

INSIDE THIS ISSUE:

|   |     |
|---|-----|
| TOP 10 TIPS TO STAY HEALTHY                 | 1   |
| WALK YOUR WAY TO A HEALTHY LIFESTYLE        | 1-2 |
| FAST FOOD NUTRITION GUIDE                   | 2   |
| MUSCLE DYSMORPHIA                           | 3-4 |
| WHAT'S THE NEW WWW.MYPYRAMID.GOV ALL ABOUT? | 5   |

MCCOMAS HALL

# FITNESS-WELLNESS NEWS

ALWAYS AVAILABLE

**WELLNESS NEWS AVAILABLE ONLINE!**

Receive your next issue of "Wellness News" electronically! Visit our website at [www.healthcenter.vt.edu/Resources/shc-wellness-newsletter-archive.htm](http://www.healthcenter.vt.edu/Resources/shc-wellness-newsletter-archive.htm) to sign up for your next free issue today! You will also find back issues of the "Wellness News." Catch up on what you've been missing!

**DEPARTMENT OF RECREATIONAL SPORTS**

The Department of Recreational Sports offers a wide variety of fitness classes each week, designed to meet the diverse fitness needs of the university community. The Personal Training Program provides instruction, guidance, and support based on a tailored exercise program. This program reflects the client's goals, fitness levels, and experience. Fitness Assessments are a way of measuring an individual's current exercise levels in order to evaluate progress after training. For more information see, [www.recsports.vt.edu](http://www.recsports.vt.edu)

**SCHIFFERT HEALTH CENTER**

**HEALTH COUNSELING & SCREENING**

Obtain strategies for healthier eating habits, and/or starting a personal exercise program. For **free** cholesterol screening or for a **free** personal consult, contact Schiffert Health Center's Health Education Office at 231-3070 or stop by 141 McComas Hall. The Wellness Resource Center is located in McComas Hall and is open from 8:00 AM until 5:00 PM Monday through Friday and contains a variety of health information and health-smart freebies.

**SMOKING CESSATION RESOURCES COUNSELING & QUIT KITS:** Learn strategies and pick up resources to help you **Live Smoke Free**. For a **free** smoking cessation counseling session call 231-3070. For a free Quit Kit stop by Wellness Resource Center, 141 McComas Hall.

**WELLNESS GALLERY**

Do you have questions about your fitness level? Are you looking for ways to incorporate better nutrition into your life-style? Do you want to find information about how to quit smoking, or deal with high stress levels? Visit the *Wellness Gallery*; a self-help lounge including health assessments, personal action plan guides, helpful handouts, pamphlets, and more! Check it out alone or with a friend. Where? On the second floor of McComas Hall.

**DIETARY ASSISTANCE**

Are you gaining weight and can't stop? Are you tired all the time? Are your eating habits erratic and unbalanced? Do you have food allergies? Do you have special health concerns such as diabetes or high blood pressure? If you answered yes to any of these questions, call 231-5313 for a **free** appointment with the Schiffert Health Center Dietitian.

TOP 10 TIPS TO STAY HEALTHY

Around this time of year, it seems tough for college students to maintain a healthy lifestyle with a strong immune system, appropriate exercise, proper nutrition and adequate rest. Between being stressed with extra school work and surrounded by people with colds it can be hard to keep yourself healthy. Often, you aren't able to squeeze in a full night of sleep each night let alone make it to the gym during the day. So how do you stay healthy with all these forces against you? Well...read the "Stay Healthy" tips located in the boxes throughout this newsletter to find help to maintain a healthy lifestyle in every aspect!

Rebekah Spence

*Fitness Instructor, Recreational Sports*

References: <http://www.health-fitness-tips.com>; <http://www.youngwomenshealth.org/healthy.html>; <http://familydoctor.org/369.xml>; <http://stress.about.com/cs/exercise/a/aa072003a.htm>; <http://dictionary.reference.com/search?q=endorphins>; <http://www.thedailystar.com/news/stories/2004/10/12/flu.html>; <http://health.indiatimes.com/articleshow/1011233.cms>

STAY HEALTHY TIP #1: EAT HEALTHY

The first step to a healthy life is a healthy diet. Be sure you're getting the correct nutrition for your body. Eating fruits and vegetables daily will provide your body with the vitamins and minerals it needs in order to fight off sickness. Cutting back on foods that are high in fat is also a good idea. Avoid high sugar foods that provide quick energy that will come and go quickly, leaving you tired and craving more.

