

total wellness

a ucla student welfare commission publication

THE CAFFEINE ADDICTION

WHAT IT MEANS
FOR YOUR HEALTH

THE ANATOMY OF A DIET COLA

AN EYE-OPENER ON WHAT
IS INSIDE A DIET SODA

HEALTHY
SNACKING
MADE SIMPLE AND EASY



how to

BREAK THE HABIT

THE SCIENCE OF LOVE • SHOPAHOLISM, CONTROLLED
THE FACEBOOK ADDICTION • A HOW-TO FOR THE WORKAHOLIC

editor's note

A S MODERN-DAY SCIENTIFIC ADVANCES HAVE FOUND, we are actually hardwired for some addictions. For instance, thanks to our hunter-gatherer ancestors, we have been bequeathed with certain (and now rather inconvenient) proclivities for fatty, salty, and sugary foods. And it gets uglier: these cravings, rooted deep in evolution, have been attributed to neurons in the brain's pleasure centers that release dopamine into the reward circuitry, leading to the feel-good buzz we link to certain substances or actions. When repeated use disrupts the normal balance of the pathway that controls reward, memory, and condition, compulsive behavior develops into what we know as addiction.

THESE FINDINGS HAVE SPURRED scientists into the search for what are called "addiction genes" – biological differences that may make someone more or less vulnerable to addictions. Yet while an important factor, one's genetic makeup can only lead to a susceptibility to certain addictions, not inevitability. Still yet, there is no one gene scientists can attribute addictive behavior to. According to Dr. Glen Hanson from the National Institute on Drug Abuse, "This is a very complex genetic issue and it's not like there is an addiction gene in the story. There are probably 50 or 100 genes that can give you vulnerability under a variety of different settings." Experts at the University of Utah's Genetic Science Learning Center agree, adding that "social and environmental factors contribute to this risk of addiction." Furthermore, it has been estimated that approximately 40% of all premature deaths are due to behavioral habits that are potentially modifiable (Schroder et al., 2007). In other words, addictive behaviors are more plastic than we thought. Good news for us.

ULTIMATELY, IT AMOUNTS TO THIS: bad habits and addictions are actually very human. From a strictly neurobiological and genetic standpoint, we are in many ways built to crave, pursue, and overindulge more than we are to self-restrain. But that's only half the story. Equally triumphant in our efforts to understand the science of addiction is the science of habit and behavior change, the efforts of which have developed into anything between professional interventions to simply everyday tools and resources for developing ourselves beyond the habit. And this is edition is just one of them – a step-by-step, do-it-yourself, how-to for your daily compulsions, from Facebook to the daily diet soda fix. And when self-help isn't enough, UCLA has an exceptional number of resources to help you gain an upper hand over your addictive guilty pleasures (see page 4). Just keep reading to find out how.

As always, thanks for reading.

Sincerely,

Elizabeth Wang



mission

Total Wellness is a division of the Student Welfare Commission that is dedicated to elucidating student health and healthcare in an efficient and effective, student-friendly form. By advocating specific lifestyle changes, providing recommendations for physical, mental, and social well-being, and making visible and accessible various health resources, programs, and events occurring at UCLA, *Total Wellness* seeks to empower students with up-to-date and accurate knowledge on the appropriate management of their health.

Like what we do?

Then let us know! If you have questions or comments for our magazine or would like to suggest a topic for us to explore and publish, then don't hesitate to contact us at SWCtotalwellness@gmail.com. We'd love to hear from you.

Love what we do?

Join our team! *Total Wellness* is currently looking for writers, designers, and managers who are willing to put in the time and effort to make this magazine even better. We're a fun crew, and if you think you are just as passionate as we are, then the more the merrier. Contact us via e-mail or fill out an application at www.swc.ucla.edu.

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04 **bruin resources**
Break the Habit (With Some Help)
A buin's guide to what's available on campus

06 **editorial**
The Facebook Addiction
Why we are so hooked and what to do about it

08 **in the news**
What's Happening in Health?
Recent news, updates, discoveries

09 **feature**
The Science Behind Love
The chemical and biopsychological basis of love

10 **Partying Tonight?**
What to remember when going out on Thursday nights

12 **The Ugly Truth Behind Smoking**
Myths of the waterpipe and how to manage the tobacco addiction

14 **Friend or (Caf)fiend?**
Making sense of the popular psychoactive drug, caffeine

16 **Party Like a Rockstar?**
Facts that will make you think twice before picking up an energy drink

17 **The Anatomy of a Coca-Cola Zero™**
A look into the contents of diet cola

18 **life**
Smart Spending for the Shopaholic
Clever money habits for a fuller piggy bank and a more well-off you

20 **De-Cluttering Your Work and Living Space**
A how-to for maximizing space and minimizing clutter

22 **get active**
Cross-Training
Breaking up the exercise routine

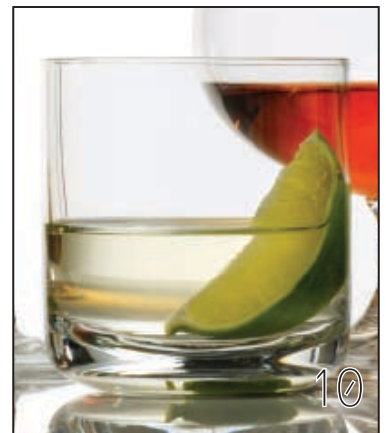
24 **eat right**
Got the Munchies?
A look into smart snacking habits and choices

26 **mind matters**
How To: Stop & Smell the Roses
A how-to for the workaholic

28 **body in focus**
Prepping For Pollen Season
Allergy management and prevention

30 **food pick**
Bananas
More than just a fruit loaded with potassium

31 **calendar**
Spring Quarter Events
Bruin Health Week and more!



break the habit (with some help)

a bruin's guide to what's available on campus

CAPS SUPPORT GROUP

John Wooden Center West Building
(310) 825-0768

www.caps.ucla.edu

Counseling and Psychological Services offers group therapy for those dealing with problems of alcohol and drugs. CAPS also offers individual counseling for those who would rather meet with a therapist individually. Stop by the CAPS center or give them a call to sign-up for the support group or to make an individual appointment! Visit http://www.counseling.ucla.edu/selfhelp_aa.html

ARTHUR ASHE CENTER


Along Bruin Plaza adjacent to the Wooden Center
(310) 825-4073

<http://www.studenthealth.ucla.edu>

The UCLA Ashe Center is the main student resource for all medically-related issues. To make an appointment with an Ashe clinician, visit the website, give them a call, or stop by in person. The Ashe Center is open Monday-Thursday 8am-6:30pm and Friday 9am-6:30pm. For consultations during closed hours, call the nurseline at (866) 704-9660.

ALCOHOLICS ANONYMOUS

AA is a worldwide program that is designed to bring together men and women with the common goal of achieving sobriety. There is an AA group that meets at UCLA which is a closed group, intended only for those who are certain that they need the help that AA offers. For those interested in the group, make an appointment with a CAPS counselor for a referral. Contact Terry Saunders: tsaunders@saonet.ucla.edu.

Addiction is a serious issue, but you're not alone. All throughout UCLA, students are taking the initiative to not only help themselves but also to help others confronting these issues. Here are some examples of resources to help you make the first step. **BY NICOLE LEW | DESIGN BY ELIZABETH WANG** 



Want to become involved in a research study?

UCLA ADDICTIONS LAB

<http://addictions.psych.ucla.edu>

The UCLA Addictions Lab focuses on studying the etiology and treatment of alcohol use disorders. The researchers in the UCLA Addiction Lab are currently studying a variety of topics dealing with different treatments for a diverse population. To participate in one of the studies, check out the website!

UCLA INTEGRATED SUBSTANCE ABUSE PROGRAMS

www.uclaisap.org

The UCLA Integrated Substance Abuse Programs (ISAP) is one of the largest research groups in the United States. It aims to advance the knowledge of drug abuse problems and the treatment services of such problems. To participate in one of the studies for which ISAP is currently recruiting, check out the website!

Want to get involved on campus?

CARING HEARTS

Caring Hearts is a volunteer program at UCLA which aims to prevent substance abuse in at-risk youth through education. Members of the student group visit various local elementary and middle schools to teach the students about the causes and effects of drugs in a fun and interactive learning environment. For more information, e-mail Nicole Mahanian - nicolemahanian@ucla.edu.

The Ashe Center

Quality Healthcare for All Registered UCLA Students



The Ashe Center is your gateway to quality, comprehensive, & personalized healthcare during your time at UCLA.

Check out what we have to offer:

- Same day appointments (310) 825-4073 or visit our website
- Walk-in triage (advice & information)
- 24-hour Nurseline access (866) 704-9660 when we're closed
- Physical & Occupational Therapy
- Immunizations
- On-site Radiology, Laboratory, Pharmacy
- Acupuncture & Chair Massage

Visit our website for more information:

www.studenthealth.ucla.edu

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CHADO TEA ROOM
DR. TEA'S

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6:45-9:30

Sproul Lecture Room



RSVP by emailing name and email to ncamteaparty@gmail.com

Tea is the most popular drink in the world after water. Come learn why at our NCAM Tea Party on the Hill, featuring premium teas from all around the world by Tea Habitat, Chado Tea Room, and Dr. Tea's. Learn all the healthy benefits, tea facts, and secrets to good brewing while tasting 10+ teas. Everyone who attends will receive tea freebies and be eligible to enter a raffle to win even more prizes. Bring this flyer with you to earn an additional raffle ticket.



To learn more about our events

email: NutritionCAM@gmail.com

twitter: @NutritionCAM

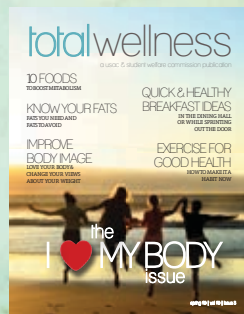
web: www.studentgroups.ucla.edu/ncam



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& body**

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- Ashe Center
- Blood & Platelet
- John Wooden
- On the Hill
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- ASUCLA stands
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find us online: www.swc.ucla.edu

STUDENT WELFARE COMMISSION

JOIN THE TEAM!

