



# PRIMANNUM HONOR SOCIETY



## GO PINK!

BY SHALOM KEFLEGHI

The month has changed to October, fall is officially here and Halloween is around the corner. In addition to the colored leaves, candy corn and crisp temperatures, October also brings Breast Cancer Awareness Month.

Breast Cancer is a pressing issue in society because it is the second leading cause of death among women, according to dosomething.org. One woman dies of breast cancer every 13 minutes in the U.S. alone, and if breast cancer continues at this rate, 10.6 million women will lose their lives to the disease in



The ever-recognizable breast cancer pink ribbon.

Source: <http://www.letlifehappen.com/>

the next 25 years.

Due to the severity of these breast cancer statistics, men and women should understand preventative measures against the disease. Obesity and alcohol consumption increase the risk of breast cancer, according to the National Cancer Institute, so maintaining healthy eating, drinking and exercising habits are great ways to avoid it. Studies show that women who exercise for four or more hours a week are at a lower risk than those who do not.

The National Breast Cancer Foundation functions to help those who are in need. It provides services like free mam-

### PRACTICES THAT ARE NOT RELATED TO BREAST CANCER

- Having an abortion
- Using deodorant
- Smoking
- Inhaling secondhand smoke
- Changing diet

mograms and even works as a support system for people fighting breast cancer.

For more information about NBCF or to make a donation, please visit: [www.nationalbreastcancer.org/breast-cancer-donations](http://www.nationalbreastcancer.org/breast-cancer-donations)

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# HEALTHY RESTAURANT STAKEOUT

BY: CATHERINE MEDLOCK

Being a college student can be difficult when it comes to eating healthy. As University of Maryland students, we are lucky to have a number of local restaurants at our disposal. One healthy option is a restaurant called OVO Simply Veggie.

OVO Simply Veggie is located on Route 1 across from the College Park Shopping Center. OVO Simply Veggie is an Asian-fusion restaurant that is purely vegetarian. It features a number of healthy and tasty substitutes for meat. To order, you choose your protein option, your flavor, your rice, and then your salad, soup, or beverage. It also has a variety of appetizers to choose from such as spring rolls or dumplings.

However, if you are looking for something healthy to eat on campus, you could try the Maryland Co-Op. The Maryland Food Collective,

or Co-Op, is a great option located in the center of campus at Stamp. It offers students healthy options while using a dining plan. It has a variety of sandwiches, salads, and snacks, as well as breakfast options. The Co-Op offers vegetarian and vegan options at a fair price.

Another popular restaurant is Sweetgreen. Sweetgreen is located beneath the View. It offers a wide variety of salad options grown locally. It has a board within the restaurant that lists where the local ingredients are from. For drinks, you can choose from tea, lemonade or a fruit drink, which are all freshly made. You can even choose from its selection of pressed juices. If you are interested in an after-dinner treat, it also has frozen yogurt with healthy topping options.

“I think it’s pretty pricey for a salad, but if you are try-



A fresh green salad ready to be eaten.  
Photo by: Catherine Medlock

ing to treat yourself to a nice, healthy, delicious salad, it’s worth it,” Cheri Wang said, a current Primannum member.

Tutti Frutti, located beneath the Domain, is another great treat. It offers many different flavors of frozen yogurt as well as fresh fruit, granola, candies, and other toppings. It even has sorbet.

Most of these restaurants are not only healthy for us, but also for the environment. For instance, Sweetgreen’s serving materials are all compostable. The Co-Op focuses on locally grown food, which is better for the environment and the local economy. These restaurants offer sustainable and local products that our bodies and nature can appreciate.

## WANT TO CHECK THEM OUT?

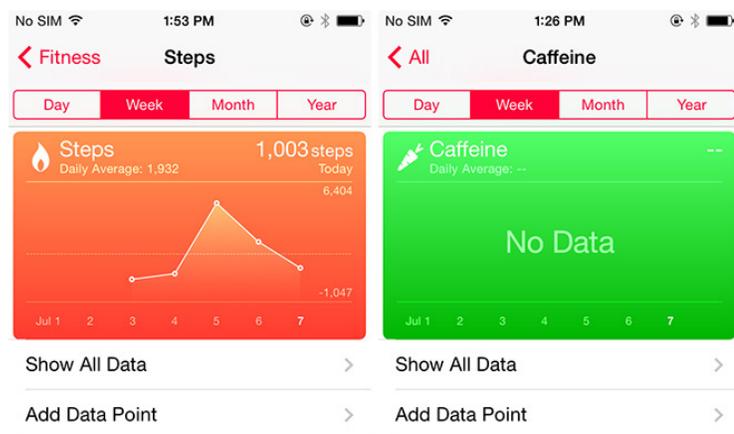
<http://sweetgreen.com> [http://thestamp.umd.edu/food/md\\_food\\_co-op](http://thestamp.umd.edu/food/md_food_co-op) <http://tfoyogurt.com> [www.ovosimplyveggie.com](http://www.ovosimplyveggie.com)

