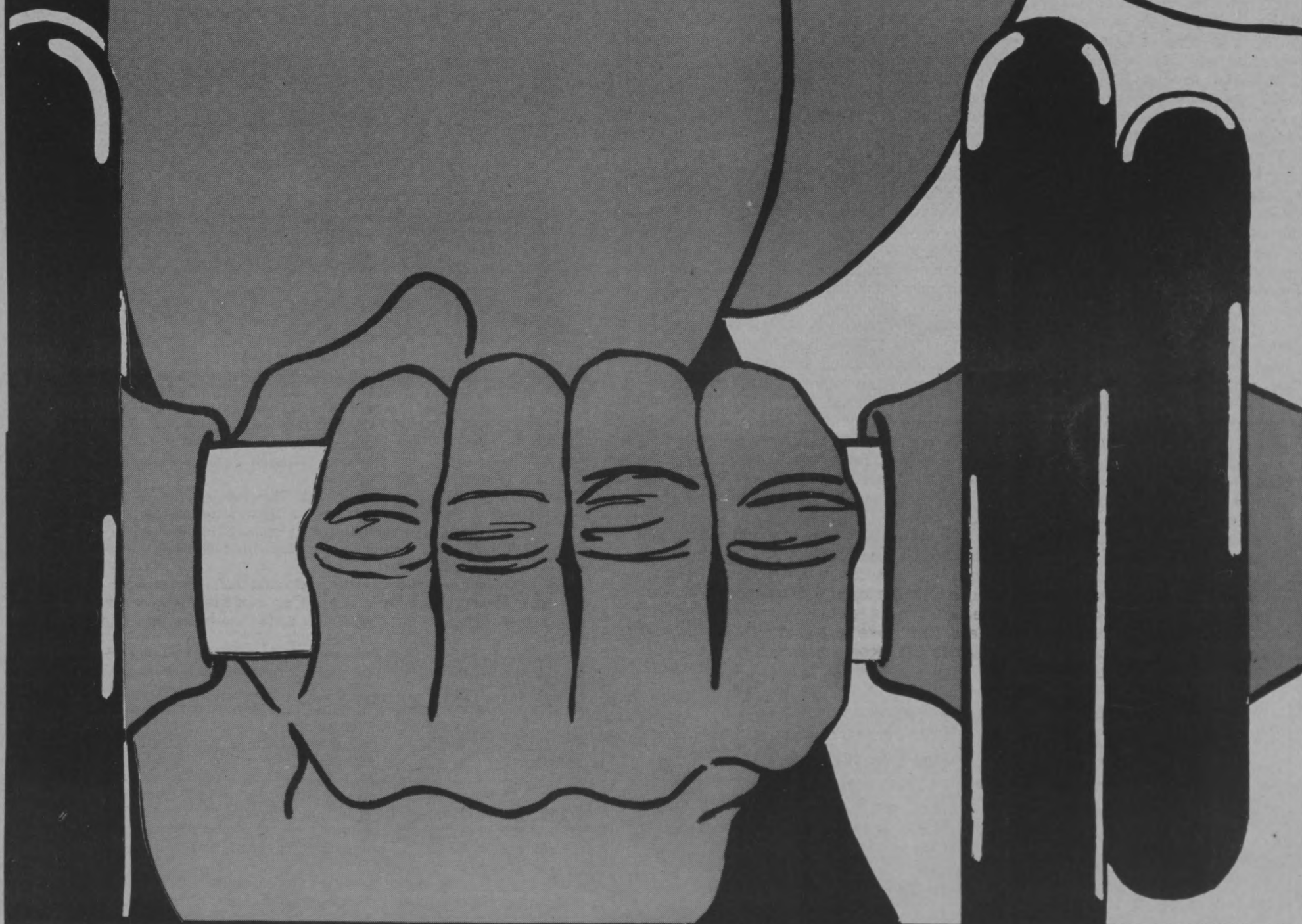


Health and Fitness

Smith



Exercise Your Right to Get in Shape

By Max Donnelly,
Jeff Solomon, and
Jason Spievak
Staff Writers

Santa Barbara ... awe-inspiring mountains bordering a deep green ocean. Sun, sand, surf, and, of course, bikinis and briefs on the naturally beautiful people who gravitate to this paradise. We're talking body fat percentage counts so appallingly low that if you fried these people up they'd barely wet the pan.