- ⊗ AIDS Awareness
- ⊕ Blood Drive
- ⊗ Bruin 5K Run/Walk
- ⊕ CPR and First Aid
- ⊗ EARTH
- ⊕ Gender Health
- ⊗ Global Health
- ⊕ Health, Nutrition and Fitness
- ⊗ Student Health Advocates
- ⊕ Total Wellness Magazine

**STAFF APPLICATIONS
DUE BY WEEK 8**

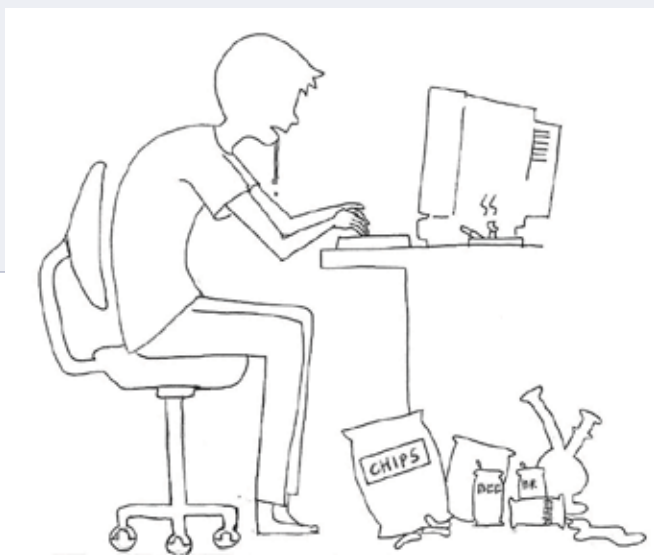
APPLY NOW

AT

WWW.SWC.UCLA.EDU



total wellness • spring



[Send Stephan a Message](#)

[Poke Stephan](#)

THIS PAST QUARTER, when finals approached and time became increasingly precious, I made the drastic decision I had seen some do but had never done myself: I cut myself off Facebook entirely. My roommate changed my password and placed it in a sealed envelope, not to be opened until the end of finals. Although I initially figured it would be easy to stay off - I mean, its just a week or so right? - I frequently found myself staring aimlessly at the login page, before realizing that this would be harder than I thought. Which got me wondering: what is it about Facebook and other social networking sites that keeps us coming back, often several times a day? Do we use these sites as a tool to keep in touch with close friends and family, or more as a diversion to scroll through the photos and messages of people we barely know? The omnipresence of social networking in our lives, especially as college students, is staggering, but even hours of Facebooking will eventually leave a vague sense that there is something more to life. What keeps us hooked and what, if anything, can we do about it?

WHY FACEBOOK?

FACEBOOK'S ORIGINS stem from a small, one-man project at Harvard that launched just six years ago, seeking to keep college students there interconnected online. Today, Facebook claims more than 400 million active users, around 30% of which are college aged students 18-25 years old. It is the social networking site of choice for the vast majority of students here: if you're not in, you're essentially out of the loop. The site provides a forum for users to share photos, messages, and wall posts, especially important for college students who might not have the time to see each other on a regular basis.

// BY STEPHAN CHIU |

DESIGN BY ELIZABETH WANG

Wall

So the question arises:

Attach:



Stephan Chiu Is Facebook with our fellow peers? Our virtual and that it is important to not substitute Yesterday at 10:35pm · [Comment](#)



Stephan Chiu BE HONEST: how day? If your answer is once or twice who are a little more compulsive: spends about an hour each day alone literally hundreds of page views per an always-on forum for your online Blackberries, and literally all other a few taps away. Although there are as a distraction to our studies, and like a drug, and every notification, Yesterday at 10:34pm · [Comment](#)



Reza
tool of our into some has complete especially 1 hour ago

Write a comment ...

BY THE NUMBERS
FACEBOOK.COM



70

percent of Facebook users outside the US



100

(in millions) number of users currently accessing Facebook through their mobile devices



the facebook addiction



starting to become a replacement for actual interaction real lives have become so blurred and intermeshed, the former with the latter.

Like

many times do you log in to check your profile every a day, good for you: you're in the minority. For those don't worry, you're in good company. The average user actively perusing the site. If you do the math, that's user every single day. Facebook actively touts itself as social life, with applications available on iPhones, mobile devices to make sure your're never more than times when this is useful, more often than not it serves sometimes our real friendships. For many, Facebook is friend request, or message the equivalent of a hit.

Like

Hessabi Facebook is a unique social interaction generation. The dichotomy between getting pulled one's virtual life while staying out of their real one ly changed modes of interaction between users, among college aged students.



150

number of friends the average user has on the site



55

how many minutes a day the average user spends on Facebook

KICKING THE ADDICTION

HOW CAN WE cut unnecessary time spent on Facebook? College is a dizzying mix of schoolwork, clubs, work, and social outings that make it hard to balance it all, let alone time spent online. Here are some no-nonsense tips to help you reclaim your lost time:

01 ADMIT you have a problem: Write down the time you spend everyday using Facebook. Now write down the time you spend every day talking to your parents, doing homework, working out, or going out with friends. If what you find scares you, its time to trim your time spent online.

02 SET GOALS for yourself: Every week, prioritize the work you need to get done. In addition, set goals for what you want to accomplish in the long run, such as getting scholarships, or finding jobs and internships. You'll find that your time spent on Facebook should fall by itself as your responsibilities increase.

03 SET LIMITS for yourself: Designate 9pm every night as Facebook time. Log in for 15 minutes, do your business, and log out straight afterwards.

04 IF YOU CAN'T CONTROL yourself, let someone else help you: Tell your roommates to keep tabs on your activity. Or give them your password, so you need them around every time you want to log in. Alternatively, create a sort of Facebook swear jar: every time you log in, throw in a quarter, and the money goes towards paying your apartment's food bill (or an equivalent if you're in the dorms).

05 USE an intervention: If you find that Facebook or other internet distractions interfere with your schoolwork on the computer, try using programs that block sites and let you concentrate. If you use Firefox, try extension LeechBlock (<https://addons.mozilla.org/en-US/firefox/addon/4476>) or if you have a Mac, try application Concentrate (<http://getconcentrating.com/>).

06 STOP playing Facebook games: Plain and simple – stop. Games like Farmville, Café World, Restaurant City...come on guys. We're adults now.



what's happening in health?

news - updates - discoveries

// BY LEIGH GOODRICH | DESIGN BY ELIZABETH WANG

RESEARCH & NEW FINDINGS



ALCOHOL LINKED WITH POOR DIET

Although a few extra drinks may not add enough calories to significantly contribute to weight gain, a new study found a link between increased alcohol consumption and decreased quality of diet. The survey-based study, published in the *Journal of the American Dietetic Association*, found that people who consumed more of any type of alcohol had increased calorie intake and decreased consumption of fruit, grains, and milk.

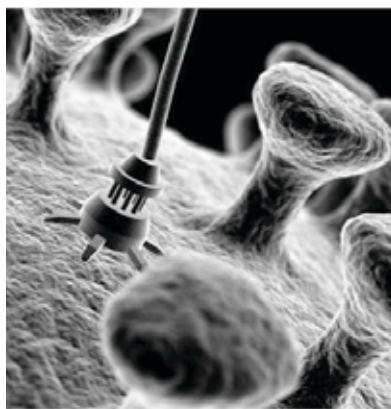


JUNK FOOD LOVERS MAY HAVE AN ACTUAL ADDICTION

A study published in *Nature Neuroscience* explored the effects of junk food availability on rat behavior and possible addiction. Rats that were given unlimited access to junk food became obese, developed a higher tolerance to fatty food, and experienced a down-regulation of a dopamine receptor in the brain. Interestingly, many of these effects mirror drug addiction. Of course, the research does not imply that merely giving humans access to junk food leads to addiction, but it does provide insight into the neurological changes that prolonged junk food intake can induce.

NANOTECHNOLOGY PROMISES INNOVATIVE FORMS OF CANCER TREATMENT

Leading research in nanotechnology is testing creative and targeted ways to treat tumors in cancer patients. A paper published March 21 in the journal *Nature* shows that nanoparticles can successfully target proteins associated with cancer progression, deliver medication, and turn off those proteins. The potential benefits of this technology would be increased specificity of nano-based drugs, so that healthy cells would remain untouched and harmful side effects could be reduced.



AT UCLA

JUNK FOOD ADVERTISEMENTS CONTRIBUTE TO CHILDHOOD OBESITY

In a study published in the *American Journal of Public Health*, UCLA researchers from the School of Public Health compiled data from over 3,500 families and found that the link between TV viewing and childhood obesity depended on exposure to junk food commercials. They found that commercial viewing, not the number of hours spent watching TV, was a predictor for higher BMI. Up to 95% of the commercials viewed by children advertise food with poor nutritional value. [iw](#)

JUST IN

KFC'S DOUBLE DOWN SANDWICH

KFC unleashed its newest creation on April 12 – a saucy bacon and cheese sandwich. Oh yeah, with two fried chicken filets as buns. This menu option clocks in at 540 calories, 32 grams of fat, and 1,380 milligrams of sodium (about




a whole day's worth of salt). Many nutritionists have characterized the Double Down as the epitome of fast food's contribution to the obesity epidemic, though on the plus side, if you will, KFC has said they will donate unused buns to food banks across the country.

the science behind... LOVE



// BY T.J. NGUYEN | DESIGN BY T.J. NGUYEN

It is the drug that has entrenched itself deep within humanity, immortalized by the likes of classic poets William Shakespeare and Aristotle. The Beatles claim it's all you need (ironically enough), and without it, you wouldn't be here, holding this magazine, reading this column, wondering what this mystery narcotic could possibly be. No doubt, you've heard about it, read about it, observed it, and most likely had your fair share of it. In fact, you are probably well-aware of its highly addictive properties; it strikes mercilessly and swiftly, at the heart's core. If you haven't guessed it already, the name of this drug is called: Love.

Wait, love – a drug? That's right. If you've ever been through a heartbreak, you've felt the withdrawal symptoms – sudden sluggishness, headaches, and lack of motivation. You feel like a half of you is gone, and life will never be the same. You crave the Michel Gondry cinema nights, the cacio dinners, and the intimate, romantic moments now create a gaping void in your life. In some cases, you might pursue lesser, temporary forms of consolation to mollify the misery of losing said lover. In short, you were addicted to love. 



