hunting, to kill Coronis. As her body was burned on a funeral pyre, the crow's white feathers turned black (again, sources disagree on whether or not the bird was just outright killed by Apollo). Forevermore, the crow became an ill-fated omen of death and doom. Before Coronis's death, a baby Asclepius was cut out of her, the very first caesarean section. Chiron, a centaur, then raised him. Chiron taught Asclepius all about surgery, drugs and healing.

Later on, it was said that Athena gave Asclepius the blood of a gargon (think Medusa) from the right side. The blood from the left was a deadly poison, but from the right it was guaranteed to raise the dead back to life. It is said that he then brought Hippolytus back to life. His story mirrors that of Joseph in Genesis, vowing to be chaste and be devoted to Artemis, a disgruntled Aphrodite caused the second wife of Theseus, Phaedra, to fall in love with him. She therefore tried to entice him but failed. Infuriated she convinced her father that Hippolytus raped her and consequently Hippolytus was killed. Artemis paid Asclepius an extravagant amount to bring Hippolytus back to life, who then lived forever as the god Virbius. Zeus, angered that someone could control life and death, struck Asclepius with a lightning bolt. Asclepius was then placed in the constellation of Ophiuchus, which is translated as "snake bearer." The symbol of modern medicine comes from Asclepius. As the story goes, while he was mediating on how to heal Glaucus he was holding a staff. A snake wrapped itself around it and Asclepius killed it. Alter another snake did the same but this time with an herb in its mouth that healed Glaucus. Also, is why tame snakes were kept in his temples around the Mediterranean world.

Asclepius had six daughters before dying, Hygieia, Meditrina, Panacea, Aceso, Iaso, and Aglaea, all of who somehow worked in their father's field. As you see we get the word hygiene from Hygieie, goddess of health and cleanliness and the word panacea from, well, I think its obvious, who was the goddess of cures. The others were goddess of recuperation, longevity, natural beauty and recovery. He also had three sons: Machaon and Podalirius, one a surgeon and the other who favored diagnostics and who took part in the Trojan War. Also, there was Telesphoros who was devoted to his father.

## Walking Corpses

By Maria Long

Sick, graying faces smile at me each day  
Sad, hopeless skeletons pass in the halls  
Death seems for each to stand moments away  
His great scythe poised above, about to fall  
Oblivious, they walk on carelessly  
All unaware that they are soon to die  
Can they not see themselves what I can see  
In them, as their lives' last moments tick by?  
The teacher, student, brother, child, friend  
Who knows not how grave is his malady  
Is sorrier and comes to sadder end  
Than those who face their last days knowingly  
For those who know their death-bell's soon to toll  
Have time, at least, to heal and save their souls.