And now, with spring creeping up, these gods and goddesses will be flaunting the curves of their hard-bodies. But let's face reality, shall we? You're not going to acquire one of these bodies by sitting around on your ass, watching T.V. Biceps aren't built by doing the beer-curl, and you don't increase your lung capacity by holding in bong-hits. And, what's more, with most of us embarking on the third

decade of our lives, now's the time to get in shape — unless, of course, you won't mind going in every week to get your fanny tucked or your thighs liposucked.

Barring that, you'll be stuck with plumber's butt and a weekend warrior's beer belly. Now don't get us wrong, not being a perfect physical specimen is no crime, far from it. But you might lose your California residency, and tuition expenses for us aliens shoot up there, baby. So for monetary reasons if nothing else, here are some tips for those who choose to socially conform. Besides, cardiac arrests can be annoying, and life in an iron lung is not all it's cracked up to be.

So what are you going to do about it? Sit around and drink a few more beers wallowing in self pity, while just outside lies a bonanza of exercise opportunities, some of which are even intrinsically enjoyable? That's right, couch potatoes, we're talking about actual physical

activity (gads) that will make you smile while you do it.

If you have a broad grin, swimming may not be for you, unless you have gills too. But for all-around conditioning at minimal expense to your bone structure and ego, if you can control your joy enough to avoid inhaling large amounts of water, swimming is tops.

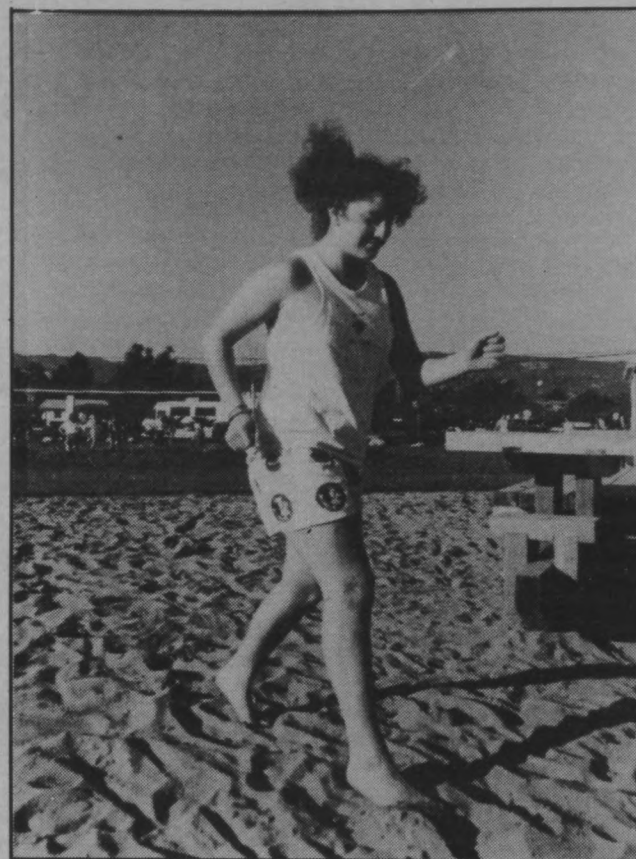
There's very little pressure, no stop watches or crowds of people observing as you flop about trying to thrash yourself into some semblance of physical fitness. If you're really into the Isla Vista booze-swigging Dorito-munching lifestyle, there's no way you'll sink, even if the exertion banjaxes you.

If you use good sense, swimming is one of the safest forms of exercise available. There are two pools on campus which are open to anyone who wants to swim. One at San Rafael Residence Hall, and one next

to the old gym. And there's always the ocean, although we encourage you not to strike out perpendicular to the shore, because the Channel Islands are farther away than they look and harder to hit than you might think once the currents take over.

And then there's running. I.V. is simply a haven for runners of all types. You can run through the streets, run along the cliffs, run on the beach, or, if you're really boring, you can run around the track over and over and over again. So, get your Keds on and run, baby, run. Go, go, go. Stretch it out, push it, keep it up. Run. It feels good to sweat. Just beware of those crazy drivers.

