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Freshman Connection

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The Freshman 15...Or, Umm, 45

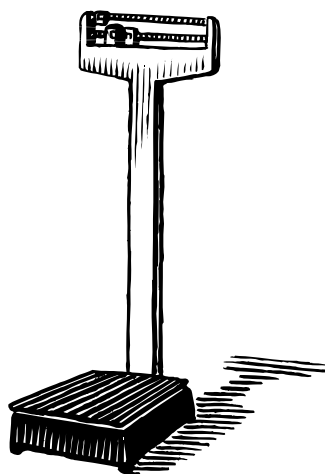
I gained my freshman fifteen, lost it, and then kept it (it's in a jar in the freezer). Actually, I did gain and lose it, but I didn't keep it.

I have no idea how it happened, but eating bread sticks, wings, pizza, drinking an occasional beverage at three a.m., and then sleeping resulted in the addition of a few pounds. On top of that, I frequently took advantage of the "all you can eat" option available in the cafeteria. See, my mom never did a lot of cooking with a deep fryer, and those chicken fingers and French fries were tempting. We also didn't have a soft-serve ice cream/yogurt machine with ten different toppings next to the kitchen table.

Easy access to food combined with the lack of movement and all the changes that come with college make consuming calories easier than ever. So much of college is built around social calorie consumption. If it's not social, it's emotional eating. Craving comfort can easily lead to junk food. Had I not been overweight in high school and overly aware of my eating habits, I can only imagine the poundage I would have been packing.

It's easy to gain weight in college. BUT it's also easy to not gain weight. If you eat during normal

hours, exercise regularly, and snack smart, then you don't have to worry about gaining weight. Most meal plans offer a healthy option (a trough of frozen yogurt is not a healthy breakfast) or at least, a salad bar is available. If you don't have a low fat dressing option, use the oil and vinegar. (BYOB: bring your own balsamic.)



Should you overindulge, work out. Most campuses have state-of-the-art recreational facilities. There are often classes that you can join for free (spin, cardioboxing, martial arts). Even better—become an instructor. Then you have to go.

Another way to stay active is through sports (this does not include the Madden NFL video

game). If you find that you're having a hard time managing your weight, figure out what you're doing differently. Also, look into seeing a nutritionist on campus. If you really want to gain some control, try Weight Watchers (they also have an online program). Each food is assigned a point value—you're only allowed so many points in a day. If you eat more points than you're allowed, you gain weight. Even if you're supposed to eat twenty-five points of food and you eat one hundred points in a day, you'll understand why there's a problem.

BOTTOM LINE

Eating a large pizza, a dozen breadsticks, fifteen wings, a bag of chips, a pound of chocolate-covered peanuts, a bag of dried fruit (to be healthy), and drinking a six-pack of thick malted beer before bedtime will make your pants tight.

Taken from The Naked Roommate:
And 107 Other Issues You Might Run Into in
College

Alcohol Awareness

Supplied by Collegiate Success Guides at On Campus Marketing



BAC & It's effects on

you:

.40% BAC coma/death

.30% BAC in a drunken

stupor

.25% BAC emotionally and
physically numb

.20% BAC vomiting

.15% BAC possible

blackout - memory loss

.10% BAC lack of

coordination and balance

.08% BAC legally drunk

.05% BAC warm and relaxed

.02% BAC a little lightheaded

As college students you have the freedom and ability to make your own decisions about life. This includes how much and how often to drink alcohol. But before you make these decisions it is important to understand some little-known facts about alcohol.

One drink = one 12oz beer at 4% alcohol, one 1.5 oz shot of hard liquor at 40% alcohol, and one 5 oz glass of wine at 11% alcohol.

Blood Alcohol Concentration (BAC) is the amount of alcohol present in your bloodstream. It is calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood. How high your BAC gets depends on your weight, your gender, how strong the drinks are, how many you have, or how fast you drink them.

Your liver breaks down alcohol at a rate of about .5 oz per hour, which is about half the

alcohol in an average drink. Once alcohol is in your bloodstream, nothing can speed this rate; not caffeine, not food, not water, not even sleeping

A person's BAC can continue to rise even while he or she is passed out. After a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume anyone will be fine by just sleeping it off.

There is a limit to how much alcohol your body can tolerate. A dangerously high BAC can cause your heartbeat and breathing to stop altogether, which means you can die from drinking too much, even without vomiting.

If you drink so much that you pass out, it's because the alcohol has caused your brain to start shutting down, resulting in your loss of consciousness. The amount of alcohol it takes

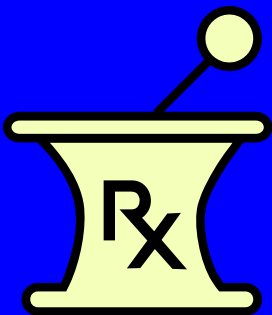
to make you pass out is dangerously close to the amount of alcohol it takes to kill you.

