

Connecting With and Trusting The Person Behind The Screen

By: Elsie Goycoolea

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Humans need humans. Creating connections with others allows people to help each other physically and mentally. People thrive through the formation of interpersonal relationships that fulfill the need to feel understood, loved, and valued. The Web has fostered the ability to connect with others in order to complement and enhance aspects of our lives.

Technology has extended the reach of friendships by allowing people to connect at any time, in any place, at no cost. These benefits have had an impact on the quality of friendships, possibly leading to a greater sense of happiness. Valkenburg & Peter (2009) state, "Online communication stimulated the quality of adolescent's friendships, and via this route, improved adolescents' well-being" (p. 3). Technology has facilitated the ways by which people can make friendships last. As opposed to older generations, young individuals can avoid losing contact with friendships made at early stages of their lives and have them become part of their well-being later in life.

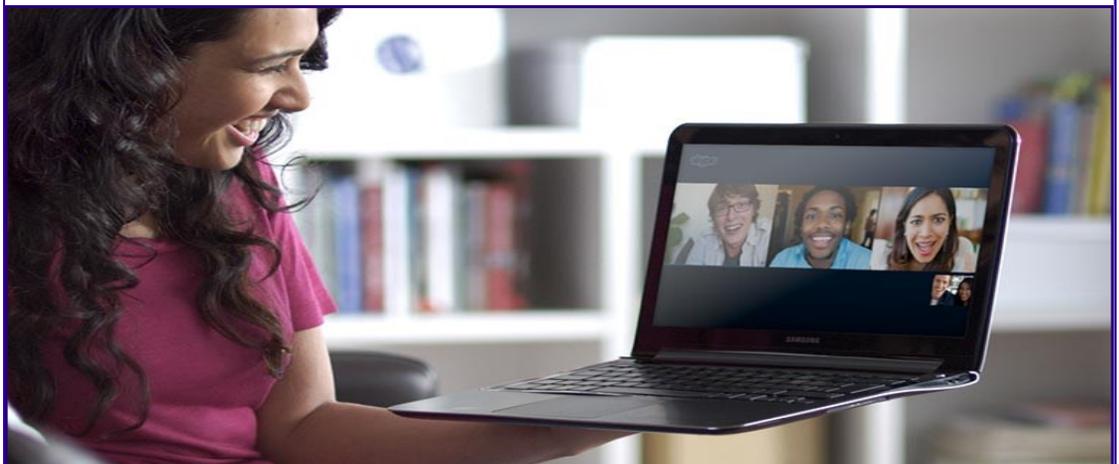


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Not only can people cultivate and grow old friendships; they can easily create new ones. The Web -- due to its ability to enhance communication amongst people -- has stimulated the number of social interactions and number of friends that people can have. Kim & Lee (2011), who studied the relationship between the number of Facebook friends and one's well-being, concluded that "happiness derived from the number of Facebook friends may be due to visualization of those people, which reminds the users of their social connections, and to subsequent affirmation or enhancement of self-worth" (p. 362). Being able to interact with more people and call them "friends" may have a direct impact on a person's self-worth; but it is arguable to what extent will all friendships result in quality connections.

One of the key elements needed to build and bind relationships, in order to deem them of high quality, is trust. Trust over the Internet may be harder to give especially when there is no guarantee of truth behind a person's profile. What they share may only be a snapshot of the whole story. On a recent study, participants were asked to play a simple investment game. The participants had to play against a close friend, a stranger, or a slot machine. According to Dominic et al. (2005) "participants trusted their close friend more than a stranger or a computer despite equal reinforcement rates" (p. 81776). Participants would have greater faith and assurance in their investment decision playing against a friend. People are often reluctant to state that they trust the people they meet on the Internet. They might be friends by definition but they are still interacting with a computer. The question is, when does the person behind the screen actually become a trustful friend?