WALK YOUR WAY TO A HEALTHY LIFESTYLE

As a college student, you may find it difficult to find the time to exercise. Between all those classes, meetings, and doing endless amounts of studying, how could you possibly make it to the gym? Here's the thing.. you don't have to go to the gym! Ok, before you go and start thinking I'm crazy, just hear me out. Did you ever stop to think that all that walking you do on campus actually burns calories? Well, it *does*, and not only that, but, if done frequently and efficiently, walking can decrease your risk of numerous other health conditions down the road.

*Did you ever stop and think that all that walking you do on campus actually burns calories? Well, it does, and not only that, but, if done frequently and efficiently, walking can decrease your risk of numerous other health conditions down the road.*

What exactly qualifies as "frequently and efficiently" you ask? Well, you should try and opt for an hour (the hour may be accumulated time it doesn't have to be one hour straight) of moderate pace walking on a daily basis. This is very easy to do, even with your busy schedule. Think of all the times you drive from one side of campus to the other, have to fight the traffic, and circle the parking lot numerous times just to find a parking spot. You can save a lot of time (and gas) if, instead, you walked to all your destinations throughout the day.

Not only that, but how many hours do you spend in front of the computer or television? Cutting out just 30 minutes of this sedentary activity, and replacing it with a walk downtown or around the block can have significant benefits. You burn an estimated 145 calories, about the equivalent of a can of coke or a medium cappuccino (which I know we all drink a lot of during those late night study sessions). It's as simple as that.

Once you've taken the step and decided to get up and walk more, the next step is to make sure you are walking *correctly*. I bet you didn't know there was a correct way to walk, did you? Well, there is, but don't worry.

**WALK YOUR WAY TO A HEALTHY LIFESTYLE** (CONTINUED)

**Below is a list of helpful tips for efficient walking:**

**WEAR THE RIGHT SHOES!**

Make sure your shoes are the right size and are made for walking. They should have a low, supportive heel with a flexible sole.

**GET A GOOD PUSH-OFF AND HIT WITH A HEEL-TO-TOE MANNER.**

Roll through your stride with your back leg and foot. Let your heel hit the ground first, gradually followed by your toes.

**SWING YOUR ARMS, CORRECTLY.**

They should be bent at a 90 degree angle, while keeping your elbows close to your body. This should feel natural.

**MAINTAIN GOOD POSTURE.**

Stand up straight, relax your shoulders and be sure to keep your head up.

**WEAR PROPER CLOTHING.**

If it is dark out, wear something so others will be able to notice you, such as reflective stripes.

**AVOID BOREDOM.**

Walk with a friend or listen to music to keep yourself motivated and entertained.

**HYDRATE!**

In addition to drinking 80 ounces of water a day, be sure you are hydrated before, during and after you walk. Bringing a water bottle with you is a good idea.

Well there you have it! You are now a skilled expert on walking. So what are you waiting for? Go ahead, get up and get moving! If you would like to know how much you walk in a given day, a pedometer can be very useful. You can track the number of steps you walk, and then later convert them into your distance walked, and about how many calories you burned from your walk.

You can also check out the following webpage for more information about walking on the Virginia Tech campus, as well as an estimation of steps between popular distances walked throughout the campus.

<http://www.recsports.vt.edu/fitness/health/>

Kendra Bressler

*HNFE- Exercise and Health Promotion  
Field Study, Recreational Sports*

**STAY HEALTHY TIP #2: KEEP STRESS LEVELS DOWN**

As hard as it seems, try to reduce your stress as much as possible. Find out what your stress-buster is and spend a few minutes each day doing that. It may be getting dinner with your friends or grabbing a book and heading to the nearest coffee shop for a break away from things. Whatever it is, indulge for a bit to keep your stress at a manageable level.

**FAST FOOD NUTRITION GUIDE**

Being in college means we sometime don't have time to cook, or that we must eat on the go. Most choices available are high in fat and calories. But there are some good options out there.

**MAKE THE RIGHT CHOICES**

When dining out the healthier items are often labeled. They are sometimes labeled with a heart or other symbol. If you have any doubt about a food selection just ask the server.