Now, if you're looking to be muscle-bound or just want to tone up a little, you can pump some iron in the weight rooms on campus. The Shack, next to Rob Gym, requires only a current reg card and some desire to work out. It has a wide range of free weights and Universal machines to work your muscles into a pleasant state of exhaustion. Or you could join the UCSB Fitness Center, if you're willing to pay for access to a spectrum of mechanical weight machines, as well as the brand new high-tech spring-loaded aerobics studio. In either case, your roommates will have to be understanding and cooperative, since they will



probably have to feed you. Your arms will swing uselessly at your sides for days following your first workouts.

If you want to work out with the in crowd, or just like the feeling of skin-tight Spandex between your legs, cycling may just be your calling. Although the fashionable equipment can run you into the thousands, Santa Barbara is one of the cycling centers of the California coast. Hundreds of miles of bike paths and bike lanes on most of the major streets in the city make SB a must for California cyclists. But if you're going to do it, do it right. Make sure you get a pair of those absolutely

ridiculous looking shoes with the mound of plastic on the bottom which renders them useless for anything except actually pedaling a very expensive bicycle.

Now for those of you already in shape, you know all about what we're going to tell you, but for those of you with the body by Budweiser who are about to get active, heed these words. Start out slow and easy. Stretch out. Warm up and cool down. No sense in tearing something that may be of value to you at some point in the future. Eat right. Stop stuffing your face with 2,000-calorie subs and greasy, slimy IV pizza. Go out to the produce section, pick up some fruits and (See HEALTH, p.7A)

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Pass the Spaghetti Pill Please

By Ben Sullivan
Staff Writer

nutrition (nu-trish-un): The sum of the process by which an animal or plant absorbs, or takes in and utilizes, food substances.

When it comes to nutrition, most of us figure we're pretty conscientious and eat well enough, albeit with some room for improvement.

Yeah right. Let's face it, when it comes to filling an empty stomach, a slice of pizza and a Coke are easier to get ahold of and often tastier than an alfalfa and goat cheese sandwich washed down with a warm glass of kiefer.

But daily reliance on pizza, hamburgers, candy bars, coffee, soda, french fries, Otter Pops, cigarettes, beer and other typical college fare leave a body lacking in some pretty basic nutritional areas, not the least of which are vitamins and minerals.

But not to worry. Thanks to the wonders of modern science and those caring people in the multi-billion-dollar-a-year food industry, all a body could possibly want, from calcium to chlorophyll, fish oil to phosphorous, can easily be found in capsule form, no further away than the shelves of your local drug store.

In a scene reminiscent of

the old Jetsons cartoon where George would order a spaghetti lunch and be given a plate with a tiny spaghetti pill on it, today's health food shopper can buy bottles of pills of such concoctions as de-odorized garlic oil, concentrated royal bee pollen, active yeast culture

fancy New Age health food stuff.

Let's begin at the beginning. A vitamin is any of a group of constituents of most foods in their natural state, of which very small amounts are necessary for the normal nutrition of animals. Whew!

helps your body grow. But in the case of the Big A, too much of a good thing can be very bad.

You see, vitamin A builds up in your body and if you don't process it fast enough, it can be highly toxic and even kill you. So, unless your doctor tells you to take Vitamin A supplements, stick to the natural sources of the chemical like dark green and yellow leafy vegetables.

Now vitamin B, which is actually a group of chemicals which still are not fully understood, is found in eggs, green leaves, nuts, grains and the ever-popular whey. Among other things, the B vitamins prevent blacktongue disease in dogs and serve as a growth-promoting factor for rats, I think.

For anyone familiar with vitamin C, the name Linus Pauling should spring readily to mind. He's a big advocate of vitamin C, which our bodies can't produce on their own, and thinks that it can cure everything from cancer to the common cold. As most people know, vitamin C is found in citrus foods, like orange juice. I've never personally known anyone who has overdosed on vitamin C but the most amazing thing happens to the color a person's urine when they take a vitamin B complex with a vitamin C. Let's just say the term dayglow gains new meaning.

Ah, my old nemesis (See VITAMIN, p.7A)



MITSUYA TAKENAGA/Daily Nexus

and extract of slime mold.

Well, I made that last one up, but you get the picture. It's getting to the point where you don't really even have to eat food any more, just swallow a handful of pills.