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Meal Planning Made Simple

By Olivia Rastello

One of the biggest challenges that many people face with food is finding the time to plan meals. Food is not only delicious, but it is a needed aspect of human life. So, in order to enjoy healthy meals at home, a little bit of planning is needed. You may already know a lot of meal planning tips, or you may be a meal planning novice. Either way, this article will be of great benefit. Whether you are just beginning or are looking for some new ideas, it will guide you through the process of meal planning and will engage your creative mind regardless of your culinary experience. We will dive into realistic and easy tips for meal planning, budget friendly techniques, and ways to find inexpensive or free food! Let's get started and look at a few ideas that will make meal planning simple.

Quick Fact: Meal Planning can be defined as taking time to plan healthy and nutritious meals and snacks for a specified period of time.

Meal Planning Basics – Finding Meal Ideas and Planning with Personality

Asking questions is one of the most powerful and helpful tools when starting meal planning. The best recommendation is to ask yourself questions and answer truthfully. Here are some sample questions to ask:

- Are quick and easy meals important to my lifestyle? Yes/No
- Do I prefer a certain method of food preparation? Cooking/Baking
- What kind of food do I prefer? Veggies/meat/fruits/grains
- What is one food that I love? Avocado

Next, ask the members of the household to answer the same questions. Compare your answers, and come up with meal solutions that will please everyone. Think of these answers as individual votes and representations of everyone's personality! These questions will enable you to find meal ideas for the whole family! Remember to tally the results in order to determine if there is a food trend in your family. Another important thing to remember when reading these results is that you should be able to meet everyone's needs at least one day per week. Variety is important for your health, so it is important to find variety in your meal planning even if everyone has similar answers. Think meal creation! Keep your meals exciting by sampling new recipes and scheduling food-themed days.



Image retrieved from <http://fitnesskids.co.uk/wp-content/uploads/Children-playing-with-fruit-small.jpg>

For example:

- Monday is Chicken Night, and the menu features: Chicken Salad, Herb Roasted Chicken
- Tuesday is Pasta Night, and the menu features: Shrimp Alfredo Pasta, Creamy Macaroni and Cheese
- Wednesday is Veggie Night, and the menu features: Veggie Lasagna, Veggie Wraps

Not only should you consider the personalities of your family members when planning your meals but remember to plan with personality! Add some new ingredients to your meals to make them pop! Think variety and flavor! Before you know it, you'll be patting yourself on the back as you celebrate your meal-planning prowess.

Revamp Your Staple Foods

Every home has one food item that is routinely eaten and purchased in larger quantities. An example could be sliced bread. For one family, sandwiches could be a staple, while another family may drink a lot of milk. Although food staples are common in homes, it is important to consume a variety of foods on a daily basis. A tip that I would suggest is to start with five healthy staple foods that are inexpensive and versatile to use in recipes. This way you're getting a range of food and nutrients, saving money by applying the same food to a variety of recipes, and learning how to make more types of meals.

While thinking of these new and improved staple foods, be sure to think creatively! Eating healthy is not about deprivation; it's about finding healthy and nutritious food alternatives that taste great and help your health along the way!

Examples of Healthy Food Staple Alternatives:

Common Staple Foods	Alternative Healthy Staple Foods
Refined Bread	100% Wheat Bread
Whole Milk	Low-Fat Milk
Ice Cream	Sherbet or Frozen Yogurt
Eggs	Egg Whites or Substitutes
Potato Chips	Low Fat Popcorn

How exactly will you save money from meal planning? Here's an example that compares four different situations:

Example: Chicken nuggets

- Situation 1: Similar food item from fast food restaurant (4 chicken nuggets = \$1.50 plus tax)
- Situation 2: Food item at regular price (4 chicken nuggets = 0.44 cents)
- Situation 3: Food item at sale price (4 chicken nuggets = 0.32 cents)
- Situation 4: Food item at sale price with store savings (Store Saving Coupon : \$1 dollar off; 4 chicken nuggets: \$0.24 cents)

Although these amounts may seem small at the moment, if you use this method with most of your shopping, you will save hundreds of dollars per year. For this specific example, the fast food price is more than six times the cost of the same food item purchased on sale with a coupon at a local grocery store. Use this example as motivation! Try finding a product in your home that you love and compare the difference for yourself!