**BE A LEADER...NOT A FOLLOWER**

Just because your friends are ordering non-healthy choices it doesn't mean you have to. Try to go for the lighter choices on the menu. They are always available.

**BE CAUTIOUS OF SALADS**

Ordering a salad may not always be the healthy choice. When the salad is loaded with cheese, bacon, eggs, high fat and calorie dressing and other high in fat toppings, you are not doing much better than a burger and fries. Try to avoid these toppings and stick to fresh vegetable toppings and fat-free or low-fat dressings.

**NOT ALL FAST-FOOD IS BAD**

Fast food does not necessarily mean bad food. A lot of fast food restaurants have healthy options to choose from such as grilled chicken sandwiches, baked potatoes (minus the butter and sourcream), small burgers (minus the mayonnaise). These options won't bust your diet and are actually good for you. Wendy's Grilled Chicken sandwich contains 300 calories and only 7 grams of fat. It contains 24 grams of protein and 15% of the Recommended Daily Allowance (RDA) of Vitamin C and iron.

Julie Harden

*Field Study HNFE- Science of Food and Exercise*

Reference: [http://www.weightlossmba.com/fast\\_food.html](http://www.weightlossmba.com/fast_food.html)

## MUSCLE DYSMORPHIA

Have you ever walked through a gym and noticed that there were some women who looked like they weighed very little and you decided in your mind that they were probably anorexic? Have you ever walked around a crowded gym and noticed that there were some extremely muscular men? What did you label them as in your mind?

*Thoughts related to muscle dysmorphia become a problem when they start to interfere with a person's normal functioning.*

Although you may not have known, some of those men may suffer from a disorder called muscle dysmorphia.

This condition, sometimes known as megarexia or bigarexia, is a disorder that could be described as a reverse anorexia nervosa. A person who is muscle dysmorphic weight trains and exercises compulsively, and is obsessed with becoming muscular. Similar to the way that someone diagnosed with anorexia nervosa thinks he/she is bigger than he/she really is and obsesses over losing weight, a person with muscle dysmorphia thinks he\* is smaller and weaker than he really is and is obsessed with gaining weight.

From a psychological perspective, muscle dysmorphia is not a disorder found in the Diagnostic and Statistical Manual of Mental Disorders, unlike anorexia nervosa, bulimia, and other forms of eating disorders. Muscle dysmorphia can be understood in the context of conditions like obsessive compulsive disorder. To date, studies on muscle dysmorphia are scarce. One of the few studies on muscle dysmorphia was conducted in Boston, Massachusetts by the American Journal of Psychiatry. This study found that men who are muscle dysmorphic resembled men with eating disorders in a number of ways. Whether muscle dysmorphia is an obsessive compulsive disorder or an eating disorder is still being debated. \*Although there have been cases of muscle dysmorphia occurring in females, this disorder is most commonly found in men.

It is important to recognize that like many diagnosis of a condition, the severity of muscle dysmorphia ranges on a continuum. Some characteristics of gym goers such as thinking about appearance and wanting to get stronger, more developed muscles are normal among the college population. Thoughts related to muscle dysmorphia become a problem when they start

to interfere with a person's normal functioning.

### A PERSON WITH MUSCLE DYSMORPHIA MAY SHOW THE FOLLOWING SYMPTOMS:

- Spends at least 30 minutes a day preoccupied with thoughts that he is too small or weak
- Has a preoccupation with inadequacy of body size or musculature, which causes clinically significant distress and social impairment
- Avoids social situations for fear of appearing too small
- Is often rather large with well developed muscles
- Gives up social, occupational, and recreational activities to work out
- Avoids situations where his body is exposed to others, or endures these situations with significant amounts of stress
- Refuses to appear shirtless in public
- Reports a fear of "shrinking" if he misses one day at the gym
- Sometimes use steroids, creatine, whey protein, and other supplements
- Continues to work out, diet, or use ergogenic substances despite the knowledge of adverse physical or psychological consequences or injuries.

There is still much to be known about this disorder, however, there are people currently being treated for it. Psychiatrists may prescribe similar medications used for obsessive compulsive disorders to treat muscle dysmorphia. If you want help with muscle dysmorphia you can seek assistance at the Cook Counseling Center located on the second floor of Schiffert Health Center.

