

November, 2008

# SJE Journey



Hello,

Thanksgiving Break is in a couple of weeks and when you return to campus after break, finals will be fast approaching. As you prepare to go home (or wherever you will be going for break) look over all of your syllabi from your classes to be sure you have all assignments due turned in to your professors. If you do this, you will have plenty of time when you are back from break to turn in any remaining assignments and study for your final exams. Also, please be sure to take advantage of the many resources we have which will help to ensure you have a successful year at WVU.

Happy Thanksgiving and safe travels!

**David Stewart**  
Dean of Students & Associate Vice President  
for Student Affairs

## Sophomore/Junior Office Hours with the Dean

Each Thursday the Dean has set aside office hours from 1:00 – 3:00 p.m. where he will meet with any sophomore or junior who needs to talk with him. Stop in to room 206 Elizabeth Moore Hall to set up your walk-in appointment (do not need to set up the appointment ahead of time)

## Upcoming events:

Wednesday, November 19, Dr. Maura McLaughlin will present at a  
Faculty Dinner Series (FDS):

*"Looking at the sky with Radio Eyes"*

Email [kelli.Eisentrout@mail.wvu.edu](mailto:kelli.Eisentrout@mail.wvu.edu) to sign up for this November 19 FDS

For more details: [http://sophomorejunioryear.experience.wvu.edu/upcoming\\_events](http://sophomorejunioryear.experience.wvu.edu/upcoming_events)

## **Are you ready to cheer on the Mountaineers to victory?**

Kickoff for the next home game against USF on Saturday (time TBA) at Milan Puskar Stadium.

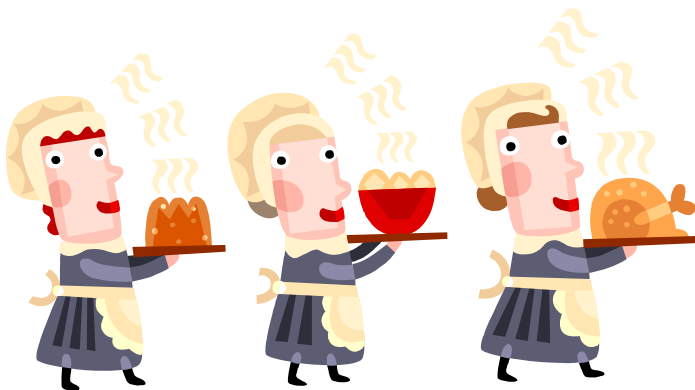
Join your fellow Mountaineer fans, and show your WVU pride by celebrating responsibly and positively on every game day.

Fans are reminded:

- **There are consequences for poor fan behavior at games.**
- **You could be removed from the football game, have your ticket privileges revoked, face fines, and/or get arrested.**
- **Dangerous or disruptive activity – for example, harassing the opposing team’s fans, using vulgar language, and being intoxicated – will not be tolerated.**

Do your part to promote a safe and friendly atmosphere, and show respect for all fans, players, and coaches.

**Let’s go, Mountaineers!**



**LET'S GO  
MOUNTAINEERS!**  
[Football Schedule](#)

### **Student Advocacy Center Contact:**

Kim Mosby  
Main Floor, Elizabeth Moore Hall  
304.293.5555  
[Kim.mosby@mail.wvu.edu](mailto:Kim.mosby@mail.wvu.edu)

## Wellness Tip:

### **November 20<sup>th</sup>, 2008 is the Great American Smokeout**

The Great American Smokeout, sponsored by the American Cancer Society, is a day for smokers to put out their cigarettes and a day for non-smokers to help their friends quit smoking.

Many college students consider themselves “non-smokers” even though they occasionally smoke when they drink and/or are out with friends who smoke. In fact, 28.2% of college students indicated using tobacco in the past 30 days.

Researchers have found that smoking just four cigarettes can give a person a 90% chance of becoming addicted and have them smoking for 40 years. Even if you're not a smoker, you have smoking related health risks if you work in or frequent regularly bars and restaurants that allow smoking.

Secondhand smoke kills 53,000 Nonsmokers Each Year. Smoking is the most preventable cause of premature death in our society.

**Think before you smoke.**

[Colleen.harshbarger@mail.wvu.edu](mailto:Colleen.harshbarger@mail.wvu.edu)

## ***Pumpkin Nutrition***

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protect against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

### **PUMPKIN PIE NUTRITION FACTS**

#### **Plain Pumpkin Nutrition Facts**

(1 cup cooked, boiled, drained, without salt)

Calories 49	Zinc 1 mg
Protein 2 grams	Selenium .50 mg
Carbohydrate 12 grams	Vitamin C 12 mg
Dietary Fiber 3 grams	Niacin 1 mg
Calcium 37 mg	Folate 21 mcg
Iron 1.4 mg	Vitamin A 2650 IU
Magnesium 22 mg	Vitamin E 3 mg
Potassium 564 mg	

Serving Size: 1 piece • 1/6 pie (8-inch) • 109g	
Amount Per Serving	
Calories 228.9	Calories from Fat 93
	% DV
Total Fat 10.355g	16%
Saturated Fat 1.946g	10%
Polyunsaturated Fat 3.433g	
Monounsaturated Fat 4.395g	
Cholesterol 21.8mg	7%
Sodium 307.38mg	13%
Potassium 167.86mg	5%
Total Carbohydrate 29.757g	10%
Dietary Fiber 2.943g	12%
Sugars 15.107g	
Protein 4.251g	9%
Vitamin A 74%	Vitamin C 2%
Calcium 6%	Iron 6%
Unofficial Pts: 5	
Percent of Calories from: Fat-40.6% Carb-52% Protein-7.4%	
(Total may not equal 100% due to rounding)	