But time was when a person looking for a nutritional boost looked no further than the bottle of Flintstones Chewables to balance out a sometimes lacking diet. Which brings me to the real point of this article, to provide a quick review of the basic vitamins a person needs to survive, without getting into all that

What that boils down to is that vitamins are some particular chemicals found in food that your body needs to maintain itself. And there are surprisingly quite a few of them. But as mentioned above, we should begin at the beginning, and in vitamin lingo that means vitamin A.

Vitamin A, considered by some to be the "skin vitamin," is a colorless alicyclic alcohol, which means not a heck of a lot to you and me, but to our thriving or lagging bodies it means that it keeps your skin healthy, does good things for your eyes and

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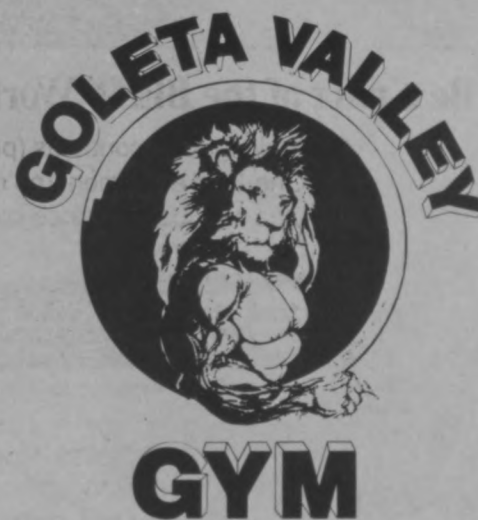
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Dancing With Mr. D: An

By Matt Welch
 Staff Writer

It's one of those subjects that divides opinion clearly throughout every social strata and caste. Some call it evil yuppie flagellation. Others say it's better than sex. Some call it more dangerous than skydiving. Others insist it's the healthiest thing under God's universe. Some call it the symbol of a selfishly materialistic decade. Still others say it's better than sex.

The subject — or perhaps more accurately, the phenomenon — is aerobics. The word itself looks like the main ingredient in a New Age noodle recipe. There's no substantial difference between it and "macrobiotics," and no one wants to touch any of that stuff. There's something vaguely snobbish and Norwegian-cum-Hollywood about any word that begins with "a-e," and then when you hear one of those fitness yahoos talk about it like it's a great tasting candy that you can't eat, well, you just sort of feel put off by the whole concept.

There in fact exists an entire subculture of people who speak of aerobics in tones usually reserved for messiahs, Magic Johnson and frimples. It's human nature to shy away from people who are deathly serious about dancing around to Wham songs in squads of 30. And it's just tough to take anybody who says stuff like "High-impact has really tightened my glutius" seriously.

So it's easy to see why people (especially the fat ones) ridicule those who try to somehow combat gravity's damning effect on their beer-saturated bellies. But like the horse people say, it is easy to criticize that which you do not understand.

On of the recurring uninformed criticisms of aerobics is that, as far as physical exertion goes, it's a piece of cake when compared to "real men's" sports like basketball. "Oh, gee you're going to aerobics," they sneer. "I *#@-ing Wimp."

I myself was of such opinion when I and three friends of mine signed up for a weekly 8 a.m. Saturday aerobics class at Long Beach City College last January.

We figured we'd wake up early, dance around for awhile, take a gander at the babes, then go out and play basketball at the park until someone beat us. Nice plan. Nice try.

The four of us walked into class and immediately the instructor yelled at us for being late. The 60 or so women in the gym-thing looked at us and our collective aerobic ensembles — all kinds of Air Jordans, blatantly unmatched socks, torn drawers, bandanas — with a quick and mean disgust. We were the only guys in there but somehow we weren't at all feeling good about it.

Aerobics, as the instructor explained, encompasses a vast expanse of territory ranging from hardcore dance to light stretching. Every instructor teaches a course uniquely his/her

Health Center Tour

By Garrett H. Omata
 Contributor

Among the many advantages that exist by attending the University, the Health Center stands out as one of the major ones. Not only acting as an emergency ward for on and off campus accidents, the Center abounds in a myriad of needed health services, many of them free of charge or at least paid through our quarterly tuition fees.

For those students who have not yet felt the need for professional care, the Center is located at the north-west end of campus on El Colegio Road and is open from 8:00 a.m. to 5:00 p.m., and takes appointments during this time.

