

San Jose State University

From the Selected Works of Marjorie R. Freedman

October 22, 2007

Weighing in on the Freshman 15



Available at: https://works.bepress.com/marjorie_freedman/44/

UPCOMING

Domestic Violence Awareness Week
OCT. 22-25, 11 A.M. TO 2 P.M., ART QUAD ACROSS FROM SPARTAN BOOKSTORE, FREE

EVENTS

Weighing in on the ‘freshman 15’

By KRISTIN FURTADO
Staff Writer

For many freshmen, college is an exciting new venture. It’s an opportunity to meet new people, adopt liberal ideologies and above all else, experience freedom: freedom to eat whatever your heart desires.

It’s called the “freshman 15,” and if you’re not careful, you could find yourself relating to this oft-quoted campus demographic.

“They typically do not gain 15 pounds,” said Marjorie Freedman, assistant professor of nutrition and food science. Research, she said, shows that students gain more like two to five pounds.

But for students who think weight gain starts — and stops — at the freshmen level, they may be sorely disappointed.

“It goes beyond the freshman year,” Freedman said, adding that over the course of four years, two-to-five pounds really starts to add up.

Michael Love, a sophomore radio, television, and film major, said he thinks freedom is the number one reason students start to gain weight in college. Add stress, alcohol consumption and frequent all-nighters, Love said, and you’ve got yourself a little conundrum when it comes to maintaining weight.

“The most common reason is it’s very typical for any individuals to gain weight during times of extreme change,” said campus dietician Jennifer Waldrop. She added that access to food in an all-you-can-eat setting — and at all hours

— creates an environment conducive for gaining weight.

“Right now, I’m subsisting on pickled green beans and hot sauce,” Love said, having retired from the dining commons.

Waldrop, who offers free one-on-one nutrition consultations for students, said that one of main reasons students come to see her is to lose weight. But they often come with wildly unrealistic expectations, she said.

“Students come in sometimes believing that they can lose really large amounts of weight in a short period of time,” she said. “Often that’s not healthy or true.”

Waldrop said she works with students to set realistic goals — focusing less on weight and more on creating healthier habits.

Freedman said she thinks gaining weight during the freshman year comes down to whether students are eating more or exercising less.

A few years ago, a study by the SJSU nutrition department looked at weight gain in freshmen and concluded that students who gained the most weight were the least physically active, Freedman said.

“A lot of times it’s hard to actually get out there and have the self-motivation, because here you’re on your own about everything,” said Veronica Vidrio, a freshman music education major.

Last year, Freedman also did a survey of 1500 upperclassmen, where she found more male students on campus are overweight than females.

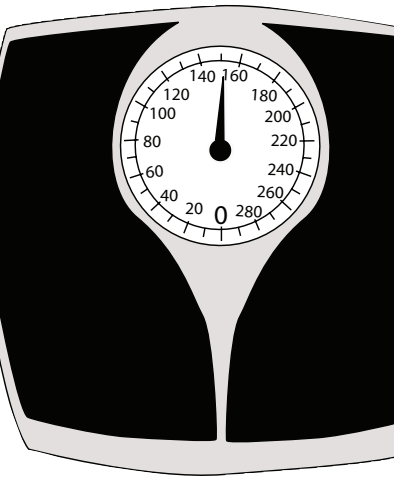
“It showed about a third of our students are overweight or obese,” she said.

She said she thinks being away from home combined with increased food availability are some of the main reasons behind a student’s weight gain.

“I think there are some healthy foods on campus, but I would like to see more,” she said.

For freshmen, the dining commons is often the main source of food, and some students find the food options limited there.

“It’s the same thing everyday,” said Vidrio, who wants more variety offered at the dining commons.



GRAPHIC BY NICK VERONIN // SPARTAN DAILY

“You have all that food in front of you,” she said, adding that at home, you’re basically limited to what’s in one’s fridge.

But Freedman doesn’t think the dining commons should shoulder all the blame for poor choices students are making in terms of what they eat.