Some of the critical danger signs of alcohol poisoning are mental confusion, stupor, coma, vomiting, seizures, slow breathing (fewer than eight breaths per minute), irregular breathing (10 seconds or more between breaths), hypothermia (low body temperature), bluish skin color, and paleness.

Things you should do if you think someone has alcohol poisoning are know the danger signs, do not wait for all symptoms to be present, be aware that a person who has passed out may die, and call 911 if there is any suspicion of alcohol poisoning.

For more information on alcohol visit www.factsontap.org or your campus Drug and Alcohol Abuse Prevention Office.

Student Health Fair & Pharmacy Grand Opening



Student Health Services and Campus Recreation are sponsoring a health fair on Wednesday, February 25, from 11:00am-4:00pm. The theme for the event is "Jumpstart Your Health." Visitors to the fair will have the opportunity to participate in several activities, including vision screenings, hearing screenings, skin cancer checks, and free massages, and will also learn about the health and recreation programs available to them

through campus departments.

In conjunction with Jumpstart Your Health, the MTSU Campus Pharmacy is also having a grand opening celebration on February 25. President Sidney McPhee will be on hand for a ribbon-cutting ceremony at 9:00am. Free refreshments and promotional items will be available while supplies last. The pharmacy provides students with full prescription services as well as a complete line of over-the-counter

pharmaceutical products, including cough and cold remedies, vitamins, first aid items and more.

Participation in the health fair and pharmacy grand opening is free and open to all MTSU students, faculty, and staff.

Reasons Greeks Succeed



Most college students are in search of a group where they feel comfortable and can work with others to achieve common goals. Being Greek at MTSU can fill this void and positively impact your college experience.

Some of the benefits of fraternity

and sorority membership can include: development of leadership skills, establishing lifelong friendships, networking with alumni around the world, community service opportunities, and academic success.

MTSU Greeks contribute to academics through chapter scholarship programs for members and consistently attain a higher overall grade point average than non-Greeks

Community service and philanthropic endeavors are values em-

braced by MTSU Greeks. Last year, Greeks raised and donated over \$90,000 to charities and contributed over 24,000 hours of service to support local and national community causes.

If you have questions regarding Greek recruitment, please visit our website at www.mtsu.edu/~greeks or call 615-898-5812.

“Last year, Greeks raised and donated over \$90,000 to charities and contributed over 24,000 hours of services to support local and national community causes”

Important Dates & Events

February 23-27, Eating Disorders Awareness Week—“Be Comfortable in your Genes—Wear Jeans that Fit the TREU You!” To emphasize acceptance of all body shapes and sizes members of the MTSU community are asked to donate new or used jeans or other clothing items that do not fit comfortably. All donations will be given to the West Main Mission in Murfreesboro. Donation boxes will be located in residence hall common spaces, in the Health Promotion office, and at the June Anderson Women’s Center.

March 2-6, Spring Break Safety Awareness Week “Drinking, Driving, and Consequences”– A Personal Testimony”- On Monday, March 2, come to the KUC Theater from 5:00pm-6:00pm to hear a young MTSU alum describe her experience with alcohol, choosing to get behind the wheel, and the disastrous results that ensued. Attendance verification will be provided on request.

March 4, 11:00am-3:00pm Summer Jobs Fair, JUB Tennessee Room - Time is running out, so don’t miss your chance to shine at the 2009 Summer Jobs Fair! At this event, area business, camps and parks will be recruiting for part- or full-time summer positions. Questions - 898-2500

March 26, 4:00pm, KUC Theater, “Feminism Forever: Continuing the Struggle” - bell hooks

March 31, 4:00pm, BAS State Farm Room, “Coming to See Privileged Systems: The Surprising Journey” - Peggy McIntosh

April 6-17 - Priority Registration

April 30 - STUDY DAY - NO CLASSES

May 1-May7 - Final Exams

May 9 - Commencement



**New Student and Family
Programs**

1301 E. Main St
Box 61
Murfreesboro, TN 37132

Keathley University Center Room 326
Phone: 615-898-2454
Fax: 615-904-8047
E-mail: customs@mtsu.edu

Dream Big -Anonymous

If there ever is a time to dare,
to make a difference,
to embark on something worth doing,
It is now.

Not for any grand cause necessarily,
but for something that tugs at your heart,
something that is your aspiration,
something that is your dream.

You owe it to yourself to make your days here count.

Have fun.

Dig deep.

Stretch.

Dream Big.

Know, though, that things worth doing seldom come easily.

There will be good days,
and there will be bad days.

There will be times when you want to turn around,
pack up, and call it quits.

Those times tell you that you are pushing yourself, that you
are not afraid to learn by trying.

Persist.

Because with an idea,
determination, and the right members,
you can do great things.

Let your instincts, your intellect, and your heart guide you.

Trust.

Believe in the incredible power of the human mind,
of doing something that makes a difference,
of working hard, of laughing and hoping,
of lazy afternoons, of lasting friends,
of all the things that will cross your path this year.

The start of something new, brings the hope of something
great.

Anything is possible.

There is only one you,
and you will pass this way only once.

Do it right.

Dream Big!