Budget Friendly Tips to Save at the Grocery Store

One of the best ways to save money while shopping for food is to take note of the dates listed on store advertisements. Finding these ads are simple, but it's important to go to the store at the beginning of an ad versus at the end. Toward the end of sales, items are often low on stock or entirely gone. There are a variety of easy and simple ways to save at the grocery store. Often, if you take a look around, you'll find that the store is actually a good money-saving resource. Let's learn about the many ways that you will be able to save money at the grocery store:

Ways to Save at the Grocery Store

- Store Circulars - Store ads that come each week to your mailbox and contain coupons or weekly sale notifications. Most people ignore these and miss out on great deals. These can be found online and change weekly. Pay attention to the dates and plan your meals around the sales.
- Store Loyalty Cards - Offer savings for free – not a credit card, can often digitally add coupons
- Create a Grocery List - Plan and create a grocery list based on what is on sale and find out what coupons are available. Spend 20-30 minutes each week to do this. Best to do this when you have all the ads to the stores you visit the most often. Tip: If a sale item is out of stock, ask for a rain check. This will guarantee that you will get the item at the sale price the next time it is in stock.
- Shop in Season - Shopping in season helps you save money and ensures you'll eat a variety of food throughout the year. One example of an in season food could be strawberries. Strawberries are in season during the summer months. There is an abundance of food in that time and the overall price is lower
- Let the Internet be your food savings tool. Find out what foods are in season (<http://healthymeals.nal.usda.gov/features-month/whats-season>). Find store ads, coupons, and sales: Go to store's official website, e.g. Meijer's Grocery Store: <http://www.meijer.com/>.

Food Resources

- Food Banks <http://www.feedingamerica.org/find-your-local-foodbank/>
- Farmers Markets <http://search.ams.usda.gov/farmersmarkets/>
- Assistant Programs (SNAP - <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>; WIC - <http://www.fns.usda.gov/wic/women-infants-and-children-wic>; National School Lunch Program (NSLP) - <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>; Additional Food Programs - <http://www.fns.usda.gov/programs-and-services>).

Meal Planning Website

Are you ready to dive in and want more details when it comes to meal planning? Look no further. The website Choosemyplate.gov will help you set up meal planning in more detail in your own home.

A Current Look at and Old Issue

By April Murray

The best defense a family can have against long term separation hindering the existing and/or developing family bond is a good offense called communication. The numerous dramatic television programs are far from being mentally healthy for the separated adults and child/children. "Anxiety is a subjective state of fear, apprehension, or tension. In the face of a naturally fearful or threatening situation, anxiety is a normal and understandable reaction" (Hartmann, 2014). The object of the game is to utilize available resources such as Skype, email, and standard mail, and consumer products to increase communication throughout the LDR (Long Distance Relationship).

Skype is an effective tool to use for surviving a LDR; however, a person should be aware of the pros and cons associated with this tool. Check your machine's specifications prior to the first attempted launch of Skype to ensure you have the proper hardware and software for utilization. Individuals living in rural areas may have the geographical disadvantage when attempting to utilize this method due to the quality of available Internet service.

Weather conditions may also cause communication disruptions for the individuals located in rural areas.



Image retrieved from <https://media.licdn.com/mpr/mpr/p/7/005/064/150/12df41a.jpg>

Email and standard mail are two additional methods of communication that can be used throughout the duration of a LDR. Email permits individuals participating in a LDR to accomplish activities such as relay information, pictures, and videos to each other. This technology provides the active participants a means of maintaining daily life interaction. You can also use the trusted 'snail mail' to send your LDR something made with your own hands, time, and thoughts for their mental well-being. Sending a homemade care package is a great move that generates positive stimuli for the individual receiving the efforts from loved ones at home. Any loved one, male or female, stuck living away from their family will know they are truly cared for when they open a package with a hand-written letter, homemade cards from the child/children, and cookies baked to that certain crisp for dunking in milk that only your LDR loved one knows.