“I personally think the food in the dining commons is good,” Freedman said. “I’ve eaten there, and I have no problem eating healthy foods there.”

Since SJSU is often labeled a commuter campus, do students who live on campus tend to gain more than those who don’t?

Freedman will be trying to answer this exact question in a study she’s doing later on this year. The study will compare the weight gain of freshmen who live on campus to those who don’t.

Freedman said increased alcohol consumption is another culprit when it comes to student weight gain.

“There’s a lot of hidden calories that people don’t pay attention to, and alcohol is one of them,” Freedman said, adding that the averaged mixed drink can have anywhere from 100 to 200 calories.

“Also you’re in college so you’re going out more, so that means more late-night bingeing,” said Munique Martinez, a freshman nursing major. “It all adds up.”

Freedman said the mass consumption of “so-called” energy drinks among college students is another big problem when it comes to students gaining weight.

For college students, trying to maintain energy levels for that all-nighter is important, but Waldrop said students should be choosing foods rich in whole grains such as granola bars to stabilize your energy.

Popular drinks such as Red Bull,

Rockstar and Monster can have hundreds of empty calories, Freedman said.

Freedman said students no longer want a boring cup of black coffee.

“They want to have a frappuccino,” she said.

Skipping meals, Waldrop said, which is also common among college students, increases your chances of gaining weight.

Waldrop is also the coordinator of the Nutritional Education Action Team, a student organization that holds presentations and various campus events promoting healthy lifestyles on campus.

The team, which won Student Organization of the Year for 2007, also holds free nutritional counseling in the sport club as well as “Wellness Wednesdays,” where presentations are given by students one Wednesday per month in the aerobics rooms of the sport club.

So how critical are the college years for forming good or bad habits?

“Right now, I end up drinking a pot of coffee, eating dinner and staying up really late, and then waking up early,” Love said.

“At any point in your life change is possible,” Waldrop said. “But there’s certainly something about the college years that tends to have just a lasting effect.”

“My habits are pretty bad right now, but I think it’s just kind of normal to have bad habits in college,” Love said.

He added that he’ll probably carry “remnants” of these habits throughout his life.

CONCERTS WEEK OF 10/22

Tuesday:

Yellowcard
The Warfield,
San Francisco
7 p.m.

Wednesday:

Blonde Redhead
The Warfield,
San Francisco
8 p.m.

“Disney’s Highschool Musical: The Ice Tour”
HP Pavilion, San Jose
7:30 p.m.
*runs through Sunday

Thursday:

Fiona Apple
The Warfield,
San Francisco
8 p.m.

Friday:

Snoop Dogg
Cow Palace,
San Francisco
7 p.m.

Saturday:

21st Annual Bridge School Benefit
Shoreline Amphitheatre,
Mountain View
5 p.m.
*runs through Sunday

Classifieds

EMPLOYMENT

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- Valid California Class C license
- Current DMV printout
- Responsible, well-groomed and punctual.
- EXCLT CUST SERVICE

If you qualify, please call Kyle 408-981-5894 or Rick 408-593-9612 for an interview.

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*FLEX SCHEDULES
*Internships possible
*All majors may apply
*Scholarships awarded annually
*Some conditions apply
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*Training provided
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www.workforstudents.com/ sjsu

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EVENTS

BABYSITTERS WANTED!

The best way to find a babysitting job has finally arrived! MommyMixer needs fun babysitters for its first San Jose event. Come to MommyMixer on November 4th and find your perfect babysitting job! See mommymixer.com to sign up and get more information. (512)329-2715