### Cook Counseling Center

Phone: (540) 231-6557

Hours: 8am-5pm

If you are concerned about another VT student, you can encourage them to go to the Cook Counseling Center or visit their web site by logging on to: <http://www.ucc.vt.edu/referringstudents.htm>

## STAY HEALTHY TIP #3: FIND TIME TO EXERCISE

Exercise produces endorphins and endorphins are your body's way of fighting stress! According to dictionary.com, endorphins "reduce the sensation of pain and affect emotions." Exercise also boosts your body's immune system and increases its natural virus-killing cells. So, take time to get to the gym or go for a quick jog. Doing so can work to help you de-stress.

## STAY HEALTHY TIP #4: SLEEP

Chances are, if you are not getting enough sleep at night, you're probably falling asleep in class, having problems focusing and guzzling the coffee. All of this adds to the stress of your already stressful life. Make the time you spend more productive by getting a full night's rest. If you do, you'll find yourself staying awake in class so you don't have to spend so much extra time looking up the information you missed in the book and studying someone else's notes. More sleep is a time saver in the end.

**MUSCLE DYSMORPHIA** (CONTINUED)

**SOME TIPS FOR HEALTHY BODY IMAGE\*\***

**REMEMBER** ... that your body size, shape, or weight does not determine your worth as a person, or your identity as a man. In other words, you are not just your body. Some men may be muscular and athletic, but these qualities in and of themselves do not make a person a "man."

**RECOGNIZE** ... that bodies come in different shapes and sizes. There is no one "right" body size. Your body is not and should not be exactly like anyone else's. Try to see your body as a facet of your uniqueness and individuality.

**LOOK** ... critically at advertisements that push the "body building" message. Our culture emphasizes the V-shaped muscular body shape as the ideal shape for men. Magazines targeted at men tend to focus on articles and advertisements promoting weight lifting, body-building, and muscle toning.

**BE ASSERTIVE** ... with others who comment on your body. Let people know that negative comments on your

physical appearance are not appreciated.

\*\*these tips were brought to you by the National Eating Disorders Association. For additional tips, check them out on the web at

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Scott Lawler

Wellness Peer Educator, Schiffert Health Center

Professional Reference: Dr. Gary Bennett, Psychologist, Cook Counseling Center

**References:**

[www.healthyplace.com/communities/Eating\\_Disorders/men\\_dysmorphia\\_2.asp](http://www.healthyplace.com/communities/Eating_Disorders/men_dysmorphia_2.asp); <http://ajp.psychiatryonline.org/cgi/content/full/1571/8/1291>; [www.anred.com/musdys.html](http://www.anred.com/musdys.html); [www.vpul.upenn.edu/ohc/library/bodyimage/image/muscleDysmorphia.htm](http://www.vpul.upenn.edu/ohc/library/bodyimage/image/muscleDysmorphia.htm); [www.goaskalice.columbia.edu/1643.html](http://www.goaskalice.columbia.edu/1643.html)

**STAY HEALTHY TIP #6:  
DRINK PLENTY OF WATER**

Water has many benefits for your body. Drinking plenty of water will keep your body hydrated. This helps deliver nutrients to your organs and helps flush toxins, which can prevent sickness. It can also prevent fatigue and headaches and it can positively affect your energy level.

**WHAT'S THE NEW WWW.MYPYRAMID.GOV ALL ABOUT?**

Many of you are probably familiar with the food guide pyramid and have been learning about it since Kindergarten. This year we get a new and improved pyramid with a web site that includes some new tools to help Americans live healthier lives through nutrition and fitness. The Pyramid's new stripes and stairs look has been updated from the old hierarchy of food grouping. The stripes represent the importance of eating from each food group. The stairs represent the exercise we need in combination with a healthy diet to maintain or achieve a healthy weight.

**NEW 2005 Pyramid**



**OLD 2000 Pyramid**



**What are the Dietary Guidelines for Americans?**

The Dietary Guidelines for Americans was first published in 1980 and since then have been reviewed and updated every five years. It is a joint effort between the U.S. Department of health and Human Services and the U.S. Department of Agriculture. These guidelines provide recommendations about the amount of food from each group (grains, vegetables, fruits, meat and beans, milk, discretionary calories) we need to consume to get the essential nutrients our bodies need for proper function and weight maintenance.

