‘Body’ is Moving Indeed

By Peter Haddad  
Staff Writer

Few students who have arrived on campus have not heard of the dreaded, “freshman fifteen,” the campus legend of added weight gain promoted by the college lifestyle.

Frequent jokes on the subject aside, there is at least a degree of merit to the off-whispered rumors. According to the College Health Association, roughly 70% of freshmen gain weight in their first semester of college, with the average increase being 15 pounds apiece. While this may not seem like much, it is an average, meaning that students with certain metabolic types may gain more, and further, the trend does not always slow with each passing semester unless living and dietary patterns change.

Since the semester and its "all you can eat" dining facilities have just begun, it may be relevantly helpful to review some simple suggestions that can take the edge off of the impending increase of pounds without becoming overly annoying in the hectic pace of the average college schedule.

One of the most efficient and simple answers to weight gain is quite simply, water. Having even wider health ramifications than dieting, and a broader application in the dieting realm than the “freshman fifteen,” there is a simple routine that can be implemented to insure that the body metabolizes food, using the nutritional portions and excreting the rest, instead of storing it in the form of fat cells.

It is no secret that the stomach uses concentrated hydrochloric acid to digest food. Any freshman chemistry student could attest to the potency of hydrochloric acid. In fact, the stomach is forced to create a new lining every three days in order to compensate for being the storehouse for this acid, and to keep it from being eaten away.

After the stomach completes the digestion of food, it travels to the intestines. The intestines, since they do not grow a new lining on a regular basis, use the stomach lining. Since it is an ideal formula is 12 to 16 ounces of water 30 minutes prior to each meal. Otherwise, the pancreas insufficiently produces buffers, the hydrochloric acid is inefficiently broken down, and the intestines buckle up, refusing to accept the food in an efficient manner because the hydrochloric acid is still too potent for it to handle. The food is then stored in the body in the form of fat cells instead of the nutrients being absorbed into the intestines with waste material being efficiently expelled from the body.

It should be stressed that drinking one or two small glasses of water should be done 30 minutes prior to eating. If this gap is not allowed, the stomach will feel bloated and since the stomach uses enzymes, which are liquids, to digest foods, the water will dilute these enzymes, causing digestion to once again become an inefficient process.

Other liquids are not substitutes for water, as related by Dr. Peter Farnsworth. In advanced societies, thinking that tea, coffee, alcohol, and manufactured beverages are desirable substitutes for the pure natural water needs of the daily "stressed” body is an elementary but catastrophic mistake,” he said. “It is true that these beverages contain water, but what else they contain are dehydrating agents. They get rid of the water they are dissolved in, plus more water from the reserves of your body.”

The best thing that college students can do to keep off unwanted pounds, possibly shed existing ones, and perhaps even lessen the chance of the ulcers that sometimes accompany the rigors of school is to drink water. The hydrochloric acid will sit in the stomach for a shorter period of time), is to imbibe a cup or two of water a half hour before meals. After several weeks, the body becomes accustomed to the stimulus of water, and the appetite will begin to increase upon drinking it a half hour before meals, a potential plus according to the old adage, “Hunger is the best seasoning.” So drink up, EMU!

Hydrotherapy: Halting the Freshman Fifteen

Although the play consisted of three, which included Ingrid DeSanctis, Allison Glenzer, and Trenton Wagler, performed 40 brief yet powerful scenes of the dreaded, “freshman fifteen,” the campus legend of added weight gain promoted by the college lifestyle.

By the end of the play, one realized the different scenes had subtly revealed the theme of the play: Although life may seem to stand still for victims of a violent crime, the strength to move past the hurt and anger comes with hope and healing.

“A Body in Motion” was a compelling play that reminded the audience of the painful, emotional trauma victims of crime often suffer, but the play also demonstrated the healing that eventually comes for those victims. As one of the portrayed victims said during the play, “I don’t think of myself as a victim. I’m a survivor.”

The scenes in the play conveyed many different histories. The moving stories portrayed in the play included both that of a runner who had been assaulted while jogging on a beach, and that of a mother whose two children were murdered on Christmas Eve by their father.

The play also addressed many important issues that victims of violent crimes encountered. One powerful scene, “Statistics,” dealt with the fact that the divorce rate for couples who are victims of crime is extremely high. Another scene portrayed the alienation from friends that a crime victim often feels.

Although the performers were sometimes hard to hear and see, especially in the rear of the filled-to-capacity chapel, they portrayed the different characters with such passion that the audience was immediately drawn into the play.

Over all, the play was very well performed, even though there was not a substantial break between many of the scenes, which could have led to some confusion for members of the audience.