CHEMICAL BASIS

Anthropological observations aside, even the wonders of science corroborate the addictive effects of love. Studies have shown that being in love creates activity in the same region of the brain that repetitive activities like drug addiction, hunger, and thirst act. When in love, the brain produces pheromones, dopamine, norepinephrine, and serotonin, chemicals that cause us to feel pleasure and enjoyment. Constant production of these chemicals encourages the rigorous pursuit of certain "rewarding" activities, such as drug consumption or sex. Symptoms include increased heart rate, loss of sleep, and heightened feelings of excitement. **In other words, a brain in love functions in essentially the same manner (but to a lesser extent) as a brain experiencing drug addiction.**

BIOPSYCHOLOGICAL BASIS

A conventional biopsychological perspective of love is reduced to two things: sexual attraction and attachment, in which "attachment" functions in the same manner as a child becomes obsessively attached to a maternal or paternal figure. During growth, a child gains an emotional bond with his/her parents and often regards them as refuges of consolation during high-stress situations. His/her thoughts and feelings become profoundly attached to such a figure and he may experience emotions of anxiety if separated. **Love functions in the same manner: through constant social, emotional, and sexual interaction, two people become dependent upon one another and are likely to experience emotional anxiety and feelings of abandonment with separation.**

chemicals

pheromones
dopamine
serotonin
norepinephrine

psychology

attachment
sexual attraction



UCLA provides a wealth of resources relating to safe practices, specific policies, and assistance for those seeking to develop better habits. Visit the **Safe Party @ UCLA** website through the UCPD.

partying tonight?

// BY KATHRYN PAPADOPOULOS | DESIGN BY GRACE LEE

College often means a wider array of opportunities for partying.

Whether at a frat house or in a friend's apartment, the prevalence of alcohol may become more and more noticeable. It is important to be aware of the habits you are forming relating to your party behavior, as they may not be the healthiest or the safest. **lv**

Being a "safe partier" includes a number of factors: providing a safe environment as a party guest and as a host, understanding what you're drinking, being aware of the legal consequences of your actions, and looking out for yourself and your friends – particularly if they may show signs of needing medical attention. Read on to learn how to break your unsafe habits and start enjoying your partying more!

FOR PARTY GO-ERS

- Have a buddy system and look after each other
- Know what you're drinking, and hold on to your drink to prevent it from being contaminated
- Eat food before, as well as during the party
- Pace your drinks and alternate with water or another non-alcoholic beverage
- Do not drive if you have been drinking, as your motor coordination and reaction times will be impaired
- Do not ride with someone who has been drinking

FOR PARTY THROW-ERS

- If alcohol is being served, also serve non-alcoholic beverages
- Provide food for guests, particularly foods high in protein (like cheese, meats, and peanuts), which slow down the absorption rate of the alcohol
- Don't make drinking the sole activity of the party
- Serve alcohol in closed containers if possible
- Develop a system to monitor excess serving
- Avoid glass bottles (which can break and cause injuries)

<http://www.ucpd.ucla.edu>

KNOW THE LAWS

Make sure you realize some of the more unknown consequences of drinking or possessing alcohol, whether you are over or under the age limit. According to UCLA Student Legal Services:

If you are UNDER 21:

- ❖ You can be charged with DUI with only .01 blood alcohol content
- ❖ You can lose your driver's license for one year (even if not in/near a car) after committing an alcohol related crime (purchase, possession or consumption, furnishing to another minor, possession of an open container in public)
- ❖ Possessing alcohol in public is a misdemeanor, which is a criminal offense and will be a part of your permanent record

If you are OVER 21:

- ❖ You can be charged with a DUI when your blood alcohol content is .08 or more
- ❖ Possessing alcohol in public is an infraction, which is not as severe as a misdemeanor. However, you will still need to go to court and either pay a fine or plead "not guilty" (and go to trial).

Driving under the influence can cause you to:

- ❖ Lose your driver's license for at least 90 days
- ❖ Pay a fine of \$1,500 dollars
- ❖ Complete an alcohol treatment program
- ❖ Pay huge increases in insurance premiums
- ❖ Have a criminal record

IN AN EMERGENCY...

Learn to identify the symptoms of alcohol poisoning. If you are going to a party in the Westwood area, program the UCPD number into your phone beforehand: (310) 825-1491. This will provide faster emergency response than calling 9-1-1 from your cell phone.

SYMPTOMS, ACCORDING TO UCPD:

- ❖ Unresponsive, unable to be awakened
- ❖ Slow, irregular, or absent breathing
- ❖ Mental confusion
- ❖ Cold, clammy, pale, or bluish skin
- ❖ Uncontrolled vomiting (Tip: Keep them on their side, not back, to prevent them from choking on their vomit.)

WEBSITES

UCLA programs, statistics on drinking, AlcoholEdu (www.lifefeed.ucla.edu)
Tips, party notification form, drink comparisons (www.ucpd.ucla.edu)
Legal consequences of drinking (www.studentlegal.ucla.edu)
Student alcohol policies (www.deanofstudents.ucla.edu)
Alcohol screening and intervention (www.counseling.ucla.edu)

KNOW THE CONTENT

You may be familiar with the typical standards for 1 drink, which are as follows:



12 oz
beer



1.25 oz
shot of hard liquor



4 oz
glass of wine

But how do mixed drinks and keg cups measure up? You'll find that many are not equivalent to one drink:

- ❖ 1 Long Island Iced Tea is about 4 standard drinks
- ❖ 1 Martini is about 2 standard drinks
- ❖ 1 Margarita is about 1.5 standard drinks
- ❖ 3 full keg cups of beer is about 4 standard drinks

HOOKAH

the ugly truth
SMOK

// BY GRACE LEE

Come on, try it—the smoke is filtered through the water pipe so it's not bad for you. Such a misconception is all too common on the college campus. Actually, many studies show that hookah smoking is *not* safer than cigarette smoking. In fact, hookah may actually do more harm due to the large volume of smoke inhaled in one smoking session. So where did this notion of a risk-free hookah come from? [iw](#)

WHAT IS IT?

The tobacco: Available in a variety of flavors including apple, mint, cherry, peach, cappuccino and watermelon.

The parts: A bowl to hold the tobacco (with holes in the bottom), a metal body, a water pipe with a smoke chamber, a hose and a mouthpiece.

The works: Smoke from specially-made tobacco is heated, passed through the water pipe, then drawn through a rubber hose to the mouthpiece.

THE HISTORY

When the Europeans introduced tobacco to India, smoking soon became popular among Indian noblemen. Hookah was actually invented in ancient Persia and India by a physician who concocted a water "filter" to purify the smoke, believing this would render the smoke harmless. In reality, most toxins are not filtered out, including the same carcinogens as in cigarette smoke, in addition to heavy metals and carbon monoxide.

HOOKAH MYTHS & FACTS

Myth: Tobacco toxins are filtered out by the water in the pipe.

Fact: The water vapor and moisture in the pipe causes hookah smoke to be less irritating, however no less toxic.

Myth: Hookah is not addictive nor toxic.

Fact: The tobacco used in hookah is no less toxic than that in cigarette smoking. Whereas a typical cigarette is smoked for about 5 minutes, a hookah session can last up to 1 hour. Because hookah smoking includes frequent puffing, deeper inhalation, and longer smoking sessions, hookah smokers may actually absorb higher concentrations of toxins found in cigarettes—including nicotine.

Myth: Hookah is a safe alternative to smoking cigarettes.


Fact: About 100-200 times the volume of smoke is inhaled in a typical hookah session, as opposed to a single cigarette. Hookah smokers are perhaps at an even greater risk for the same diseases: lung cancer, heart disease, you name it. According to The Center for Disease Control (CDC), improperly cleaning shared hookah pipes also increases transmission of tuberculosis, herpes and hepatitis. As with cigarettes, hookah poses a serious risk of secondhand smoke.

SO WHY DO PEOPLE THINK IT'S SAFE? The lack of irritation in hookah smoking gives a false sense of security, reducing concerns about the true health effects. In addition, the fruit flavoring and pleasant aroma mask the toxic substances found in the tobacco. The pleasurable stimulant of nicotine, the social aspect of hookah sessions and the precedence of hookah myths can make avoiding the waterpipe quite a difficult task.

Behind KING

DESIGN BY GRACE LEE

CIGARETTE

We all know smoking is bad for you. Tobacco harms nearly every organ of your body—causing almost any health problem you can name. Despite knowing the facts, why do people continue to smoke? Smoking is addictive, many claim. What they don't realize is that it's not just the nicotine which makes tobacco addictive—smoking can be a psychological pleasure as well as a physiological one. 

WHY EVEN START?

People who start smoking before age 21 have the hardest time quitting, and most who begin smoking as teens do so out of curiosity, rebellion or peer pressure. People with friends and parents who smoke are also more likely to start than those who don't. And once you start, it's hard to stop.

WHY CONTINUE WHEN YOU KNOW IT'S BAD?

Change is difficult. In other words, smoking is simply easier than quitting. For smokers, the better question to ask is "why NOT quit"? Quitting means taking back control of your life, and taking responsibility for your own health and happiness.

01 SMOKING TO COPE: For many, smoking is a reliable coping tool to alleviate stress, calm anxiety and relax.

OTHER WAYS TO RELIEVE STRESS: All college students face the same stressors—whether it be academic, financial, familial, or social dissatisfactions. There are healthier alternatives to relieve stress, some of which include getting sleep, eating healthy, exercising, meditating, socializing or just turning to someone who cares.

02 THE (PHYSICAL AND EMOTIONAL) TRANQUILIZER: The smoking habit sedates emotional issues such as isolation and low self-esteem. Tobacco toxins have the effect of reducing anxiety and elevating mood, releasing brain chemicals serving as relief.

BUILD A STRONG SOCIAL SUPPORT: Keeping close contact to friends and family who care is one of the best and healthiest ways to address emotional stressors.

03 THE ORAL HABIT: Smoking may be a problem of oral fixation—similar to thumb sucking or eating just to have something in your mouth, even when you're not hungry.

SWITCH TO GUM: To satisfy the oral habit, chewing sugarless gum can serve as an effective alternative.

04 SMOKING IS A REWARD: Everyone loves to be patted on the back, and a cigarette can be the reward you give yourself as often as you please. It can be easy to think, "After a long study session, after I finish this paper, I'll go have a cigarette."

THE BETTER REWARD: There are many other ways to reward your success which do not pose long-term damaging health effects. After studying, you can make a snack, exercise, socialize, or just watch a recently missed TV show.

05 QUITTING MEANS ADMITTING DEFEAT: Quitting means admitting that you have harmed your body. It means that your parents were right. It means that so much money on cigarettes and insurance went to waste. Quitting means giving up your security blanket, and admitting that you have a weakness.