# APPLE INCREASES NUTRITIONAL VALUE

BY: MIRISH SHAH

On Sept. 17, Apple launched its new “Health” app as part of the iOS8 update. The app will be displayed on the home screen and will feature a heart emblem as its icon.

The app allows users to track their physical activity through the phone’s motion sensors, but for now, that seems to be all the app can do. The usability of the app is contingent on other third party developers’ releasing and updating of other apps.



The Health app can monitor your caffeine and measure your steps.

Source: appleinsider.com

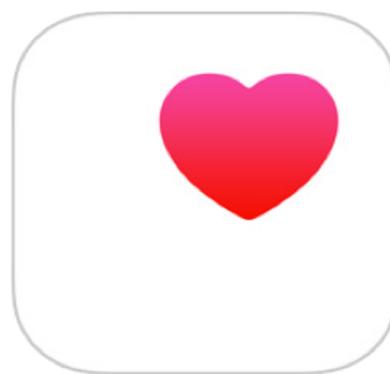
The app, in theory, is supposed to be a way for users to aggregate all of their health data in one place on their phone. The Health app allows users to see their entire health picture in one place, without having to trek through multiple apps and collect their own data.

The “Dashboard” tab is the main screen for the Health app. On this tab you can pin different data types that you want quick access to. To do so,

select the “Health Data” tab, then select a data type, and turn on “Show” in “Dashboard.” A screen containing data from the data type will be displayed in graphical form on the “Dashboard.” You can rearrange these graphs by tapping and dragging them in your preferred order.

There is also a “Sources” tab within the app that allows you to connect and find different apps that are currently streaming your health information into the Health app.

The fourth and final tab in the app is “Medical ID.” While setting up the “Medical ID,” you can enable access to its data on the lock screen, which EMS workers can look for during emergencies, or you can leave the information within the Health app.



The pink heart icon represents the Health app.

Source: 8bitfit.com

# NEW SEMESTER, NEW WORK OUT

## THREE CLUBS THAT CAN BOOST YOUR FITNESS

BY: JENNIFER LINKINS

Did you start your fall semester with a goal to get in shape? You likely planned to eat healthy and make regular trips to the gym, but stress from classes may already be throwing a wrench in your plan. There are a variety of on-campus clubs that can help with your fitness, but check out these three that are working-out in some unique ways.

### TEAM U

**WHAT IS IT:** Team U is a national organization of fund-raising endurance teams that focuses on improving health worldwide. The university chapter started last spring and participates in many runs throughout the year. Guest speakers also attend meetings to speak about global health and poverty issues. The university Chapter President Coby Sloyer said that you do not need any experience with endurance runs to join the club. It welcomes everyone.

**JOIN IF:** You have a passion for community service.

**MEETINGS:** Group runs on Tuesdays and Thursdays

**CONTACT:** Coby Sloyer (President) at [jacob.sloyer@gmail.com](mailto:jacob.sloyer@gmail.com)

**“WE HAVE A COLLECTIVE KNOWLEDGE AND KNOW HOW TO TRAIN PEOPLE PROPERLY FOR THE TRIATHOLON.”**

**-NATHAN ROE, PRESIDENT OF MARYLAND TRIATHOLON**

### MARYLAND TRIATHOLON

**WHAT IS IT:** If you tire of the same workouts every week and are interested in a challenge, then why not change it up with Maryland Triathlon? The club offers practices six days a week that include running, swimming and biking with the hope of getting all members prepared for a triathlon. Regardless of your experience level, anyone can join and slowly build up his or her fitness level, said President Nathan Roe. The group competes in seven to eight triathlons during the year. They are even hoping to attend the national competition this year at Clemson University. “We have a collective knowledge and know how to train people properly for the triathlon,” said Roe.