I can personally vouch for the authenticity of their hospital facilities — I've never had the need for services, but when I arrived for my appointment for a tour, they kept me waiting in the lobby for almost twenty minutes. They even had out of date magazines lying haphazardly around a coffee table. How authentic can you get?

A trip to the Health Center usually entails the student making a medical appointment over the phone or in person, though phoning in will save one a great deal of hassle since they usually see up to five hundred patients a day, and up to 80,000 a year. They offer a great deal of different medical services along with educational ones. The medical includes pharmaceutical, dental, orthopedic, physical therapy, and X-ray. And many of the

physically-related problems are broken down into different clinics, such as cold care, warts, dermatology, antigen, and internal medicine. This also includes a women's clinic that addresses areas unique to their physiology, such as gynecology.

One of the services the pharmacy offers that has received much attention is their sales of condoms, at the inexpensive price of ten for \$1.50. The Center sees this as a very good way to promo "safe sex" among the student body.

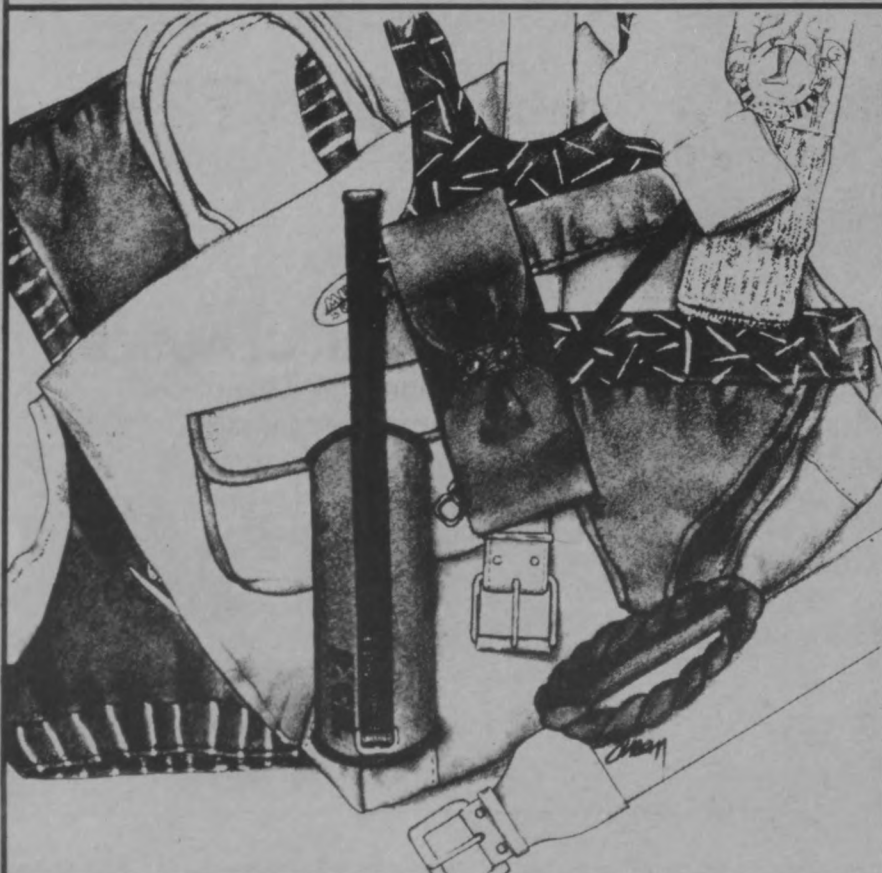
Their physical therapy department is one they are very proud of, recognizing that very few health plans offer one as extensive as theirs. After a private physician prescribes treatment to their patient, the PT's do an evaluation and set up treatment that may extend from a few weeks to six months. The most common injury they find is in the knee or ankle area, which makes up around 60 percent of their patients.

An initial visit will include having to write down your medical history before addressing your problem. General physicals are no longer administered here, because it did not turn out to be practical for the students' budget.

But administrator Karen Gregory is quick to point out that the Center is concerned about a lot more than just physical health. "The Health Education is a very huge department," she says. And it encompasses several different areas, including alcohol and drug dependency, stress management, eating disorders, family relationships and AIDS.