QUITTING ALSO MEANS A BRIGHTER BEGINNING: Change is difficult, but never impossible—especially when there are so many benefits: saving money, improving health, cutting risk of disease, and living longer. The physical and emotional relief offered by smoking is temporary, with health drawbacks to last a lifetime. With the amount of resources available, it's never too late.

RESOURCES

- ❖ UCLA Counseling and Psychological Services (CAPS)
(310) 825-0768
www.counseling.ucla.edu
- ❖ Smokefree.gov
- ❖ 1-800-QUIT-NOW
- ❖ Center for Disease Control (www.cdc.gov/tobacco)

<http://www.thehookahlounge.org>
<http://pediatrics.aappublications.org>

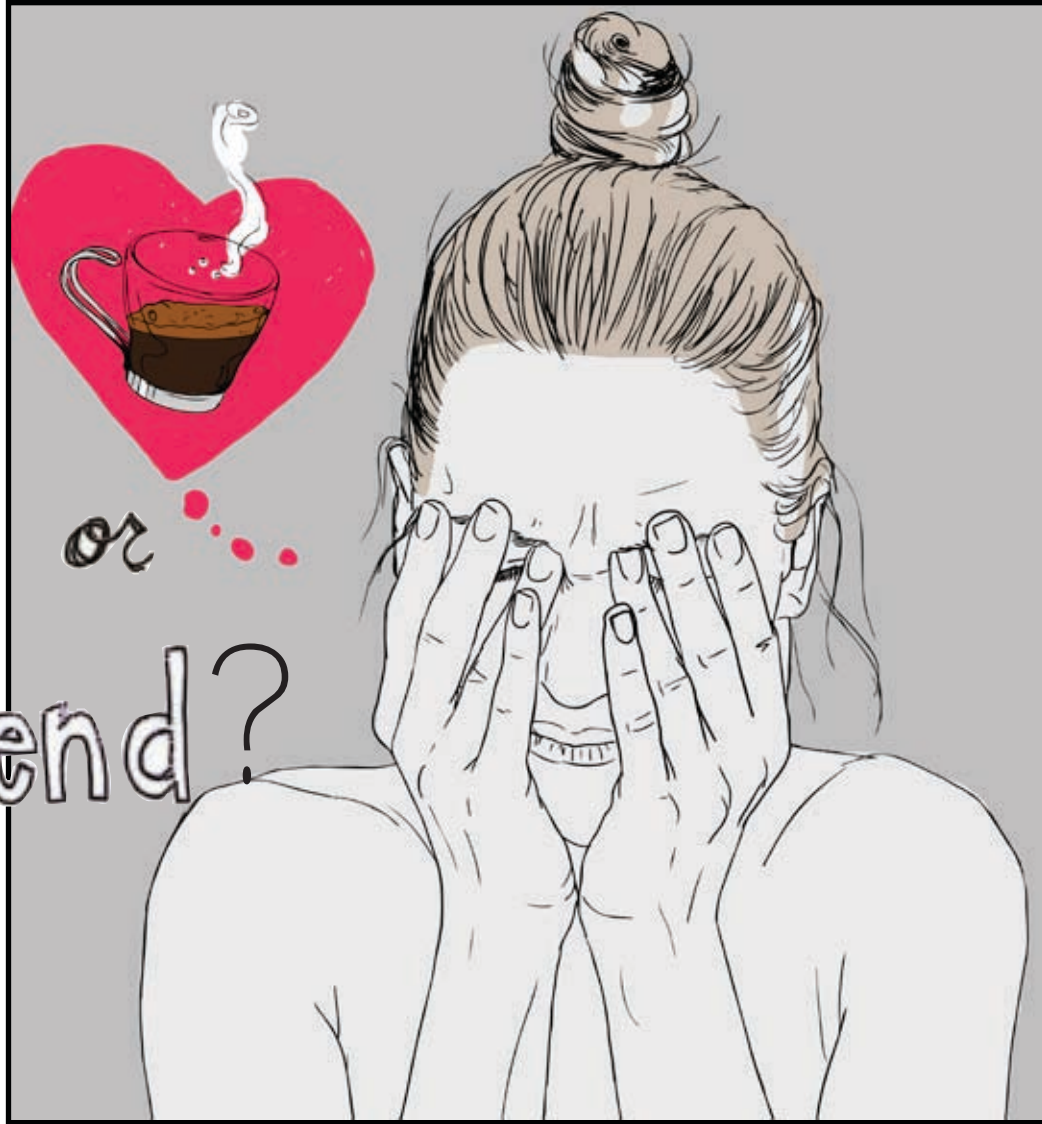


FRIEND

(Caf) friend?

// BY LILLIAN ZHANG

| DESIGN BY T.J. NGUYEN



ACCORDING TO NATIONAL GEOGRAPHIC, IT IS THE WORLD'S MOST POPULAR PSYCHOACTIVE DRUG. THE JOURNAL OF THE AMERICAN DIABETIC ASSOCIATION REPORTS THAT AROUND 90% OF ADULTS INGEST IT EVERYDAY. IT'S COMPLETELY LEGAL, AND IN MOST AREAS, IT IS COMPLETELY UNREGULATED. IN FACT, FOR MANY COLLEGE STUDENTS, IT IS A STAPLE OF THEIR EVERYDAY LIVES – CAFFEINE.

WHAT IS CAFFEINE?

Caffeine is a naturally occurring substance that can be found in the beans, leaves, and fruits of more than 63 different plant species around the world, including the coffee plant and tea leaves. These plants use caffeine to ward off insects by paralyzing or killing insects that attempt to eat them. Caffeine is better known to us however, in the form that we encounter in foods and drinks such as coffee, tea, some soft drinks, energy drinks, and chocolate.

HOW DOES IT WORK?

Caffeine causes changes in the chemicals of your brain, mainly in two ways: it mimics adenosine, and binds to all the adenosine receptors in your brain. This prevents the real adenosine from doing its job of slowing down of nerve impulses and causing drowsiness. The result: your brain becomes more alert. Caffeine also increases the levels of dopamine in your brain, which improves your feeling of well-being and improves your mood. It's this dopamine effect that is the root of caffeine's addictive properties.

<http://www.cbsnews.com/stories/2006/10/11/health/webmd/main2081503.shtml>
<http://www.msnbc.msn.com/id/15228394/>

MYTH #1: CAFFEINE IS ADDICTIVE.

We've all heard those words strung together before—"caffeine" and "addiction", but you might be surprised to learn that most experts in fact do not consider caffeine an addictive substance. While it is true that if you stop your caffeine intake abruptly, especially if you consume the equivalent amount of caffeine in two cups of coffee per day, you may experience some symptoms of caffeine withdrawal, caffeine doesn't threaten your physical, social, and economic well-being the way other addictive drugs do. The use of caffeine does cause mild dependence because it is a stimulant that affects your central nervous system, but it does not cause the same level of harm-seeking behaviors or severity of withdrawal that alcohol and other addictive drugs do.

MYTH #2: CAFFEINE WILL CAUSE INSOMNIA.

Most of us are very familiar with the concept of having coffee in the morning and avoiding it later at night. Our bodies absorb coffee very quickly, but our bodies also get rid of it in a relatively short amount of time as well. The half-life of caffeine is about four to five hours, meaning that after eight to ten hours, 75% of the caffeine we've ingested will have been dispelled from our bodies. This means that a cup or two of coffee in the morning should not interfere with your sleep at night. Experts from the American Academy of Sleep Medicine say that even a cup of coffee around lunchtime should be ok for most people. Most sleep experts recommend against consuming caffeinated beverages after 2pm.

MYTH #3: DE-CAFFEINATED COFFEE AND TEA CONTAIN NO CAFFEINE.

Hoping to avoid caffeine by drinking that cup of decaf coffee? Researchers from the University of Florida have shown that even coffee marketed as "decaf" usually contain some amount of caffeine. In fact, drinking between five to ten cups of purported "decaf" coffee can be the equivalent of drinking one cup of regular caffeinated coffee. This is because during the decaffeination process, not all of the caffeine is eliminated. Federal regulations in the United States require that the caffeine level be reduced by at least 97.5% in order to be labeled "decaffeinated".

MYTH #4: CAFFEINE INCREASES YOUR RISK FOR DISEASES AND CONDITIONS SUCH AS OSTEOPOROSIS, HEART DISEASE, AND CANCERS.

1. OSTEOPOROSIS: At high levels (more than 744 mg/day), caffeine may increase calcium and magnesium loss in urine. However, recent studies have shown that this does not increase your risk for bone loss. The calcium lost from drinking one cup of coffee can be easily offset by simply adding two tablespoons of milk to your drink. Older adults, however, may be more sensitive to the effects of caffeine on calcium metabolism and should consult their physicians to determine whether or not they should limit their caffeine intake.

2. CARDIOVASCULAR DISEASE: People who are sensitive to caffeine can expect a very slight, temporary rise in their heart rate and blood pressure. However, several large studies have shown that there is no link between caffeine and higher cholesterol, irregular heartbeats, or an increased risk of cardiovascular disease. If you already have

high blood pressure, you may be more sensitive to the effects of caffeine, and should consult with your doctor about your caffeine intake.

3. CANCER: Reviews of 13 studies involving 20,000 people have not shown any correlations between caffeine and cancer. In fact, caffeine may even protect against certain cancers.


MYTH #5: CAFFEINE HAS A DEHYDRATING EFFECT.

Although caffeine does act as a mild diuretic, meaning that it increases the rate of urination, it has not been shown to cause dehydration when consumed in the form of caffeinated beverages. This is because the fluid part of the caffeinated beverage more than compensates for the fluid loss that would be caused by caffeine.

MYTH #6: CAFFEINE CAN HELP YOU SOBER UP.

The truth is, people who consume caffeine after drinking alcohol only think that they are more sober. Studies have shown that even after having coffee or some other form of caffeine after drinking alcohol, reaction time and judgment is still impaired. In fact, college students who drink alcohol and caffeine are more likely to get in car accidents.

MYTH #7: CAFFEINE HAS NO HEALTH BENEFITS.

Caffeine has been shown to improve alertness, concentration, clear-headedness, energy, and feeling of sociability. Some studies suggests that 65 mg of caffeine is as effective in relieving headaches as 648 mg of acetaminophen (Tylenol). Some aspirins contain caffeine, which boosts their pain relieving effects by 40%. A study published in the *American Academy of Neurology* even showed that there was slower cognitive decline in women who consumed caffeine daily. Caffeine's anti-inflammatory effects might improve immune function, and the ability of caffeine to reduce histamine concentration might help with allergies. 

symptoms of caffeine withdrawal

- Headache
- Fatigue and drowsiness
- Anxiety
- Irritability
- Depressed mood
- Difficulty concentrating



Party like a ROCKSTAR?