[www.mypyramid.gov](http://www.mypyramid.gov) **GO THERE!**

A number of improvements make the new pyramid more user-friendly and make it more applicable to each individual person rather than the "average person." The biggest difference is the interactive website: [www.mypyramid.gov](http://www.mypyramid.gov). Take a look at the site. The very first page, under the heading "My Pyramid Plan," presents three simple blanks for you to fill in: age, gender and physical activity level. Based on these, the website will spit out your personal dietary recommendations

**The web site...**

- ♦ Strives to help Americans recognize the balance and relationship between energy consumed (food) vs. energy used (exercise and movement).
- ♦ Provides definitions and examples of sedentary, moderately active and active.
- ♦ Takes your age, gender, and activity level into account, calculates your caloric needs, and splits it among

**STAY HEALTHY TIP #5:  
STEER CLEAR OF EXCESSIVE DRINKING**

For many college students a common trend for distressing is to have a drink...or five! While studies have shown that a drink a day can actually be good for you, those same studies show that excessive drinking can do just the opposite. But not only are you harming yourself for the long term, you are also creating more stress for the short term. Spending the next day or two hung-over, not thinking straight and not sleeping well because you drank so much is not a good way to fight the workload and sicknesses coming at you. So limit the alcohol consumption – you'll be glad you did.

**WHAT'S THE NEW [WWW.MYPYRAMID.GOV](http://www.mypyramid.gov) ALL ABOUT?** (continued)

- the food groups in the appropriate proportions.
- ◆ Provides tips with each food group recommendation to help increase your consumption of nutrient dense food without increasing calories.
- ◆ Illustrates what counts as a serving for each of the food groups in the form of charts so that you can actually learn what a serving size is!

**SOME HIGHLIGHTS ...**

- ◆ The new pyramid gives a definitive, numerical recommendation for the daily amount of food from each food group we need based on our caloric needs, whereas the old one left us guessing within an undefined range
- ◆ The fruit and vegetable recommendations have increased! In the old pyramid, the recommendation for a 2000 calorie diet was around 5-6, ½ cup servings. For the same person, the recommendation now is approximately 9, ½ cup servings!
- ◆ The recommendations for each section of the food guide pyramid come with the following tips to help us choose the healthiest options.
  - ▷ Make half your grains whole – aim for at least 3 ounces
  - ▷ Vary your veggies
  - ▷ Focus on fruits, go easy on fruit juices
  - ▷ Get your calcium-rich foods – go low-fat or fat-free when you choose milk, yogurt, or cheese.
  - ▷ Go lean with protein. Choose low fat meats and poultry as well as fish, beans, peas, \_\_\_\_\_ nuts, and seeds for variety.
- ◆ The pyramid includes a small section for discretionary calories, which the interactive website calculates into your plan for you. You can use these calories to eat more food, eat higher calorie food with fats or sweeteners, or to drink your calories via soda, other caloric drinks made with heavy cream or lots of sugar, or alcohol (if legal).

**SOME CHALLENGES...**

While the new pyramid looks pretty, be sure to look at your specific caloric needs \_\_\_\_\_ because the picture of the pyramid does not accurately illustrate the correct proportions.

On that note, everyone's body is different and it is difficult to come up with the perfect caloric formula for each person on a web site. The recommendations are a good place to start, but they should not be the only reference for your dietary needs. Some other factors that affect caloric needs are not taken into account by [www.mypyramid.gov](http://www.mypyramid.gov) and they include:

- ◆ Body size, shape and muscular composition
- ◆ Metabolic rate
- ◆ Activity level throughout the day (i.e. having a job that requires labor or having to walk a lot between classes vs. sitting in the same place all day)
- ◆ Frequency, intensity and length of workouts

It's important to remember that the keys to healthy weight success are still moderation, variety, and exercise. If you would like a more personalized eating plan, consider meeting with a dietitian. See the front page for on campus resources.

Laurie Schmidt

*Health Educator, Schiffert Health Center*

Professional Reference: Jenny Lindsey, Administrative Dietitian,  
Housing and Dining Services

References: <http://missourifamilies.org/features/nutritionarticles/nut113.htm>; The American Dietetic Association Complete Food and Nutrition Guide, 2<sup>nd</sup> ed., 2002, Roberta Larson Duyff, MS, RD, FADA, CFCS; [www.mypyramid.gov](http://www.mypyramid.gov)

**STAY HEALTHY TIP #7:  
GET RID OF THE 'CANCER STICKS'**

Smoking relieves your stress? Think again. Now seems like a bad time to give up the bad habit with everything else you have going on, but really, when is a good time? Try just cutting back one cigarette a day for a few days. Then cut back again. It takes time but soon you won't have to rely on cigarettes for false stress relief and you'll be doing your body some good.