They are very organized in providing both

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An Aerobics Retrospective

own, but there are some parameters that remain fairly constant throughout the genre, most of which deal with "impact."

Low Impact

Aerobic respiration, for those of you who were too stoned in Anatomy to remember, basically means respiration that involves your heart in a serious manner. Aerobics as a dance form was originally intended to help strengthen the heart and expand its performance capabilities. Messing with the heart, as Wade Daniels will readily tell you, is a dubious proposition at best. Most people (even our age) are badly out of shape. It is not, therefore, a good idea for a smoke-happy boozier to go out and jump around in a frenzy for two hours. A heart not used to exerting itself has a tendency to object to serious demands placed upon it.

That's why there's a thing called *low impact* aerobics. This is basically for everyone who can't remember the last time they did anything physical. Low impact is a slow and steady series of stretches, kicks and light dancing. Of course, if you're in any kind of shape, they don't really allow you to do that.

Low/High Impact

After a cursory explanation of just what the hell it was that we were doing, our instructor at good ol' LBCC said to heck with it and put on "Lost in Emotion" and started grooving. She thought it was a good idea for us to wander through some low impact to warm up, and then get to the serious stuff. This kind of program is unimaginatively titled *low/high impact*

aerobics.

We quickly learned the importance of a good stance. In low impact, much of the work is done with feet shoulder-width apart, knees slightly bent and center of gravity centered. From here you do a series of poetic arm thrusts and swings in counts of eight to music you generally hate. Although it looks harmless, you soon found out (as we did) that arms can only stay above shoulder level for so long before they start to throb in an entirely new fashion.

The low impact portion of our program lasted about 30 minutes, by which time our arms were sore in a dozen or so places. Lifting weights is great for people with the ability to motivate themselves with discipline. For the rest of us squeebs nothing beats a good dose of peer pressure.

So we did it, dreading the prospect of the smelly beast called...

High Impact

If you've never heard "Push It" on a bitchin stereo in a room full of pained, sweaty dancing people, you really haven't heard the damn song at all. High impact is a term to describe purposeful dancing, dancing with kicks, jumps and everything associated with dancing, along with the aforementioned arm hell. To see a highly advanced group do it, is not unlike seeing a juicy episode of "Fame." Except that you never saw Coco sweat.

As a group we struggled awkwardly to keep up. After an hour of intense frolicking we were ready to do nothing but sleep.



MUTSUVA TAKENAGA/Daily Nexus

information and education which, Sabina White of the Education department said, "can be two very different things. If all we needed was information, then we wouldn't need the human element."

It is this element that White emphasizes greatly. They have three psychiatrists on staff part-time, as well as several student paraprofessionals who are trained to work in different areas. Examples of these include lectures and classes on relationships, as well as small group discussions of around forty students that gain academic credit, and whose participants are then prepared to go and speak to other students Support groups of four to five people each are also available.

But more importantly, they teach students in methods of self-help, providing them the education to work on their personal problems without relying on them. To accomplish this a great deal of activity goes into organizing and promoting health lectures and seminars, such

as the recent one for AIDS.

Mental health is not just delegated to the education department. There is a good overlap of patient care occurring. White stated, "many students will want to come in for physical complaints much more often than emotional ones." Staff members are equipped to handle this, either through their programs or through the psychiatrists who can diagnose and refer patients to further care.

Another area that the health officials here are very concerned about is the communication of students' needs to the administration. To this effect they have established the Student Health Advisory Committee (SHAC) in order to discover these problems and face them. This committee is made up of three undergraduate students and one graduate whose purpose is to get campus input on the quality of care. Gregory states quite implicitly that they can't fix the problems if they don't know about them.

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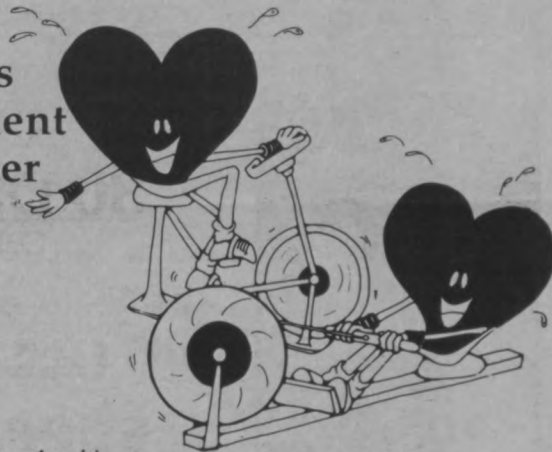
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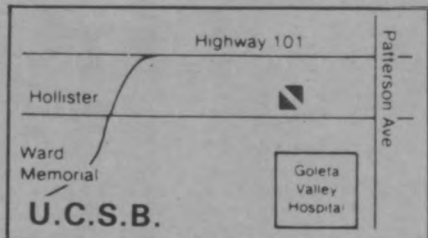
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Hints For a Healthy Heart