// BY LILLIAN ZHANG

| DESIGN BY T.J. NGUYEN

ENERGY DRINKS || FACT vs. FICTION

PLANNING ANOTHER ALL-NIGHTER BEFORE YOUR ORGANIC CHEMISTRY MIDTERM? HERE ARE SOME FACTS THAT WILL MAKE YOU THINK TWICE BEFORE YOU PICK UP THAT ENERGY DRINK.



FICTION

ENERGY DRINKS ARE GOOD TO TAKE WHEN YOU ARE TIRED.

Many tired college student turn to energy drinks to serve as a "pick me up" so that they can continue studying. However, if you are in need of energy, you would probably be better off consuming carbohydrates from fruits, vegetables, whole grains or dairy products since these foods have more nutritional value than the sugar found in energy drinks and won't cause the same "crash" that you experience later. Instead, eat your fruits and veggies, eat regular meals, exercise, drink enough water, and get some sleep!

FACT

ENERGY DRINKS CAN RUIN YOUR DIET.

Sugar is the most common carbohydrate found in energy drinks. Sugar will give you energy, but it will also give you empty calories that you will need to burn off later. Energy drinks are often taken to make up for lost sleep; however, losing sleep can cause weight gain.

FICTION

ENERGY DRINKS ARE GOOD WHEN MIXED WITH VODKA.

Mixing energy drinks with vodka (or any other alcohol) can be harmful because they are both diuretics and can cause dehydration, which will give you an even worse hangover. The stimulant effect of the energy drink may also fool you into thinking you are more sober than you actually are, which could be dangerous. Mixing energy drinks and alcohol may also make you feel sick because energy drinks contain stimulants, whereas alcohol is a depressant. A study published in the *Academic Emergency Medicine Journal* showed that students who mixed energy drinks with alcohol got drunk twice as often as those who consumed alcohol alone. These students were also more likely to require medical treatment or be injured while drinking, and were also more likely to be perpetrators or victims of aggressive sexual behaviors.

FACT

ENERGY DRINKS CAN HAVE HARMFUL EFFECTS.

Energy drinks may perk you up at first, but you will have to suffer the consequences later. Too much caffeine can cause fatigue, jittery feelings, nausea, upset stomach, hyperactivity, sleep problems and difficulty concentrating. The *Journal of American College Health* also reported that a high consumption of energy drinks has been associated with "toxic jock" behavior, meaning that these individuals are more likely to engage in risk-taking behaviors, such as having unprotected sex, substance abuse, and violence. As with alcohol, when you consume energy drinks, it is important to know your limits. **lw**

THE ANATOMY OF A Coca-Cola zero™

// BY ELIZABETH WANG | DESIGN BY ELIZABETH WANG

The world's largest beverage company, Coca-Cola takes 41% of the U.S. market share, with the average American sipping 412 bottles of Coke products a year. In the last half decade, as negative press attention linking soft drink consumption to obesity burgeoned, and carb-conscious consumers began switching to sugar-free alternatives, Coca-Cola was, to be sure, one of the first to respond. The company's biggest product launch in 22 years, the recently born Coke Zero is, like Diet Coke, the calorie-free alternative to the classic formulation. But while the sugar-free Coke Zero seems to triumph where its full-sugar counterpart fails, the idea that diet soda may still have health risks is now no longer just idle speculation. **So what's in a can of diet cola? Here's an eye-opener.** **EW**

CARAMEL COLOR: Soluble coloring agent; often confused with caramelized sugar, a popular ingredient in baked goods and candies. In Coke Zero, it is the second most common ingredient. Although classified as "Generally Recognized As Safe", a study in *The Journal of the American Medical Association* found that it was not the caffeine in soda that raised blood pressure, but rather the caramel coloring that may be **responsible for the increased risk of hypertension** associated with soda consumption.

ASPARTAME: Artificial sugar substitute. This sweetener has become one of the most contentiously debated food additives, especially after a comprehensive study at the European Ramazzini Foundation of Oncology and Environmental Science **found that it may cause cancer.** Although aspartame is FDA approved, after a meta-analysis report on 92 independently funded articles, 84 were found to have identified adverse health effects.

POTASSIUM CITRATE: A salt that regulates acidity in foods and beverages to **help provide optimal flavor.** It is conventionally used to treat kidney stones.



PHOSPHORIC ACID: Acidifying agent with a pH of 2.5 (very acidic); added to impart a sharper taste. According to a study in *General Dentistry*, phosphoric acid in carbonated beverages **causes tooth enamel erosion**, even with minimal exposure. Several studies have also found that phosphoric acid in sodas leaches calcium from bones, and has been **implicated as a risk factor for osteoporosis.**

POTASSIUM BENZOATE: Used to prevent the growth of microorganisms. After studies linked this chemical to DNA damage and Parkinson's Disease risk, Coca-Cola phased out the use of a related preservative, sodium benzoate, as a food additive in the UK. While benzoate preservatives are considered safe by the FDA, in the presence of Vitamin C, **these chemicals react to form benzene, a known human carcinogen.**

NATURAL FLAVORS: Essence or extractive containing the flavoring constituents derived from a natural product. The term **may be misleading** as it designates something only *derived* from nature (to be differentiated from using a natural substance in its natural state).

ACESULFAME POTASSIUM: Zero calorie artificial sweetener. Though approved by the FDA, **researchers call for more adequate long-term testing.**

SMART SPENDING FOR THE SHOPAHOLIC

// BY MORGAN KENDALL

| DESIGN BY STEPHAN CHIU



MONEY DOESN'T GROW ON TREES — WE HAVE ALL HEARD THE SAYING, BUT IMPULSIVE SPENDING CAN STILL BE A DIFFICULT HABITAT TO BREAK AT BEST. SO, THEN, WHAT IS THE GOLDEN RULE TO WISE MONEY MANAGEMENT? A LOOK INTO SMART MONEY HABITS TO PRACTICE FOR A FULLER PIGGY BANK, AND A MORE WELL OFF YOU.

6 TIPS FOR BREAKING THE SPENDING HABIT

01 **MAKE A REALISTIC BUDGET AND STICK TO IT.** Prioritize what it is most important to spend your money on and determine how much you can actually afford to spend. While you should include room for a few extra purchases, try to maximize the amount of money saved for the future. Make sure to keep track of future spending to ensure that you stick to your budget.

02 **SHOP ONLINE TO LOOK FOR DEALS.** Many retail stores offer online sales or discounts so you can save more than if you actually shopped at the store. Other websites compare prices or even sell excess merchandise from a variety of stores at cheaper prices. For example, Retailmenot.com is a site that compiles coupon codes, publicizing otherwise secret or exclusive discounts for an extremely wide array of online stores, from Target.com to UrbanOutfitters.com. In addition, you can find bargains on anything from shoes to furniture at Overstock.com, which charges only \$2.95 to ship any order.

03 **USE STUDENT DISCOUNTS.** One of the many advantages of being a UCLA student is the deals that come with the BruinCard. You can ride the bus for a quarter, purchase reduced tickets for Disneyland or sporting events at the Central Ticket Office, and benefit from discounts offered at stores throughout

Westwood. Look for flyers or signs on store windows to find these discounts. For college students in general, there is the Student Advantage Card, a must-have for those looking to pad their wallet through good buys and exclusive discounts. All students pay a flat fee of \$20+Shipping & Handling to purchase a Student Advantage Card, which offers an entire year of discounts for merchants like AMC Theatres, Foot Locker, Target, Urban Outfitters, and Amtrak. The card can be purchased online at Studentadvantage.com.

04 **PLAN OUT MEALS TO AVOID UNNECESSARY PURCHASES AT THE GROCERY STORE.** Making a grocery list beforehand can help save time and money in that you aren't as sidetracked by impulsive buys. Use coupons and compare prices between different stores to find the best bargains. Upon getting home, keep an inventory of what you have on hand: tack your checklist or receipt onto a counter, crossing off items as you consume them. In the end, you can see how fast you are depleting your food, and minimize food waste as a result of forgotten grocery purchases.

05 **FIND ENTERTAINMENT ON CAMPUS.** Instead of paying full price to see the latest movie or buying expensive concert tickets, take advantage of all the free or more affordable offerings on campus. Watch a club's culture night, see a concert in

HOW TO: make a budget

- 01 | Track your spending to see what you spend your money on.
- 02 | Determine the money that you earn and that you receive through financial aid.
- 03 | Make a budget that divides spending between categories like tuition, books, entertainment, rent, food, and loan payments.
- 04 | Be realistic with your budget. Try to limit unnecessary purchases, but include room for extra spending like a night out with friends.
- 05 | It may sound obvious, but try to spend less than you earn so that you can save your money.
- 06 | Keep receipts and track your spending to make sure that you actually follow your budget.
- 07 | Adjust your budget if your income changes or if you need to spend more on a category.

Royce Hall, or simply walk or bike outdoors. The Campus Events Commission (CEC) organizes free movie sneaks: You can sign up to see a movie before it even comes out in theaters at one of the free movie sneaks or pay only \$2 for a showing of a recent movie (campuseventsblog.com). If you are ever in search for something to do, visit www.happenings.ucla.edu, a great website for discovering events from exhibitions at the Hammer Museum to lectures at Ackerman Union.

06 **USE CASH INSTEAD OF CREDIT OR DEBIT CARDS.** Studies have found that you actually spend more when you use a credit, debit, or gift card. The idea is simple: cash discourages spending, and credit or gift cards encourage it. One report found that people who paid for an item with a card would in fact be willing to pay an average of 30 percent more for an item if they were charging it. Another series of studies concluded that credit or gift cards, unlike cash, encourage spending because they can be easier to use and are less transparent, meaning it seems less like you are actually parting with your money. So, while swiping a card may seem painless, handing over actual money will help you realize just how much you are actually spending, thereby helping you curb it.