In addition to the other communication tools, fortify your castle with positive consumer products for your child/children. My husband was my daughter's hero and when she heard his voice reading *Guess How Much I Miss You* written by Julia Lebo (2010) from the Record a Story series she was thrilled. As adults we understand the technology and the concept behind the book; however, children look at this material from a different perspective. This treasure, published by Phoenix International Publications, Inc., weighs slightly more than a pound and requires AAA batteries. This book helped my husband remain active in my daughter's development and continued to establish a parental relationship role without being physically present.

Families have triumphed over separation issues in past generations with far less technology. This generation is in a fortunate position to have communication technology advancements that can be beneficial to the separated family's mental and physical health as a whole. "Philosophers and scientists have known for a long time that the mind has a powerful effect on the body" (Mossler, 2013). By using available tools such as Skype, email, and standard mail, in addition to other consumer products, families can lower mental stress while maintaining open communication during an LDR. Our generation is in a position with technology to champion over this ongoing issue.

Reconnecting with Nature: A Mind Free of Rumination

By Dr. Maura Pilotti

Imagine that during an early meeting at work, your boss asks a question and you are caught off guard. You are speechless while all attendees look at you. Silence is broken by a coworker who suddenly enters the room and offers an apology for his lateness. Then the topic of conversation changes to scheduling and all goes back to normal, but not for you. In fact, during the entire day at work and then at home, you keep on replaying over and over in your mind the event that has made you feel awful. As days go by, the event continues playing in your mind and you cannot concentrate. Your endless thinking about the various aspects of the event keeps your bad mood alive, and you feel upset as if it were the day when it all happened. Is this an experience to which you can relate? If you mull on something that upsets you, and keep going over the problem again and again, you are engaging in a process called rumination (Brosschot, Gerin, & Thayer, 2006). Rumination is a maladaptive pattern of self-referential thought that is often linked to the onset of a variety of psychological disturbances and unhealthy behaviors (including unipolar depression, eating disorders, and substance use disorders; see Nolen-Hoeksema, Wisco, & Lyubomirsky, 2008). How do you overcome rumination? Advice is always plentiful, but not always easy to follow or effective. One recent tactic that seems to work is a brief nature walk.

A growing body of research findings suggests that exposure to nature may have physiological, cognitive, and emotional benefits. For instance, the experience of a restorative environment has been shown to enhance cognitive functioning (Berto, 2005), and reduce stress responses (Chang, Hammitt, Chen, Machnik, & Su, 2008). Exposure to natural environments has even been found to ameliorate the symptoms of attention deficit/hyperactivity disorder (Taylor, Kuo, & Sullivan, 2001) and foster cognitive development in children affected by this disorder (Wells, 2000). Yet, findings regarding affect and mood have not been unambiguous (see Pilotti, Klein, Golem, Piepenbrink, & Kaplan, 2014).

Recently, decreased rumination has been found to be one of the benefits arising from contact with nature. In fact, healthy adults who took a 50-minute nature walk improved their affect (such as decreased anxiety, rumination, and negative emotion) as well as cognition (such as increased verbal working memory) compared to healthy adults who took a walk of the same duration and equal physical exertion, but in an urban environment (i.e., a street with heavy traffic; Keniger, Gaston, Irvine, & Fuller, 2013). Random assignment of participants to either the nature or the urban environment reduced the likelihood that pre-existing individual differences could have been the culprit. In another study (also using random assignment), healthy adults who took a 90-minute nature walk exhibited decreased rumination and neural activity in the subgenual prefrontal cortex (sgPFC; see image of the human brain below) compared to healthy adults who also took a 90-minute walk, but in an urban setting (Bratman, Daily, Levy, & Gross, 2015). Since increased activity in the sgPFC is associated with sadness and rumination (see Hamilton, Farmer, Fogelman, & Gotlib, 2015), the experience of nature seems to change the functioning of the human brain for the better, removing, at least temporarily, negative emotions.