## INDEX

- Lee, Dennis MD. "Colon Cancer (Colorectal Cancer)." Medicine Net, 2007. Colon Cancer (Colorectal Cancer) Information, Causes, Symptoms, Prevention and Treatment on Med. 29 August 2007. 10 October 2007  
<[http://www.medicinenet.com/colon\\_cancer/article.htm](http://www.medicinenet.com/colon_cancer/article.htm)>.
- Tank, Cynthia. "Colorectal Cancer." Healthwise, Inc, 2005. Colorectal Cancer - Topic Overview - Colon Cancer on Yahoo! Health. 1 July 2005. Yahoo. 10 Oct. 2007  
<<http://health.yahoo.com/topic/coloncancer/overview/article/healthwise/zp2642>>.
- "Top Five Cancer Diagnoses for Men." Philadelphia : University of Pennsylvania Health System, 2007. Top Five Cancer Diagnoses for Men, Together We Can (Winter '07). 2007. 10 October 2007 <<http://pennhealth.com/pahosp/cancer/news/winter07/men.html> >.
- "Top Five Cancer Diagnoses for Women." Philadelphia: University of Pennsylvania Health System, 2007. Top Five Cancer Diagnoses for Women, Together We Can (Winter '07). 2007. 10 October 2007  
<<http://pennhealth.com/pahosp/cancer/news/winter07/women.html> >.
- "Myths On AIDS." Wikipedia®. 2007. Wikimedia Foundation, Inc. 13 Oct. 2007.  
<[www.wikipedia.org/wiki/HIV\\_and\\_AIDS\\_misconceptions](http://www.wikipedia.org/wiki/HIV_and_AIDS_misconceptions)>.
- "Myths." <[www.womenshealth.gov/hiv/myths](http://www.womenshealth.gov/hiv/myths)>. November 2, 2007
- "AIDS." <[www.avert.org/aids.htm](http://www.avert.org/aids.htm)>. November 2, 2007
- "Nursing Shortage" <[http://www.nursesource.org/facts\\_shortage.html](http://www.nursesource.org/facts_shortage.html)>. November 2, 2007
- "Nursing Facts"  
<<http://www.aacn.nche.edu/Media/FactSheets/NursingShortage.htm>>. November 2, 2007
- "Bipolar Disorder." Wikipedia®. 2007. Wikimedia Foundation, Inc. 13 Oct. 2007.  
[http://en.wikipedia.org/wiki/Bipolar\\_disorder](http://en.wikipedia.org/wiki/Bipolar_disorder)
- "The Numbers Count: Mental Disorders in America." National Institute of Mental Health. 2007. 15 Oct. 2007.  
<<http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america.shtml#Bipolar>>
- Health Benefits of Yoga-Why Yoga is Good For You. Maxlifestyle International Inc. 14 Oct 2007 <<http://www.abc-of-yoga.com/beginnersguide/yogabenefits.asp>>.
- "Yoga." Wikipedia, the free encyclopedia.14 Oct. 2007.  
<Reference.com<http://www.reference.com/browse/wiki/Yoga>>.
- PT Staff."The Supernutrient Spread." 25 April 2007.14 October 2007.  
< <http://health.msn.com/centers/alzheimers/articlepage.aspx?cp-documentid=100152085&GT1=10195>>
- "Lung Cancer" <<http://www.cdc.gov/cancer/lung/statistic>>. Nov. 2, 2007
- Atsma, Aaron." Asklepios" Theoi Project. 2007. 14, October 2007.  
<http://www.theoi.com/Ouranios/Asklepios.html>
- Hamilton, Edith. Mythology. New York: Warner, 1942

## **Artwork and Art Clips by:**

Jennesa Knight

Adabel Sarhad

Spencer Carmona

<<http://www.health2fit.com/Raspberries05.jpg>>

<<http://www.birthcontrol.lv/images/birth%20control.gif>>

<[http://www.kheper.net/topics/typology/eysenck\\_chart.gif](http://www.kheper.net/topics/typology/eysenck_chart.gif)>

<<http://www.capleoa.com/images/athletes.jpg>>

<[http://www.washingtonpost.com/wp-srv/nation/daily/graphics/diet\\_042005.gif](http://www.washingtonpost.com/wp-srv/nation/daily/graphics/diet_042005.gif)>

<<http://taquoriaan.files.wordpress.com/2007/08/bulimia-anorexia.jpg>>

<[http://psych.wisc.edu/henriques/resources/bulimia\\_ad.jpg](http://psych.wisc.edu/henriques/resources/bulimia_ad.jpg)>

<[http://www.planktonskincare.com/images/Face\\_Moisturizer.jpg](http://www.planktonskincare.com/images/Face_Moisturizer.jpg)>

<[http://www.reviewjournal.com/lvrj\\_home/2004/Feb-22-Sun-2004/photos/nurse.jpg](http://www.reviewjournal.com/lvrj_home/2004/Feb-22-Sun-2004/photos/nurse.jpg)>

<<http://images.google.com/imgres?imgurl=http://www.indyworld.com/hanuka/bipolar/images/bipolar4med.jpg&imgrefurl=http://www.indyworld.com/hanuka/bipolar/bipolar04.html&h=467&w=300&sz=36&hl=en&start=4&tbnid=U9DdR8ftpSXtXM:&tbnh=128&tbnw=82&prev=/images%3Fq%3Dbipolar%26gbv%3D2%26svnum%3D10%26hl%3Den>>

<<http://www.meb.uni-bonn.de/cancer.gov/Media/CDR0000415501.jpg>>

## **Editorial Staff:**

Lauren Balos (Co-Editor In Chief)

Jennesa Knight (Co-Editor In Chief)

Adabel Sarhad

Adrina Gabriel

Amanda Enriken

Angela Plascencia

Jana Siemens

Katie Kennedy

Sintia Younan

*A Special Thanks To Professor Webb:  
Thank you for this opportunity... and  
for putting up with all of us girls!*