STATS


84% of college undergraduates have at least one credit card

The average balance on a college student's credit card is \$3,173

SOURCE: FASTWEB.COM (2009)

USING CREDIT CARDS WISELY

While you may be bombarded with tempting credit card applications promising cash advances or low interest rates, it is wise to consider the potentially serious consequences of using a credit card. Credit history is very important and will affect getting loans or even a job in the future. While using credit cards wisely can build credit history, common misuse of credit cards can lead to overspending and even debt. Follow these tips to help manage your credit:

- 01 **EXAMINE CREDIT CARD APPLICATIONS CAREFULLY** for annual fees, other charges like ones for not making payments on time, interest rates, and credit limit. The annual percentage rate (APR) is the annual interest rate on the card. Generally, lower APRs are better. However, check if this rate is variable, as it might be raised after a limited time.
- 02 **DO NOT LOAN YOUR CARD TO ANYONE.** If your card is lost or stolen, report it to your credit card company as soon as possible.
- 03 **PROTECT YOUR IDENTITY** by shredding or destroying personal documents like bank statements, card applications, and expired credit cards.
- 04 **PAY BILLS ON TIME TO AVOID ANY FEES FOR PAYING LATE.** Try to pay back payments in full, or at least pay more than the minimum to limit interest that accumulates so that you ultimately pay more.
- 05 **SAVE YOUR RECEIPTS** to track your purchases and compare them to your card statements. You can dispute a charge with your credit card company if necessary. 

de-cluttering your work and living SPACE

// BY LEIGH GOODRICH | DESIGN BY

ELIZABETH WANG

BEING MESSY IS ALL TOO EASY. It's called entropy. Especially when sharing a room with one or two other people, staying neat and organized can be a challenge. But there are reasons why keeping it clean can be worth the effort: studies have shown that people perform better when their environment is clean and functional. Clutter puts people in a bad mood, making it more difficult to focus, study and get work done. Fortunately, there are some easy, low-cost ways to clean up and organize a messy area. By dividing a room into functional areas, it makes it simpler to categorize and organize your things. [iw](#)

AT THE DESK



- 01 Make sure you've maximized your desk space by unfolding and propping up the extra portion that is often tucked under the desk. A larger space can give you more room to keep your computer, textbooks, printer, and schoolwork.
- 02 Use bookends to keep textbooks as contained as possible. You can also stack them neatly if they are too tall to fit under a desk shelf. Also prop up binders and notebooks, and try arranging everything by classes so that materials are easy to find.
- 03 Avoid scattering objects around your desk – this habit makes it easy to lose things in the mess. Use a pencil and pen holder, or just an empty jar or mug, to keep all writing utensils together. For loose papers, try stacking them all in one pile, with groups of documents separated by post-its reminding you of their importance.
- 04 Drawers can easily become free-for-all dump spaces for random stuff. Try assigning different functional purposes to each drawer. For example, you could have one for old schoolwork, one for art supplies and crafts, and one for paper plates, napkins, plastic baggies, and other food-related things.

FOR THE CLOSET

- 01 Use hanging cloth storage shelves to maximize space and keep clothes and shoes organized. Shoes can be take up much less space if stored in this way, with more than one pair fitting in each cubby. These storage shelves can be very inexpensive, with some under \$5 at IKEA.
- 02 Don't let any space go unused. Put stick-on hooks on the insides of closet doors to create a functional space for jewelry, belts, or scarves. You can also store shoes in stackable plastic bins at the floor of the closet.
- 03 Use the outer doors of closets to hang up a calendar or class schedule. You can also use the outer doors for extra storage with stick-on hooks if needed.
- 04 Organizing clothes makes it easier to find things later. Keep hung-up dresses separate from jackets. Likewise, keep one drawer or shelf for pants and another for shirts. Use a small plastic bin, or even a small bag, to store socks.



IN THE LIVING AREA



- 01 Make use of the bulletin-board space to decorate your room with photos or artwork. Personalizing your space can make it feel more like home and add a nice touch.
- 02 Especially if you have a bottom bunk, make the effort to make your bed. This is easiest if you just have a sheet and a comforter, as it only takes a few seconds to pull the comforter flat over the bed and prop up a pillow or two. Interestingly, if the headboard side of a bed is furthest from the door, the room looks larger. Tucking in desk chairs is also a good way to make the room feel bigger.
- 03 If you have a fridge or microfridge, maximize that space by putting a plastic bin or bag on top of it to store other food. You can also keep dishes or eating utensils there and keep that area reserved as a mini-kitchen.
- 04 To keep areas as dust-free as possible, vacuum as often as possible. Dust can have negative effects on respiration and allergies, especially if you have asthma. As a quick fix for dust or spills, try keeping a container of Wet Ones or napkins on hand.

CROSS-TRAINING: BREAKING UP THE EXERCISE ROUTINE

// BY LEIGH GOODRICH | DESIGN BY KARIN YUEN

Staying active is a key component of a healthy lifestyle. It's no secret that regular exercise provides tremendous benefits, from boosting mood and energy levels to helping prevent chronic disease. While sticking to an exercise plan can be challenging, mixing up a monotonous routine can be just the trick to staying on track.

Not only is breaking up a boring exercise routine more fun, it is also great for your health. Incorporating different types of exercises into your workouts, also known as cross-training, has been shown to produce a higher level of conditioning and reduce the risk of injury. By working different muscle groups and improving different skills, cross-training tones and works the whole body. Incorporate the following elements into your gym time to make exercise an activity, not a chore.

01 GRAB A BUDDY:

Instead of going it alone, recruit a friend or two to join you at the gym. Numerous studies have shown that an exercise partner is great for encouragement, motivation, and support. One team of researchers found that exercising with a friend increased the difficulty of the workout, probably due to competition. Exercising can be much more enjoyable if it is a social activity, so try incorporating a peer into your routine.

02 TAKE IT OUTSIDE:

While the John Wooden Center is a great space for working out, a change of scenery can help mix things up. As Spring approaches, the great weather can make for beautiful morning jogs around Westwood. Drake Stadium's track is another great outdoor location; the stairs can make for quite the cardio challenge. Also, try enjoying the sunshine by heading up to Sunset Rec for a swim in the lap pool.

03 MIX AND MATCH MACHINES:

When heading to the gym, you don't always have to make a beeline for the same machine. Many students go straight to the elliptical or treadmill, but less popular machines can be useful for cross training. If you always stress your legs with cardio, try an upper body weight machine or the rowing machine. If you tend to focus on bench pressing and sit-ups, give the cycling machine a try. To experiment with even more equipment, like jump ropes or hand weights, ask the FitWell desk at the Wooden Center.

04 CIRCUIT TRAINING:

Circuit training provides total body conditioning catered to whatever muscle groups you want to focus on. Each circuit should consist of a variety of exercises, both aerobic and resistance training to increase strength, endurance, and flexibility. Each exercise is only performed for a minute or two before moving on to the next, avoiding any sense of monotony. Circuit training conditions the whole body – a typical routine could switch from crunches to high knees to push-ups all in five minutes. You can repeat the circuit as many times as you want, and adjust the routine as needed. There are also lots of sample circuits and exercise demos available online.

05 MAKE IT A GAME:

Team sports or one-on-one games are fun options for getting together with friends and exercising in new ways. Playing a variety of sports makes you a more well-rounded athlete; it also combats exercise boredom with the fun of competition. Break up your routine by booking a racquetball or handball court at the Wooden Center. Play basketball at Collins Court, or tennis at LATC, the Sycamore courts, or the Sunset courts. You can look up the hours of Open Recreation time for all your favorite sports games on campus.



06 JUST DANCE:

Music is a great way to boost your mood and energize a workout. Combining a hip-hop soundtrack with varying levels of choreography can be quite a cardio challenge. To incorporate dance into your workout schedule, try all genres of music and dance styles to find your favorite. Even if you don't make it to a dance class, try taking a study break by moving to your own music at home. Any type of dance is good for flexibility, strength, balance and endurance.

07 SIGN UP:

Taking a group exercise class can help break up your gym time and introduce you to new activities. The Wooden Center's Fitness Pass is a great deal, just \$25 per quarter. With the pass, you can drop in on any group exercise classes throughout the week. The class offerings and schedule are posted on the Wooden Center website. Activities include yoga, pilates, step, boxing, aerobics, spin, tae bo, zumba, core workouts, and much more.


08 ROCK CLIMB:

The John Wooden Center has a quality rock-climbing wall that students should take advantage of. Rock-climbing is a rigorous core workout that will tone the upper body and abdominals. The challenge to reach to top of the wall provides an achievable goal, while the friend spotting you is sure to offer encouragement along the way. The rock wall is open after 2 p.m. Monday through Friday, and after 4 on Sunday.

09 TURN ON THE TUBE:

Popularized in the 1980's, workout videos have made a bit of a comeback recently. Fitness trainers like Jillian Michaels have released training videos with full routines, promising to get viewers in shape for swimsuit season. Many of these videos are available for free online, or fairly inexpensively on DVD for better quality. While some of the motivational shouting is a bit cheesy, workout videos can be a fun (and often funny) way to stick to your exercise plan without leaving home.

10 JOIN A TEAM:

If there are any sports that you played in high school, or even recreationally, consider trying out for a UCLA intramural or club team. For many teams, you can practice and work out with competitive players even if you're not on the traveling team or starting line-up. Playing with top-notch athletes will boost your level of play, and making a commitment to a team means committing yourself to stay in shape as well. 

got the MUNCHIES?

// BY ANNA WONG | DESIGN BY GRACE LEE

Snacking is a great way to prevent feeling too hungry throughout your day. However, as a college student, it can be easy to over snack. According to the International Deli-Dairy-Bakery Association, 90% of Americans indulge on snacks while only 75% eat breakfast and 88% eat lunch. With snacks, on average, seeming to be more prevalent than meals, here are some tips on smart snacking and how not to over do it:



01 Snack only when you are hungry

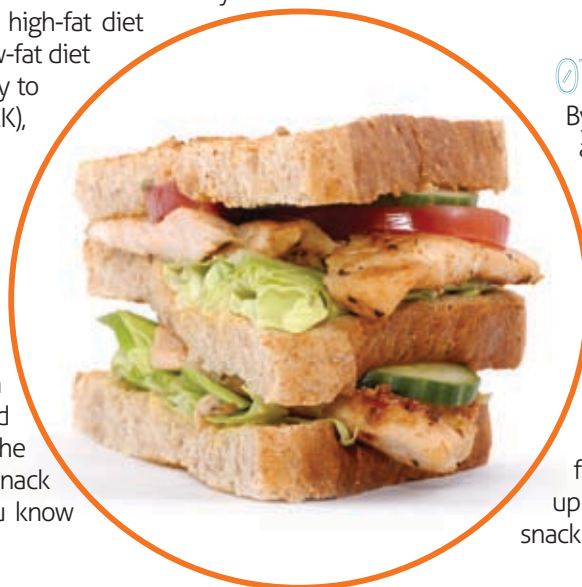
According to an online poll by Kellogg's, 56% of people said they snack out of boredom, which can easily lead to excess calorie intake and possible weight gain. Also, one study showed that eating a snack when not hungry neither decreases the amount eaten during the next meal nor increases the amount of time till the next meal.