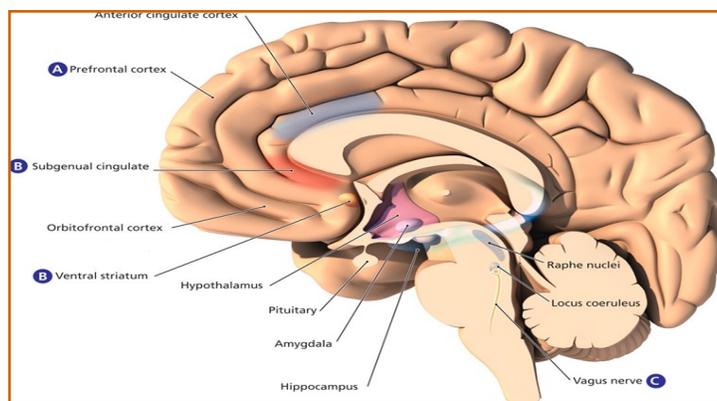


Image retrieved from <http://www.cmaj.ca/content/180/3/305/F4.expansion.html>

Of course, questions remain. What are the critical aspects of a natural environment that are responsible for the cognitive, affective, and physiological benefits observed in several studies (e.g., vegetation, familiar sounds, etc.)? How much time in nature is sufficient or ideal? Is physical activity (e.g., walking) necessary? If cognitive, affective, and physiological benefits exist, how long do they last after initial exposure? Does the presence of other people make a difference in either a natural or urban environment? Do older adults experience the same benefits as young adults? These questions and others will take some time to answer. Thus, in the meantime, enjoy the benefits of a sensible nature walk if an undesirable experience occupies your mind!

Sexual Health and Responsibility

By Mary Moua

We often think about how we will keep ourselves in top notch health. We think about our diets, our exercise regimen, the upcoming vaccinations or physical exams. We try to get enough rest and we try to keep our mental health department in check by trying not to let the stress pile up or worry about the little things. We have no problems discussing about how we keep physically or mentally healthy, so why is it sometimes taboo to discuss sexual health? The American Sexual Health Association (n.d) defines sexual health as having the capability to embrace and enjoy sexuality throughout one's life. By being sexually healthy, it means that one:

1. Understands sexuality is a natural part of life and involves more than sexual behavior.
2. Recognizes and respects the sexual rights that everyone shares.
3. Accesses sexual health information, education, and care.
4. Makes an effort to prevent unintended pregnancies and sexually transmitted diseases/infections (STD/STI), and seeks care and treatment when necessary.
5. Experiences sexual pleasure, satisfaction, and intimacy when they desire it.
6. Communicates about sexual health with others, to include both sexual partners and healthcare providers.

Everyone is entitled to their own beliefs, values, and cultures about sexual health, but the fact is that we are all adults here, and as mentioned, sexual health can be more than just avoiding or dodging the negatives of sex. Maintaining a medium level of sexual health is considered to be just as equal to maintaining a medium level of physical and mental health (Evans, 2013). Sexual health tends to be in the spotlight of negatives rather than positives, when really it is simply another part of our lifestyle that can be fulfilled happily if we are aware that it can be done safely.



Risks, though present and not easily eliminated, can be reduced. One of the highest risks associated with any engagement in sex is contracting a sexually transmitted disease/infection (STD/STI). According to The Centers for Disease Control and Prevention (2013), it is estimated that nearly 20 million new STIs occur every year here in the United States. The American Sexual Health Association (n.d) reports that from a national survey of physicians here in the U.S, less than one-third will routinely screen patients for STDs/STIs.

Gonorrhea and Chlamydia are the two leading STDs/STIs that primarily affect young people. In 2013, there were 333,004 cases of Gonorrhea reported; 34% were among people 20-24 years of age, while 19 percent were among those ages 25-29. Chlamydia had 1,401,906 cases reported; 39 percent accounted for those 20-24 years of age and 17 percent for those 25-29. These two STDs/STIs often go undiagnosed and unreported (CDC, 2013).