**JOIN IF:** You want bragging rights

**MEETINGS:** Six days a week

**CONTACT:** President Nathan Roe at [umdtriclub@gmail.com](mailto:umdtriclub@gmail.com)

### CHAARG

**WHAT IS IT:** Also a nationwide club, CHAARG is built around the goal of providing unique and stimulating workouts for girls, while also acting as a support system for any girl interested in improving her health. Maryland’s chapter began just last spring and already has about 100 members! They bring in Nike trainers for bootcamp and Doonya (a Bollywood-style Zumba), as well as dieticians and motivational speakers. Do not feel intimidated, though! “We have girls who have never lifted a weight before in their life,” said the university Chapter President Claudia Pagán. No matter what your fitness level, you can be a part of the CHAARG family.

**JOIN IF:** You are so sick of the elliptical.

**MEETINGS:** Sessions every Thursday 7-8 p.m. or 8-9 p.m. (your choice)

**SIGN UP:** [www.chaarg.com/product/university-maryland-chaarg-membership](http://www.chaarg.com/product/university-maryland-chaarg-membership)



Students doing yoga at the CHAARG yoga party.

Photo by: Alex Martocci

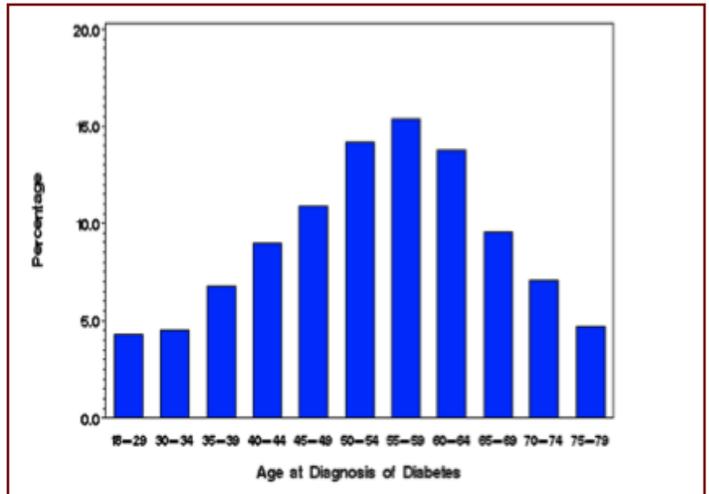
# DIABETES CAN AFFECT YOU, TOO

BY: LIA COLLEN

College students may think that diabetes is not something that they need to concern themselves with now, but that is not the case. Young people are more at risk for diabetes and other health issues than ever before. According to a study reported by the American Diabetes Association, more than 20 million people between the ages of 20 and 65 have been diagnosed with Type 2 diabetes. Type 2 diabetes is characterized by high blood sugar levels and affects the body's ability to effectively respond to insulin. Diabetes can be developed without a genetic predisposition, so it is crucial that college students maintain healthy behaviors, Melissa Stoppler, M.D., wrote in an online article.

Eating healthy and exercising are the best ways to prevent diabetes. The University of Florida's health website confirms that eating healthy means consuming foods with a lot of fiber, including whole grains, fruits, vegetables and nuts. Some doctors say that nuts can be particularly beneficial in preventing diabetes. One study showed that women who consumed more than five one ounce servings of nuts per week had a lower risk of developing diabetes than women who consumed no nuts, Stoppler said. Eating foods with low amounts of sugar, oil and fat also prevent diabetes. The university students living on campus can eat at several of the diners. Students should make sure to check out the healthier food options at Sprouts, the Gourmet Salad Bar and the main salad bar. The diner's healthy initiatives are ideal for students looking to prevent diabetes.

Exercising, along with eating healthy, is necessary to prevent diabetes. Regular physical activity, whether it is running, walking or yoga, it all helps develop lean muscle mass, which prevents prediabetes. Exercising can help students lose



Doctors diagnose about 5 percent of young adults with diabetes.

Source: Centers for Disease Control and Prevention

weight, lower blood sugar and boost sensitivity to insulin. Working out allows the body to use insulin more efficiently, for up to 70 hours after the exercise has concluded. An article from the Mayo Clinic states that the best exercise program is one that includes both aerobic and strength training. Students can visit Eppley Recreation Center or Ritchie Coliseum for exercise equipment and classes to stay healthy.

Although college students are constantly busy with classes, homework and clubs, they can follow a well-balanced diet and exercise regularly, which will not only help prevent diabetes, but promote an overall healthier lifestyle.