**FACULTY SPOTLIGHT:**  
**Dr. Maura McLaughlin**

*Maura McLaughlin received her B.S. from Penn State University in 1994 and her Ph.D. from Cornell University in 2001. She then spent five years working at the University of Manchester in England, first on an NSF Distinguished Research Fellowship and then on a University Research Fellowship.*

*Dr. Laughlin started her current position as an Assistant Professor in the Department of Physics at West Virginia University in May of 2006, and she has an adjunct appointment at the National Radio Astronomy Observatory in Green Bank, WV. She has recently been awarded a Sloan Fellowship for her research. Her research mainly involves studies of neutron stars, compact remnants of massive stars. Dr. McLaughlin studies these stars with X-ray and gamma-ray satellites and with some of the largest radio telescopes in the world.*

According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long.

It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin pie spice and 250 pounds of crust.



**Important deadlines:**

<http://www.arc.wvu.edu/admissions/deadlines/fall2008.html>

Thursday, December 4, is the last day to withdraw

Friday, December 5, is the last day of classes

Monday, December 8, through Saturday, December 13, is final exam week

Sunday, December 14, is December Convocation

## Child Development & Family Support Services (CDFSS)

<http://childcare.wvu.edu/>

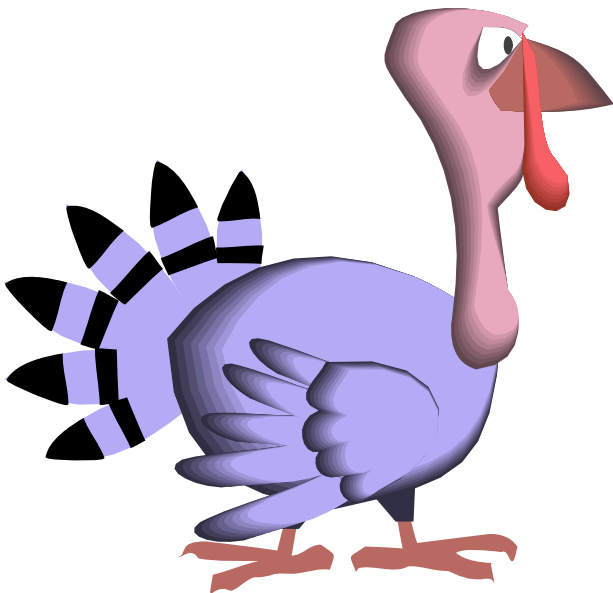
CDFSS is a unit that has been created at West Virginia University to support students who are parents. The Child Care Access Means Parents in School (CCAMPIS) grant from the U.S. Department of Education helps fund these programs and services. Located on the first floor of the Purinton House, CDFSS serves as a central campus location for current or potential WVU students seeking child care information. The office and adjacent family resource center serve as a support system for WVU families to reduce family conflict, stress, and risk factors so they can earn their degrees at West Virginia University.



<http://u92.wvu.edu/>

### **SJE Contact:**

Sheila (Shyla) Powell,  
208 Elizabeth Moore Hall,  
304.293.5811  
[Shyla.powell@mail.wvu.edu](mailto:Shyla.powell@mail.wvu.edu)



The SJE (Sophomore/Junior Year Experience) program is designed to meet the needs of sophomore and junior students at WVU.

Contact: [Tami.allen@mail.wvu.edu](mailto:Tami.allen@mail.wvu.edu)

## Drinking *May* Shrink Your Brain

According to a study in the Archives of Neurology, people who drink alcohol, even moderate amounts, have a smaller brain volume than those who do not use alcohol.

Researchers used MRI (magnetic resonance imaging) scans to measure the brain volume of 1,839 subjects, ages 33 to 88, and found that [even lower levels of alcohol consumption are associated with more rapid brain shrinkage with age.](#) The study also indicated that female brains, like their other organs, are more vulnerable to alcohol use.



For full article, please visit:

<http://www.cnn.com/2008/HEALTH/diet.fitness/10/14/healthmag.alcohol.brain.shrinkage/>

**Before this holiday season is upon us once again, think about making some changes that will save you calories this Thanksgiving.**

**Step 1:** Analyze your feelings. Holidays often conjure feelings of loss, loneliness and depression. Try not to fill the emotional void with holiday treats, as this can be a snowballing effect: When the scale inches upwards, it can trigger feelings of failure or lack of discipline which will only enhance the negative thoughts associated with the holidays.

**Step 2:** Make wise shopping choices. For the green bean casserole, skip the artery clogging, full-fat cream of mushroom soup and opt for the reduced-fat version instead. And use fewer of those tasty fried onions. You won't notice the difference.

**Step 3:** Try a new version of an old side dish. Instead of sweet potato casserole which is loaded with butter and brown sugar (and perhaps even marshmallows), make simple baked sweet potatoes. A yam wrapped in foil baked for an hour will come out juicy and incredibly sweet. It's so good there's no reason to add anything to it.

**Step 4:** Save your calorie intake for the foods you wouldn't eat on a typical day. That means passing on things like bread and pre-Thanksgiving dinner snacks

Nettie Puglisi Freshour MS, RD, LD

Dietitian/Program Coordinator

WVU Dining Services

Adjunct Professor Human Nutrition and Foods

Consulting Dietitian WVU Athletic Department

Contact: [Netti.freshour@mail.wvu.edu](mailto:Netti.freshour@mail.wvu.edu)