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Health Spotlight - Relaxing During Finals Week

By Paul Coblentz

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Image retrieved from <http://8txb81fmsytmpvlpk2gklz8y2.wpengine.netdna-cdn.com/wp-content/uploads/2014/08/RR-bright-big-relax-written-in-sand.jpg>

Finding time to relax when the pressure is on during the school year can be difficult. Major projects and finals week can increase in stress and anxiety levels for a large number of students. According to an article written at the University of Maryland Medical Center, 60-90 percent of all medical office visits in the United States are related to anxiety and stress. The fight-or-flight response you may recognize from past occurrences comes when the body prepares to either fight or run. Physically, a person experiences an increase in heart rate, blood pressure, and breathing rate, which can increase the blood flow into the muscles 300-400 percent (2015). Over time this can lead to high cholesterol levels, disturb intestinal activities, and depress the immune system (2015). What can students do to battle stress and anxiety during the critical times of the year? There are simple techniques we can develop with practice that have shown to be beneficial to our mental and physical health.

My favorite technique to lower stress and relax is a simple breathing technique. The professional terminology for this technique is autogenic training and involves both visual imagery and body awareness to move a person into a deep and relaxing state (2015). I prefer to remember the days of bodysurfing in the Atlantic Ocean and walking on the white, sandy beaches with the wind in my face and the smell of the ocean in the air. My feet feel the sand lightly crunching under me and I can feel the water rise up over the top of my ankles, cooling my digits down as I walk across the beach. Wet sand slowly collapsing and squishing between my toes until the water recedes back into the ocean. Aaaaah. Good for you, too? Or maybe floating across the ocean on my back, listening to the water rush through my ears, ear-drums softly popping as they rise and droop back into the ebb and flow of the waves, opening my eyes to a bright sun and ocean mist flying over me in a desperate path to find the next splashing point. Shh, look... you can see a school of dolphins playing over there!

Oops, back to reality. Another calming technique handy for those who have never been in the ocean is called progressive muscle relaxation. This is great because it involves muscles from the toes to the head and all points in-between. Start with moving and stretching the toes, clenching, twisting, turning them and then relaxing. Move to your ankles, calves, upwards and finish with the top of your scalp. This is quite similar to meditation and involves concentrating on something other than what is making you feel stressed and anxious. I would not do this lying down because it may relax you to the point of falling asleep. But try and find a comfortable chair in the student lounge, or sit down and lean up against a tree.

Students are feeling the effects of stress across the country. Test anxiety is increasing in the United States, and healthy emotional functioning is trending downward as students feel overwhelmed and more driven to achieve (Daimer, 2011). Test anxiety is described as perceived arousal, worry, self-denigrating thoughts, tension, or somatic thoughts during finals and similar evaluative situations (Daimer). Test anxiety has shown to be a major factor in lower grades, albeit not the only factor, but significant. There will be other factors outside of taking tests and cramming for finals that cause an increase in anxiety any day of the week. Some students may simply handle stress better. But for those who do need to calm down during these high-stress times, identifying some helpful techniques can help a student cope with pressures much better than doing nothing at all. If you have ever been to the beach, with a little practice, you will be surprised what a little mind/body altering wonders you can achieve to make it through unscathed.

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People are selective about the content they share on the Internet. The images posted on social media accounts are said to be partial representations of people's lives. In short terms, they are the trailer of a person's "life movie." If people only show the best parts of their lives, rather than a complete picture, they are promising a truth that is not real and may be hard to trust. People may have feelings of envy if they compare their own lives to others who look perfect. Tandoc et al. (2015) state, "A user with a lot of Facebook friends will be inundated with others' personal information. This will lead her to compare herself with others, which could directly result in feelings of envy" (p.144). When it is only a selective and planned image of a person's life that is posted on the Internet, it can lead other people to believe an idealistic image that is not true. Social media and the digital world is not necessarily recognized for ensuring transparency, while trust may actually begin from uncovering the truth.

Technology has made it possible to have a "happy-net" -- an apparently happy world in which everyone can have hundreds of friends and interact with them in all sort of fun ways. However, can trust be confidently placed on digital friends? When people are able to build their life image over the Internet to create a filtered reality, the answer may not be so clear. Technology has connected people behind screens in a way that is still fairly new to a lot of people. People need to bond with others to find understanding, support and encouragement, and the Web is making it possible for people to be able to achieve that easier than ever.

Continued from page 6 — Sexual Health and Responsibility

Sexual health responsibility is a shared responsibility, and one that exceeds just simply thinking about ourselves. Of course, our health is our priority, but when it comes to sexual relations and practicing responsibility, we have to also keep in mind the well-being of those who we enjoy it with.