02 Avoid high-fat snacks

High-fat snacks can be easily found in vending machines on campus, but avoiding them is key for a healthier heart, body, and mind. They are usually poor in nutritional value, and also might encourage overeating. A study at Pennsylvania State University suggested that rats that were on a high-fat diet were more likely than those on a low-fat diet to experience a decreased sensitivity to the hormone, cholecystokinin (CCK), which tells the body to stop eating.

03 Be aware of portion sizes

If you are eating a snack from a package that is bigger than a single serving, try not to eat directly from the bag because this can easily lead to over snacking. Instead, pour the snack into a bowl or separate the snack into several Ziploc bags so that you know just how much you are really eating.



04 Look at the nutrition label

Find out what a single serving is on the nutrition label. You may be surprised on what a single serving is compared to what you just ate. If a label says there are four servings in that one bag of candy and you ate the whole bag, multiply the calorie, fat, and sugar content by four to get the real amount.

05 Be careful with energy bars

Though they are easy to carry and offer instant energy boosts, energy bars can be less nutritious than you may think. Some are advertised to replace whole meals with up to 300 calories; others contain an excess of saturated fats; many more are loaded with sugar. When looking for an energy bar, look for:

- ❖ low fat content
- ❖ less than 20g sugar
- ❖ at least 3g fiber
- ❖ at least 5g protein

Some good choices are Luna Berry Almond (170 calories, 0g saturated fat, 3g fiber, and 9g protein) and Soyjoy Apple Walnut (140 calories, 3g fiber, and 4g protein).

06 Plan ahead of time

It is easier to choose healthy snacks when you plan it ahead of time. Remember to take a fruit from the dining hall so you can pack it in your backpack for the next day. By packing your snacks the night before, you can avoid not having enough time to do it in the morning and then resorting to the vending machines.

07 Slow down

By eating your snacks at a slow pace, it will allow you to enjoy your food for longer and allow you to better recognize when you are full. This way you can help prevent over snacking.

08 Choose variety

Try to have snacks from all different food groups to get a sufficient amount of nutrients. You can bring a combination of fruits, vegetables, dairy, and/or wheat. Mix it up so you don't get tired of having the same snack everyday.

09 Make sure you're only eating

Eating while studying or watching TV can be an easy way to overeat without realizing it. When you are snacking, try to only eat and not multi-task. If you really have to study while snacking, just watch out for portion sizes by pouring some of the snack in a bowl. **lw**

9 nutritious and delicious snacks:



three cups of
air-popped popcorn



mixed cereal or granola



whole-grain crackers with
cheese or peanut butter



cottage cheese with fruit



apple slices dipped
in a tbs of peanut butter



vegetables with
reduced-fat ranch



low-fat yogurt with
granola and fruit



pita bread
with hummus dip



bagel with low-fat cream
cheese, smoked salmon

HOW TO:

stop & smell the

roses

at a loss for time? try doing nothing: relaxation can go a long way for the heart, mind, and body.

our guide to getting started:

Busy-ness is an addiction of the modern-day century. Think that's too grand a statement? According to the American Psychological Association, 48% of us feel our lives have become more stressful in the past five years, and the number keeps growing. Even as UCLA students, many of us have grown accustomed to jam-packed schedules whereby relaxation has become an underrated and sometimes altogether discarded endeavor. Breaking the stress cycle naturally requires a conscious effort, and while taking it easy may seem like a costly punctuation of a relentlessly forward and scheduled lifestyle, the rewards reaped from a less bustling lifestyle, such as improved memory, better sleep, and improved metabolism, very well off-set the very little time forsaken in the process. **A look into how to chill out (because we all need reminders sometimes):** BY JENNA PACELLI | DESIGN BY ELIZABETH WANG



a how-to for the workaholic:

1 appreciate **THE BENEFITS OF RELAXATION:** Relaxation lowers cortisol levels, the stress hormone that wreaks damage to the body (impairs cognitive performance, raises blood pressure, lowers the immune system) when present in abnormal levels. Relax to reduce your risk of stress-related illnesses. Ultimately, you can get more done when you are working because you have rejuvenated your mind during your time of rest.

reflect **ON TIME MANAGEMENT:** For a week, log your usage of time in a journal. Are you wasting ten or twenty minutes every few hours engaging in truly trivial and unstimulating activities (for instance, Facebook)? Look at all the things you do and see if you can delegate, give up, or stop when they are good enough. Through dissecting how you spend your time, you can see why you don't have time for yourself to begin with.

we're **ALL PROCRASTINATORS:** It's inevitable. But tell yourself you'll spend just 5-15 minutes thinking about that item you're putting off; you may actually get into a groove after a minute or two and end up finishing it. Ask yourself if you "have other things to do" simply because you're trying to avoid doing another altogether.

surround **YOURSELF WITH THE RIGHT PEOPLE:** Being around people who know how to relax will help you in your effort to break your habit of continually being on the go. Observe and take note of how they spend their relaxing time and their working time. They may very well be able to relax often and still perform well in school – and you'll soon be convinced that the two are not mutually exclusive events.

take **A DAY OFF:** Many religions observe some variation of a "Sabbath" day. This is their day off from work and is solely for spending time with the people they love. It may seem somewhat foreign, but a day free from chores, to-do lists, work, and homework can allow you to fully recharge and work more efficiently the rest of the week.

seek **OLD LOVES:** Invite the "little things" in your life back: make a call to your parents, cook or eat a decent, slow meal, or engage in something tranquil, like meditation. Make a list of all the things you enjoy doing because they relax you, or preserve your sanity. Prioritize these things you love to do and seek the top few during your more frantic moments.

reinvent **THE TO-DO LIST:** Designate on your To-Do list a few things that are nonnegotiable like sleep, class, and meals, and schedule your other activities around that. Then put your To-Do list on an index card for anticipated stressful days. Remember that your body prefers to work upon waking up and retire towards the end of the day: tackle the harder, more challenging items in the morning or early afternoon.

eliminate **GUILT:** You need time to recharge your system in order to be fully efficient and effective for the work ahead of you. People who seem to relentlessly occupy themselves with work may only seem to be "fine" – in reality, you come out on top for accepting the way the human body is designed to work. That is, that the mind, body, and soul need rest and quiet in order to be functional as a whole.

slow **DOWN:** Consciously decrease the pace at which you walk. Take up activities like Tai Chi or yoga (check for classes at Wooden) to learn how to slow down. Sketch a picture. Lay on the grass. Sing in the shower. When you fail to slow down, you similarly fail to develop perspective and form deeper ideas about yourself and those around you. Isn't that, ultimately, what the most successful people have?

put **A NAME ON YOUR IDLING:** Go outside and tell yourself you're gazing at the clouds. Tell your roommates you're going to go meditate and go sit somewhere by yourself and just think, read, stare at nothing. Take a nap. It doesn't feel as foreign in your life if you put a name on it. **W**



prepping for pollen season

Allergies seem trivial; after all, it seems to be just a runny nose. Yet researchers have found that up to 30% of Americans suffer from hay fever, leading to millions of missed school and work days, and over \$1 billion spent in medical care to treat. Furthermore, seasonal allergies in fluence other disorders, including asthma and atopic eczema, a recurring skin condition that produces itchiness on the skin. Like all other illnesses, the onset of allergies often foreshadows another fall off the wagon of good habits. Congestion makes a trip to the gym seem unappealing and constant study breaks to the Kleenex box is enough of a distraction to ruin a good study session. Spring, while ushering in renewed ambitions to spring clean and exercise for good health, can also dampen spirits as it begins another cycle of seasonal allergies. **BY SHERRY WANG | DESIGN BY KARIN YUEN**

SEASONAL VERSUS PERENNIAL ALLERGIES

A seasonal allergy, also known as hay fever, is present for only part of the year. It is an immune system reaction, usually to otherwise harmless pollen grains. The body releases chemicals like histamine, which cause the allergy symptoms. The type of pollen grains cause allergies to flare up during different seasons: allergies in the spring are caused by pollen produced by trees, such as maple, walnut, oak, and ash trees. These trees pollinate from January to April. Grass pollen usually cause summer allergies and fall allergies are often attributed to weed pollen. Seasonal allergies are not to be confused with perennial allergies. People with pet or dust mite allergies suffer from this, which lasts year-round.

WHAT ARE POLLEN GRAINS?

The microscopic pollen grains are released by flowering plants. Pollen can be carried by the wind or by insects, such as honeybees. However, airborne pollen is generally the cause of seasonal allergies. When these grains land in a person's eyes, nose, lungs and skin, a sensitive person will have an allergic reaction. Weather forecasts often report the day's pollen counts, which varies in different cities and areas. Highest pollen counts are often between 5AM and 10AM.

COLD OR ALLERGY?

According to the Mayo Foundation for Medical Education and Research, a symptom of airborne allergies is thin, watery discharge with a runny nose and no fever. In contrast, a low fever and a runny nose with thick yellow discharge is a sign of the common cold. Allergens immediately cause symptoms and as long as the allergen is present, symptoms will persist. Colds, on the other hand, often take a few days to set in and should last less than a week. A symptoms list, as compiled by the National Institutes of Health/ National Institute of Allergies and Infectious Diseases, compares symptoms of hay fever with the common cold:

SYMPTOM	COLD	ALLERGY
Cough	Common	Sometimes
General aches, pains	Slight	Never
Fatigue, weakness	Sometimes	Sometimes
Itchy eyes	Rare/never	Common
Sneezing	Usual	Usual
Sore throat	Common	Sometimes
Runny nose	Common	Common
Fever	Rare	Never
Caused by	Virus	Allergen (ex. pollen)
Duration	3-14 days	Up to weeks

PREVENTION

While allergies cannot be entirely prevented, since there is not much one can do to escape Mother Nature, realizing what allergens may spark in allergic reaction can drastically improve one's quality of life. During allergy season, taking the following steps can help keep hay fever at bay:

01 REDUCE EXPOSURE TO POLLEN

- ❖ Air-conditioning may be a small price to pay but keeping windows and doors closed keep pollen grains out of the house and car.
- ❖ Though it is tempting to spend time outdoors and enjoy the weather, staying indoors on dry windy days is a good idea. If the call of the great outdoors is too strong, though, the best time to step outside is after a rain shower that washes the pollen from the air.
- ❖ When coming back inside, change clothes and take a shower to wash pollen from the skin and hair.