By Wade Daniels
 Staff Writer

It may be difficult to believe, but heart disease can affect and sometimes even prove fatal to college age people.

In fact, a 22-year old track athlete and student at UC Davis suddenly collapsed and died earlier this month due to what a deputy coroner said was "no doubt cardiac-related."

Obviously, this sort of thing doesn't happen nearly as often as it does to people our parents' age. Heart attacks are bound to become the next fad among members of the baby boom yuppie generation who didn't bother to consider that they might get old someday and it would be a good idea to take care of themselves. Such might be the fate of our generation if we don't begin taking measures to prevent that prospect.

And by now we all should know what sorts of things contribute to heart disease — high cholesterol foods like dairy products and beef, smokes, heavy drinking, sitting around watching too much cable — all the good stuff.

Probably the main problem we have to deal with is actually realizing that at some point in our lives, the old pumper might just double-cross us, even though that might not happen until well into the next century.

But indeed, even some children who have been autopsied after dying in car crashes etc. have shown evidence of the first stages of artery disease, according to a Louisiana State University Medical Center researcher who has participated in a long running study in that state on the origins of heart disease. Actual fatty streaks were found in the heart arteries of nine of 34 males and one of 11 females, according to the study.

It would seem that the blame for these circumstances would not so much rest on the children themselves, as it is unlikely that they tend to consider or even care what is or isn't good for them before they eat it. Rather, as we may recall, all that matters to a child is the food's taste.

The blame for young people's poor diets must partially be

attributed to the profit motives of our multi-national conglomerates who pander the likes of "ooey gooeey rich and chewy" to the fragile eggshell minds watching Saturday morning cartoons, while touting "high fiber" and "low cholesterol" to the thirty-something prime-time viewers.

And, part of the blame rests on the parents who buy the wrong kinds of food for their kids and/or don't supervise what they eat. We've all had friends with whom it was always somewhat profitable to eat lunch because their parents would pack their lunchpales so full of neat cookies and bags of chips and the like, that they would inevitably end up giving some away. And it was often those same kids who, if you were lucky enough to get invited to their house after school or on the weekend, would always have lots of great stuff to eat laying around the kitchen they would offer you.

That was fine then, but what about now and the future — are we destined to keep the booming bypass surgery business alive?

The aforementioned researcher, Dr. Berald S. Berenson, said that "If we don't change, our children will be the next generation of heart attacks."

Saving the children is a noble notion, but for this period in our lives, one might consider it a top priority (albeit a challenging one) to reverse ingrained eating and exercising habits after leaving home and coming to UCSB. Moving into a dorm necessarily entails subsisting on dining commons food, and for a good percentage of us, that means donning the dreaded "freshman 15," otherwise known as "dorm-butt."

What with all the responsibilities placed on and assumed by college students, many find it difficult to find time to exercise away that newly acquired flab, which adds to the load the heart must support. Constantly being stressed about due dates and exams doesn't help either.

Students have been placing further obstacles towards their quest for longevity, many of which come rolled up in a small piece of paper — sometimes filtered, sometimes not. Cigarette smoking among college freshmen has increased dramatically in the latter part of this decade — roughly 25 percent, according to a recent study.

And what to do about all this?

We can keep on eating steak and eggs for breakfast and hope technology will have an easy and affordable answer by the time the chest pains come. There are already many drugs on the prescription circuit that reduce cholesterol or stress levels, and of course surgical operations whereby arteries are scraped clean or new parts are installed.

But common sense inevitably tells us that we are to blame for what we put in and how we treat our bodies from now on, and there will be no one to cry to except maybe someone in the hereafter when a terrible crushing sensation suddenly envelopes the middle chest area.