Here are some ways that someone can prevent the contraction or spread of STDs/STIs:

1. **Abstinence.** There is no sexual engagement with anyone under abstinence. Abstinence does not mean a person may not still have any sexual desires, but they abstain from making any sort of sexual contact with anyone. With abstinence, there is no risk of contracting a STD/STI. The ASHA also mentions that there is "selective abstinence." In selective abstinence, one makes the decision of which sexual activities they may wish to engage in. So they may choose to participate in one activity versus another. Depending on the choices of activities someone under selective abstinence engages in, there may be a risk of contracting an STD/STI.
2. **Mutual monogamy.** The more sexual partners you have, the greater the risk of you or your partner contacting a STD/STI; especially if you or your partner is sexually involved with other people. The one sure way to limit exposure is to have sex with just one partner. Consider getting a test done before the relationship starts.
3. **Communication.** Build trust and respect by being open with talks about STDs/STIs and prevention with your partners. Talk honestly to your healthcare providers about STD/STI tests.
4. **Get Tested.** To be sure that you and your partner are in the clear, get yourself tested and don't be afraid to ask your partner about getting themselves tested as well before you both start having sex.
5. **Low-risk and high risk activities.** Consider what are low-risk and high-risk activities. Oral sex, vaginal intercourse, and other genital-to-genital contact, including anal intercourse and sharing sex toys without any barriers are all high-risk activities.
6. **Barriers.** Using condoms as a barrier can reduce the risk of contracting a STD/STI.
7. **Avoid alcohol and recreational drug use.** Alcohol and recreational drug use can raise the risk of an STD/STI from sex out of coercion. Alcohol and drugs can impair judgment and decision-making.

Being aware of all the negatives, such as sex-associated risks and the consequences of high-risk sexual behaviors, allows one to make informed decisions and decrease the risk for disease or infection. The responsibilities are not meant to keep people away from attaining sexual health but rather to promote safe practices and positive individual sexual behavior in the quest for sexual health and happiness.

It's a bird. It's a plane. It's...Kohlrabi?!

By Dr. Roxanne Beharie

Just as I was finding my stride with kale, a “new kid on the block” has caught my attention – kohlrabi. One cup of kohlrabi, also known as knol-khol or German Turnip, has only 36 calories and provides more than 100 percent of the recommended daily allowance of Vitamin C (83.7 mg) (U.S. Department of Agriculture, 2015). Kohlrabi also contains health-promoting phytochemicals that are supposed to protect against prostate and colon cancers.

Kohlrabi, while not the prettiest vegetable in the store, is quite versatile and has a taste and texture somewhere between cabbage and broccoli stems. With its crunchy texture and mildly spicy flavor, kohlrabi is a great addition to slaws and salads, but can also be cooked in a variety of ways (steamed, fried, boiled in soups). It is important to peel kohlrabi thoroughly because beneath the thick, hard skin is another fibrous layer which will not soften when cooked; so peel until you reach the light layer of crisp flesh. It is also important to note that the leaves -- or greens, as they are called -- are also edible and can be cooked as you would turnip greens or kale.



Image retrieved from <http://www.oneupweb.com/blog/summer-csa-recipe-how-do-you-eat-your-kohlrabi/>.

So, if you are looking for something different that will get you out of your kale rut, ask your grocer about kohlrabi and try this recipe from Washington Post food and dining editor, Joe Yonan, author of "Eat Your Vegetables: Bold Recipes for the Single Cook" (Ten Speed Press, 2013). Enjoy!

Kohlrabi and Potato Soup

INGREDIENTS

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 1/2 pounds kohlrabi (1 large to 2 small bulbs), peeled and diced
- 1 large potato (about 12 ounces), peeled and diced
- 4 cups homemade or store-bought, no-salt-added vegetable broth
- 1 small Asian pear, peeled, cored and finely chopped
- 1/2 cup pecan halves, toasted and chopped (see NOTE)
- 2 tablespoons finely chopped flat-leaf parsley leaves

Pour the 3 tablespoons of oil into a medium soup pot over medium heat. Add the onion and garlic, stirring to coat; cover and cook until tender and lightly browned, about 5 minutes. Add the kohlrabi, potato, and broth. Increase the heat to medium-high to bring to a boil, then reduce the heat to medium-low so the soup is barely bubbling around the edges. Cover and cook until the kohlrabi and potato are very tender, 15 to 20 minutes.