*The Pyramid's new stripes and stairs look has been updated from the old hierarchy of food grouping. The stripes represent the importance of eating from each food group.*

**STAY HEALTHY TIP #8: WASH YOUR HANDS**

Seems simple enough – right? You'd be surprised how many germs you come in contact with just on your way to class. The person on the street that sneezes in your direction, the stair railing you hold on to so you don't slip in the rain and snow, the door handle going into the building – the list goes on and on. Make a conscious effort to wash your hands often or bring anti-bacterial gels/wipes because that is what comes in contact with you mouth and nose and can lead to sickness.

STAY HEALTHY TIP #9: HAVE FUN

Sure, you've heard so many adults tell you, "college years are the best years of your life," but right now, you don't even have time to have fun so how can this possibly be the best time of your life? Find ways to have fun. Study with friends, find a gym buddy, and go out for a bit when you just can't concentrate anymore. You want to look back on these years and have good memories so take the time to make those memories.

STAY HEALTHY TIP #10: STAY POSITIVE

No matter how bad things look, keep a positive outlook. Researchers have proven a correlation between living a healthful life and having a good attitude on things. Find time to do something that you enjoy...even if it's just an extra 5 minutes in the shower.

| EVENT  | LOCATION                  | DATE                                 | TIME     | DESCRIPTION  |
|--|---------------------------|--------------------------------------|----------|--|
| <b>POLAR BEAR PLUNGE</b>                     | Mc Comas Hall Pool        | Saturday<br><b>January 21, 2006</b>  | 10:00 AM | See if you dare to jump in the extra COLD pool to benefit the Red Cross. This invigorating event is open to VT students, faculty, staff, and the general public. Sponsored by Student Crew.                                      |
| <b>YOGAFUSION*</b>                           | McComas Gym               | Monday<br><b>January 23, 2006</b>    | 7:00 PM  | Try this new exciting exercise class with your friends. It's Yoga with a TWIST! Sponsored by Student Crew, Subway, and University Sportwear.   |
| <b>DIAMOND DIVE</b>                          | McComas Pool              | Wednesday<br><b>February 8, 2006</b> | 5:00 PM  | Snorkel for your treasure. This unique event is open to VT students, faculty, staff and the community. Proceeds go to benefit the American Red Cross. Sponsored by Student Crew.   |
| <b>PARTNER YOGA*</b>                         | McComas Fitness Studios   | Monday<br><b>February 13, 2006</b>   | 7:00 PM  | Celebrate Valentine's Day with a friend or special someone while doing partner yoga! Sponsored by Student Crew, Subway, and University Sportwear.  |
| <b>BENCH PRESS COMPETITION</b>               | War Memorial Hall         | Saturday<br><b>February 25, 2006</b> | 10:00 AM | Come to compete or just to watch the 5th Annual Bench Press Competition. Competition is open to VT students, faculty, staff and the general public. Sponsored by Coca-Cola, GNC New River Valley Mall, MET-Rx, and Student Crew. |
| <b>FITNESS AROUND THE WORLD*</b>             | McComas Gym               | Friday<br><b>April 7, 2006</b>       | 3:00 PM  | Experience a workout that brings various cultures together in just one exciting fitness class! Sponsored by Images By B, Student Crew, and University Sportwear.   |
| <b>RUGGED WEARHOUSE 5K DASH FOR THE CURE</b> | VT Campus by the Duckpond | Saturday<br><b>April 22, 2006</b>    | TBD      | Enjoy fun competition while supporting the American Cancer Society. The run is open to VT students, faculty, staff and the general public! Sponsored by Rugged Wearhouse and Student Crew.                                       |

UPCOMING FITNESS EVENTS

*Thank You!*

NEWSLETTER WRITERS!  
Rebekah Spence  
Kendra Bressler  
Julie Harden  
Scott Lawler  
Laurie Schmidt

NEWSLETTER EDITORS/ADVISORS!  
Ali Arner  
Laurie Schmidt  
Lori Anne Sheppard

NEWSLETTER LAYOUT  
Lori Anne Sheppard