(For more information about heart disease prevention, contact the UCSB Wellness and Fitness Center at 961-4000.)

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VITAMIN

(Continued from p.3A)
vitamin D. Actually considered by some to be the anti-rickets vitamin, this chemical compound is found in egg yolk, fish oil and some other less pleasant places. It is responsible for regulating the calcium-phosphorous level in the human body.

Enough said.

Vitamin E, the so-called anti-sterility or reproductive vitamin, formally called vitamin X, is important because without it both men and women go sterile. You can find it in nut oils and leaves and a lack of it also leads to muscular atrophy. An interesting sidenote is that if you have really severely dry hands, try

cutting a vitamin E capsule open and rubbing it on your hands. No joke, it works. My Dad did it.

There are a bunch of lesser vitamins, like K, P, L, but not too many people know what they do and as a rule they are found in very obscure places like in the spice paprika, and on the outside of alfalfa leaves. So, take it from me, they probably

don't concern you.

Just remember, vitamins are your friends, and a balance of them is necessary for a healthy body. But try to get them in foods rather than through capsules and fancy sounding pseudo-drugs. It's healthier and cheaper. If all else fails, though, find yourself a jar of Flintstones Chewables. I especially recommend the purple Dino.

HEALTH

(Continued from p.2A)
veggies. And don't fry everything every time you cook (fried ice cream, for crying out loud, talk about a loaded gun).

Having a body like Sheena Easton or Arnie Schwarzenegger isn't the most important thing. But you've got to stay healthy. Don't be a burden to your children fifty years down the road. Get in the exercise habit now while you're young, before all that adipose tissue

hanging around your middle exercises that option on the lease and takes up permanent residence.

There's no end to the possibilities in this area dedicated to health and fitness consciousness. Hiking, camping, roller skating, surfing, even leisurely walks along the tar-encrusted Santa Barbara coast are a great way to stay in shape and relax. Of course, there's our favorite sport: sex ... it's free (theoretically) and you don't need any special shoes.

It is not against the law for a woman to go part-way, change her mind, or say No. It is against the law if it is against her will. It's called RAPE.

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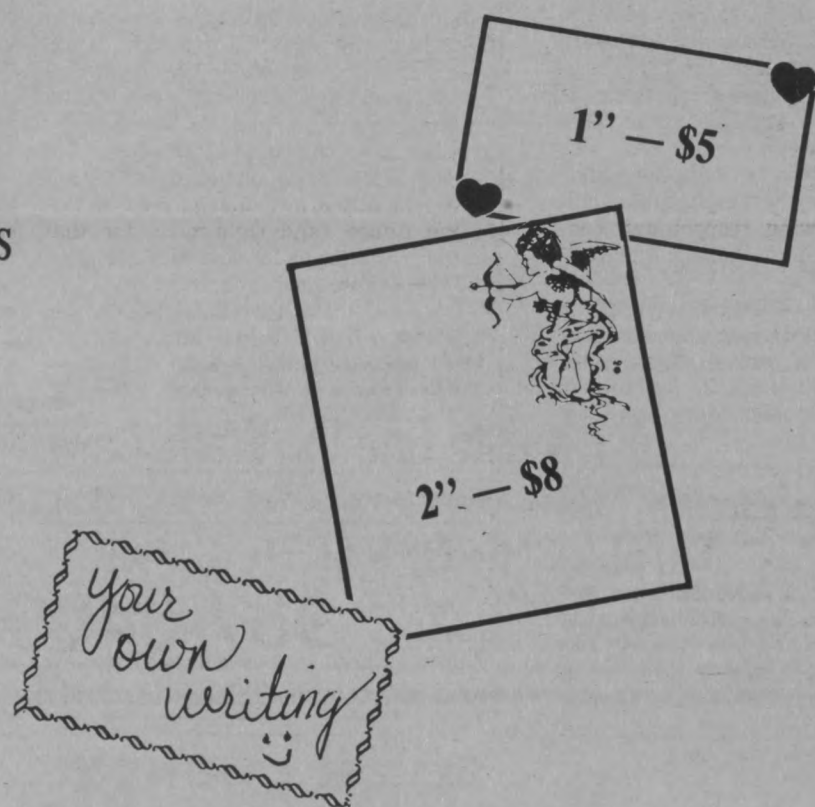
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