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TODAY'S CROSSWORD PUZZLE

ACROSS

- Gets lighter
- Eclipse, to an ancient
- Town meetings
- Full of energy
- Ibsen heroine
- Uproars
- Fanatical
- Mattress support
- Machine teeth
- Tag incorrectly
- Erroneous
- Ballerina's attire
- Reddish-brown
- High hat
- Pipe handle
- Thought
- Garden tool
- "Tyger, Tyger ..." poet
- Style of speaking
- Non-winner (hyph.)
- Thumbs-up votes
- Winged Victory
- Exotic island
- Con game
- Blew hard
- Agree
- Foremost
- Showy flower
- Political alliances
- Use a drill
- Dictionary look-up
- Falcon's home
- Machu Picchu builder
- Diet successfully
- Trawler net
- Bluebird's residence
- Ewes and mares
- Made a border

- DOWN**
- Pasture locale
 - Kirghiz mountains

PREVIOUS PUZZLE SOLVED

LOCHS	PET	PASSE
AGREEE	RIO	ASTIR
DROMEDARY	THORN	
SEC	EWES	RENEE
OMEN	CINES	
ANTLER	AMBO	
GIRDLE	HASTENS	
AGUE	YET	DUAL
HERBTEA	EVINCE	
LEWD	JETSKI	
GAPED	PEGS	
RANIS	BLOC	SRI
ELVES	RUSTPROOF	
ALICE	ERE	AURAS
MOLES	WED	RETRO

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- | | |
|---|----------------------|
| 3 Rights regarding the use of something | 34 Magnani of film |
| 4 Harmful | 36 Tennis strokes |
| 5 Quiet and composed | 37 Smell — |
| 6 Start | 38 Garden green |
| 7 Oyster or clam | 39 Sooner city |
| 8 Time span | 41 Flow out |
| 9 Inherent character | 43 On the up and up |
| 10 Things known | 46 Soak |
| 11 Nose stimuli | 49 Goes very slow |
| 12 Vicious elephant | 51 Funny feeling |
| 13 Debit opposite | 52 Log home |
| 21 Pack animal | 53 UV blocker |
| 23 Gives Novocain | 54 DEA agents |
| 26 In order | 55 Anti-slip device |
| 27 Comic-strip dog | 57 Llama habitat |
| 28 Delts' neighbors | 60 Exigency |
| 29 Gourmet appetizer | 61 Math subj. |
| 31 Valuable wood | 62 "— kleine |
| | 63 Sunflower product |
| | 66 "— -la-la!" |

SUDOKU

Difficulty: 1 (of 5)

5				6	1		4
	7		1		5	9	
		8	9				
8			6		2		
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		4		2			3
3	4	5	2			8	
	9	7		1		6	3
	8				3	4	

HOW TO PLAY
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

PREVIOUS SOLUTION								
5	1	8	9	3	4	7	2	6
9	7	6	1	5	2	4	8	3
2	4	3	8	6	7	9	5	1
3	9	4	6	1	5	8	7	2
6	8	2	7	9	3	1	4	5
1	5	7	2	4	8	3	6	9
7	3	9	4	2	6	5	1	8
4	6	5	3	8	1	2	9	7
8	2	1	5	7	9	6	3	4

CLASSIFIED AD RATE INFORMATION

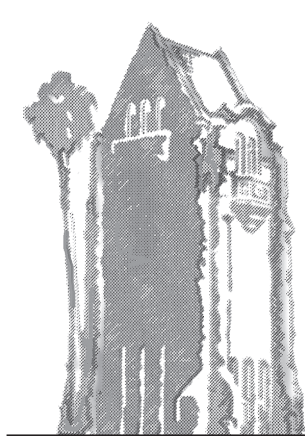
Each line averages 25 spaces. Each letter, number, punctuation mark, and space is formatted into an ad line. The first line will be set in bold type and upper case for no extra charge up to 20 spaces. A minimum of three lines is required. Deadline is 10:00 am, 2-weekdays prior to publication.

MINIMUM THREE LINE CLASSIFIED AD:
DAYS: 1 2 3 4
RATE: \$10.00 \$15.00 \$20.00 \$25.00

\$2.50 EACH ADDITIONAL LINE AFTER THE THIRD LINE.
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• RATES ARE CONSECUTIVE DAYS ONLY. • ALL ADS ARE PREPAID. • NO REFUNDS ON CANCELLED ADS.