02 BE AWARE OF WHEN POLLEN COUNTS ARE HIGH

- ❖ TV and radio stations, or local newspapers often report pollen forecasts, so use those resources.
- ❖ Generally, pollen counts are high early in the morning, so make sure windows are closed at night and limit outdoor activity early in the morning.
- ❖ Allergy medicines work best when taken before exposure to allergens, so take them in advance if applicable.


03 SPRING CLEAN: MORE THAN JUST A TRADITION

- ❖ Allergens like the carpet, so vacuum weekly.
- ❖ Washing sheets and blankets are also a good method to eliminate allergens, but when doing so, make sure the water is heated to at least 130 F.

TREATMENT

Over-the-counter medications and avoiding allergens are enough for most people to break the seasonal cycle of bothersome allergies. However, if these methods are not enough to make hay fever at least bearable, see a physician who can take a skin or blood test. This helps to determine specific allergens and addressing those unique allergens may more effectively alleviate symptoms. An allergy shot, if desired, would be administered based on test results.

Allergy medications such as the following offer various ways of addressing and controlling allergy symptoms.

- ❖ **Antihistamines:** These are often effective, especially for short-lasting or infrequent symptoms such as itching, sneezing and running nose. Many are oral over-the-counter drugs that may or may not induce drowsiness.
- ❖ **Corticosteroids:** Available by prescription, these are the most effective treatment for allergies and come in the form of nasal sprays. They take about a week to improve symptoms.
- ❖ **Decongestants:** Also in the form of nasal sprays, these help reduce congestion but should not be used for more than three days at a time. Some over-the-counter saline solutions have benzalkonium chloride which can cause infection or make symptoms worse if used too long. They are available as either over-the-counter or prescription medicines. 



BANANAS

// BY ANNA WONG | DESIGN BY ELIZABETH WANG

Bananas contain a lot of potassium, but we all know that. This sunshine yellow, versatile, tropical fruit contains about 13.4% of your Daily Value (DV%) for potassium. What else is there to know? Here are some facts:

- ❖ Bananas keep the body energized due to its natural sugars combined with fiber
- ❖ They are rich in pectin, a soluble fiber that helps ease constipation
- ❖ Beating a ripe banana into a paste can help relieve skin burns when applied
- ❖ Bananas are rich in fructooligosaccharides, which help the body absorb calcium
- ❖ They contain tryptophan, which the body converts into serotonin. Serotonin is a hormone that helps improve mood
- ❖ Rubbing the inside of a banana peel on a bug bite helps relieve the itchiness
- ❖ Bananas are a good source of electrolytes, which maintain body fluid levels. This makes bananas an excellent snack choice after a workout
- ❖ Stress reduces the body's potassium levels. Bananas help replenish potassium levels and normalize heartbeats, maintaining oxygen sent to the brain
- ❖ The combination of vitamin C, A1, B6, and B12 in bananas may help in nicotine withdrawal effects for someone trying to quit smoking
- ❖ Bananas are a good source of iron, making it an ideal snack for those who are anemic [iw](#)

{ from the cookbook }

STRAWBERRY BANANA SMOOTHIE

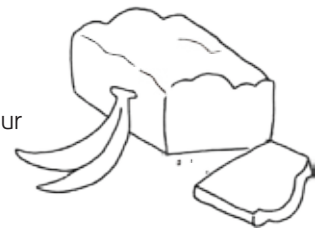
- 1.5 cups all-natural vanilla yogurt
- 2 sliced bananas
- 1/2 cup washed strawberries
- 2 tablespoons wheat germ
- 1 tablespoon honey



Combine the yogurt, bananas, strawberries, wheat germ, and honey in a blender; blend until smooth, about 1 minute.

BANANA BREAD

- 1/3 cup butter
- 1/2 cup white sugar
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 ripe bananas



1. Preheat oven to 325 degrees F (165 degrees C). Lightly grease an 8x4 inch loaf pan.
2. In a large bowl, cream the butter and sugar. Sift in the flour, baking soda and salt. Blend in the mashed bananas. Pour batter into prepared pan.
3. Bake in preheated oven for 60 minutes, or until a knife inserted into center of loaf comes out clean.

SOURCE: ALLRECIPES.COM



DID YOU KNOW?

A banana is one natural way to help ease hangovers. The loss of essential minerals is part of what makes you feel sick during a hangover. Bananas help calm the stomach, and the potassium and magnesium in them will help replenish minerals lost during drinking.

BRUIN HEALTH WEEK IS THE LARGEST STUDENT SERVICES. WE CHALLENGE BRUINS HEALTHY HABITS AND EVENTS ATTENDED
 UCLA HEALTH EVENT OF THE YEAR, TO PLEDGE FOR HEALTH. PARTICIPANTS THROUGHOUT THE WEEK, TO BE EXCHANGED
 BRINGING TOGETHER STUDENT GROUPS AND WILL BE GIVEN A SCORE CARD TO RECORD FOR PRIZES.

SPRING QUARTER

SUN MON TUE WED THU FRI SAT

4/25 4/26 4/27 4/28 4/29 4/30 5/1

week 5

	MINDFUL AWARENESS 12:15-12:45pm Room 1109, RR Med Center TIME MANAGEMENT 5:30pm Covel 203	MOTIVATION TO SUCCEED 5:30pm Covel 203	ACADEMIC POWER TRAINING 12-1pm SAC Room 1051 SEX TALK 3-4pm Ashe Large Conf. Room INTEGRATIVE MEDICINE LECTURE WITH THE CENTER FOR EAST-WEST MEDICINE 7-8pm Ackerman Viewpoint Conference B	HAMMER LECTURES: MINDFUL AWARENESS SESSION 12:30-1pm Billy Wilder Theater, Hammer Museum ACADEMIC SELF-ESTEEM 5:30pm Covel 203 MIDTERM PREP 5:30pm Covel 203		HEARTSAVER CPR 9am-12:15pm Ackerman Viewpoint Conference Room
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week 6

5/2 Knock Out Phobias! Dancehall Tournament 12-5pm John Wooden Center HEARTSAVER FIRST AID 9am-12:15pm Ackerman 2408 PLAY & CLIMB 1-5pm Challenge Course Sunset Canyon	MINDFUL AWARENESS 12:15-12:45pm Room 1109, RR Med Center	NCAM ANNUAL TEA PARTY 6:45-9:30pm Sproul Lecture Room CHILLAX TO THE MAX 6-9pm DeNeve Plaza Room	BRUIN HEALTH SYMPOSIUM 10-2pm Bruin Plaza WHEN LOVE HURTS 12-1pm SAC Room 1051 PUBLIC SPEAKING 2-3pm Campbell Hall 1224 PROCRASTINATION 3-4pm Ashe Large Conf. Room	INTERNATIONAL NO-DIETING DAY 10-2pm Bruin Plaza Lets Drink Soy Back (Soyuz) - Soybean Health Day 10-2pm Bruin Plaza HAMMER LECTURES: MINDFUL AWARENESS SESSION 12:30-1pm Billy Wilder Theater PROCRASTINATION 5:30pm Covel 203	5/6 5/7 GLOBAL WELLNESS AND FOOD FEST 10-2pm Bruin Plaza HEARTSAVER FIRST AID 6-9:15pm Ackerman 2nd Floor Lounge	5/8
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BRUIN HEALTH WEEK

week 7

5/9 SUPER CPR 11:30am-4:30pm Covel Commons	MINDFUL AWARENESS 12:15-12:45pm Room 1109, RR Med Center ROLLAIDS 6-10pm Ackerman Grand Ballroom ACADEMIC STRESS 7pm Covel 203	5/11 MIDTERM PREP 7pm Covel 203	5/12 LOVE, UCLA STYLE 3-4pm Campbell Hall 1224 ART OF SLEEPING 3-4pm Ashe Large Conf. Room TIME MANAGEMENT 5:30pm Covel 203	5/13 HAMMER LECTURES: MINDFUL AWARENESS SESSION 12:30-1pm Billy Wilder Theater, Hammer Museum	5/14 HEARTSAVER CPR 6-9:15pm Ackerman 2nd Floor Lounge	5/15
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week 8

5/16 HEARTSAVER CPR/AED 9am-12:15pm Kerckhoff State Rooms 133 & 135	MINDFUL AWARENESS 12:15-12:45pm Room 1109, RR Med Center NCAM'S MINDFUL AWARENESS WORKSHOP 5-6pm Kerckhoff Hall 131	5/18	5/19 HAPPINESS 3-4pm Campbell 1224 STRESS BUSTERS 3-4pm Ashe Large Conf. Room PROCRASTINATION 5-6pm SAC Conf. 105D	5/20 HAMMER LECTURES: MINDFUL AWARENESS SESSION 12:30-1pm Billy Wilder Theater, Hammer Museum ACADEMIC SELF-ESTEEM 7pm Covel 203	5/21 HEARTSAVER FIRST AID 6-9:15pm Ackerman 3516	5/22 HEARTSAVER CPR/AED 9am-12:15pm Ackerman 2412
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week 9

5/23 11TH ANNUAL BRUIN RUN/WALK 7:30am Bruin Plaza www.runwalk.ucla.edu	MINDFUL AWARENESS 12:15-12:45pm Room 1109, RR Med Center DEALING WITH ACADEMIC STRESS 7pm Covel 203 PROCRASTINATION 7pm Covel 203	<p>ACADEMICS IN THE COMMONS (AIC) <i>MyUCLA Workshops</i> COUNSELING & PSYCHOLOGICAL SERVICES (CAPS) www.counseling.ucla.edu MINDFUL AWARENESS RESEARCH CENTER http://marc.ucla.edu/ NUTRITION, COMPLEMENTARY & INTEGRATIVE MEDICINE (NCAM) http://ncam.wordpress.com/ STUDENT WELFARE COMMISSION www.swc.ucla.edu UCLA RECREATION, FITWELL www.recreation.ucla.edu</p>				
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planning a health event?
 Spread the word by publishing the event details on our quarterly calendar. The process is simple - just shoot us an e-mail, including the date, time, description and location of your health event,

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