Use an immersion (stick) blender to puree the soup until smooth. (Or transfer it to a blender or food processor and puree it in batches, then return it to the pot to keep warm.) Divide the soup among individual bowls. Top each portion with pear, pecans, parsley and a drizzle of the oil. Serve hot.

NOTE: Toast the pecans in a small, dry skillet over medium-low heat for several minutes, until the nuts are fragrant and lightly browned. Cool completely before chopping.

Contributors



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Olivia Rastello is currently pursuing a Bachelor of Arts in Health and Wellness. She has a long term goal of becoming a health and wellness professor and/or an employee at a health promoting non-profit organization. She is an advocate of volunteer work and is currently volunteering for the Crohn's and Colitis foundation of America as well as for Cooking Matters.

April Murray—(no picture or profile information available at time of publication)



Dr. Maura Pilotti holds a PhD in Experimental Cognition (Graduate Center of CUNY, New York) and a Laurea in Clinical Psychology (Universita' degli Studi di Padova, Italy). After her PhD, she completed a 3-year NIH postdoctoral fellowship on age-related changes in cognition (Washington University, St. Louis). She is the Chair of the Applied Behavioral Science Program at Ashford.



Mary Moua is currently pursuing her BA in Health Education at Ashford University. Mary has an Associates of Science in Medical Assisting from Keiser University and over 10 years as a Hospital Corpsman in the Navy. Mary hopes to move on to pursue her Master's in Health Promotion.



Paul Coblentz is a student enrolled in the Health and Wellness program with a passion for cooking. He works as the head Chef and kitchen manager at family-owned and operated business. Paul is currently a member of the Golden Key International Honour Society and plans on being an active alumnus.



Dr. Roxanne Beharie is an Assistant Professor with Ashford University. Dr. Beharie earned her doctorate in Public Health from Morgan State University in Baltimore, Maryland. Dr. Beharie also earned a BS in Exercise Science from the University of Pittsburgh and an MPA in Health Services Management from Mercy College.

October

- Domestic Violence Awareness Month
- Health Literacy Month
- National Breast Cancer Awareness Month
- 6 - 10 Mental Illness Awareness Week
- 9 National Depression Screening Day®
- 13 - 17 National Health Education Week
- 23 - 31 Red Ribbon Week

November

- American Diabetes Month
- Lung Cancer Awareness Month
- COPD Awareness Month
- National Alzheimer's Disease Awareness Month
- 20 Great American Smokeout
- 27 National Family Health History Day

December

- Safe Toys and Gifts Month
- 1 World AIDS Day
- 7 - 13 National Influenza Vaccination Week

Conferences

2015 ASHA School Health Conference
October 15-17, 2015 | Orlando, FL

American Public Health Association 143rd
Annual Meeting & Exposition 2015
October 31-November 4, 2015 | Chicago, IL

Emerging Infections in Clinical Practice and
Public Health 2015
November 20, 2015 | Bloomington, MN

Annual National Healthcare Coalition
Preparedness Conference
December 1-3, 2015 | San Diego, CA

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Thanks!!

“He who has health has hope, and he who has hope has everything.”

- Arabian proverb

Hello Readers,

Over the past year, the Health Promotion Quarterly (HPQ) newsletter has provided a platform for students and faculty to share their unique perspectives on a wide range of health and wellness topics. We look forward to another year of inspiring and thought-provoking contributions from current students, faculty, and alumni.

Happy Anniversary, HPQ!

Roxanne Beharie, DrPH, CPH, MCHES

Editor-in-Chief

If you would like to be a part of future editions of the Health Promotion Quarterly newsletter, please email Dr. Roxanne Beharie, Editor-in-Chief, at: healthpromotionquarterly@ashford.edu.