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SJSU STUDENT RATE: 10% discount. Ads must be placed in person in DBH 209 from 10 AM or 3PM. STUDENT ID REQUIRED. Rate applies to student's individual ads only. Not intended for businesses and/or other persons. Frequency discount does not apply.



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OCTOBER 22, 2007 // MONDAY

MovieFest Grand Finale hits Bay Area

Six films from SJSU awarded honors

By SARRAH S. NGUYEN

Staff Writer

Robbie Benson, a freshman radio, television and film major, said his team got the concept for their short film, “Bobby’s House,” which won Best Picture at the Bay Area MovieFest Grand Finale, through experience.

“We were all home-schooled when we were younger,” Benson said. “That was basically a memory of all our experiences.”

Benson, his brother Jeff, Jon Magram, a junior animation/illustration major and friend Robert Krakower created a five-minute film about a boy named Adam and his awkward experiences at Bobby’s house.

“Strange, we weren’t expecting it at all,” Magram said about winning.

Out of the 600 teams that participated in the Bay Area, 16 top short films from SJSU, U.C. Berkeley, U.C. Davis, Sonoma

See **FILMS**, page 2



MICHELLE HORTON // Special to the Daily

Students held a candlelight vigil to honor Filipino World War II veterans on Thursday.

Campus groups honor veterans

Recognized World War II Filipino veterans

By TRUTH ESGUERRA

Staff Writer

“The people united will never be defeated,” chanted marching participants of Thursday’s annual candlelight vigil in San Jose, which honored Filipino veterans who served in World War II.

“We just want to let them know that they’re recognized for what they fought for in their struggles,” said Karen Tanquilut, a junior engineering major and a member of Akbayan Pilipino Club, a Filipino-American organization at SJSU. “We’re still fighting for them to have their full equity and to have recognition.”

The event was a collaboration of members from Akbayan, Alpha Kappa Omega, Kappa Psi Epsilon, Sons and Daughters of the Archipelago and Mabuhay Cultural Club of Independence High School, Tanquilut said.

“I feel empowered,” said Phil Temple, a sophomore nursing major who participated in the event. “We got to get our voice heard.”

Daniel Agcaoili, a sophomore biology major and member of Alpha Kappa Omega, participated in the event.

“It’s always good getting in touch with your roots,” he said. “It brings back the pride in your culture within yourself.”

John Hom, a sophomore illustration major and also a member of Alpha Kappa Omega, said he felt great about the event.

“It makes me feel proud to be Filipino,” Hom said. “I wanted to start yelling at the end.”

The participants of the candlelight vigil started their march at the Student Union Amphitheater and ended it at the Dr. Martin Luther King Jr. Library, Tanquilut said.

As they marched the participants chanted

See **VIGIL**, page 3



MICHELLE HORTON // Special to the Daily

Students marched from the Student Union Amphitheater to the Dr. Martin Luther King Jr. Library on Thursday.

AND THE WINNERS ARE ...

FILM AWARDS (SJSU)

Best Picture – “Bobby’s House”

Audience Choice/Best Comedy – “Love Struck”

Best Soundtrack – “I Need You Back”

Best Use of Mobile – “Charly and Estella”

“GOLDEN TRIPOD AWARDS” (SJSU)

Best Costume/Makeup – “Love, Hope, Ninjas”

Most Awkward Moment – “Go Bathe”

Museum turns away students during free college night

Company didn’t expect such large turnout

By SARAH KYO

Staff Writer

A free event attracted college students to The Tech Museum of Innovation for a world-renown yet controversial exhibit on Wednesday evening.

The attraction may have been too strong, since according to museum officials, The Tech Museum reached its capacity in less than two hours. As a result, some people were turned away from entering the anatomical exhibit Body Worlds 2 and The Three Pound Gem.

Alex Miller, a sophomore aerospace engineering major, said he and a few friends arrived at The Tech Museum after 7 p.m. He said there were many people waiting in a “massive” line to obtain free tickets, but they found out that the exhibit was sold out.

“The room just emptied,” Miller said. “It was just a huge exodus out of The Tech Museum.”

Lisa Croel, marketing director of The Tech Museum, said 2,700 people attended the Body Worlds 2 exhibit during college night, which began at 5 p.m. and ended when the Museum closed at 9 p.m.

Peter Friess, the president of The Tech Museum, said there was a cut-off in the amount of people allowed into the exhibit because of security and safety reasons.

“We cannot let in more people than the fire and police allow us,” Friess said.

More than 200 real anatomical specimens are on display in the Body Worlds 2 exhibit, including 20 real human bodies, said Lisa Croel, marketing director of The Tech Museum. Dr. Gunther von Hagens, the creator of this traveling exhibit, used a process called plastination to remove bodily fluids and preserve each specimen with injections of materials such as silicon rubber.

Croel said due to the nature of the exhibit, which will be at the Museum until Jan. 26, a maximum of 600 people are allowed to see Body Worlds 2 at a time. She said Bay Area college students with a valid I.D. received a time-

See **TECH**, page 2

By the numbers

- **2,700** people attended the exhibit on college night.
- **600:** The maximum number of people allowed to view Body Worlds 2 at a time.
- **\$18.50:** The ticket price for a college student with ID, who is not a member of the museum.
- **1,731** free tickets were given to students on college night in San Jose.
- **\$5:** The coupon amount given to students who were turned away from the exhibit on college night.

Sources: Lisa Croel, marketing director of The Tech Museum of Innovation; The Tech Museum Web site; Joe Gold, director of marketing operations for Body Worlds.

ONLINE

INTERNATIONAL STUDENTS LOOK FOR WORK

In addition to adjusting to a new country and university, some international students add internships and part-time jobs to their schedule.

WWW.THEPARTANDAILY.COM

STUDENT LIFE

PUT DOWN THE BAGEL AND SHMEAR, NOW!

Students and professors explore the dreaded ‘freshman 15’ and discuss ways you can avoid this ugly number.

PAGE 4

OPINION

SHOULD SAN JOSE LIBRARIES BAN PORN?

San Jose mayor supports legislation to censor porn to protect children’s wandering eyes ... the editorial board weighs in.

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Domestic violence week begins today

Students share personal stories of former abuse

By KRISTIN FURTADO

Staff Writer

When Maria’s boyfriend threatened to kill her by putting a knife to her neck, she didn’t beg him to put it down.

“You know what? Do it. Go ahead. Do it,” Maria told her boyfriend.

Fortunately, he didn’t listen to her — he put the knife down.

Maria (not her real name) said she spent more than four years in an abusive relationship. So when SJSU peer health educator Gina Vittori

asked her volunteers what issues they thought were really important to students, Maria knew exactly what she wanted to bring to their attention: domestic violence awareness.

With help from the Women’s Resource Center, Peer Health Education is sponsoring and coordinating Domestic Violence Awareness Week at SJSU, which will feature The Clothesline Project, a visual display bearing witness to violence against women, Vittori said.

Today marks the beginning of this week’s event, which is being held in observance of domestic violence awareness month. It will be held Mon through Thurs. from 11 a.m. to 2 p.m. in the Art quad.

The clothesline, which was featured two years ago at SJSU, will display T-shirts made by survivors of domestic violence — as well as for wom-

en who may have died from domestic violence, Vittori said.

“It’s a really powerful event and again, it gives a voice to people who’ve been affected by domestic violence or rape or incest or sexual abuse,” she said, adding that materials will be available for students to make their own T-shirts.

Vittori said she hopes to educate students about healthy relationships. A dating bill of rights will be posted for students to look at and volunteers will also be handing out information on relationship equality, boundaries and respect.

According to the National Coalition Against Domestic Violence, one in every four women will experience domestic violence in their lifetime, with women ages 16 to 24 experiencing the high-

See **WEEK**, page 3