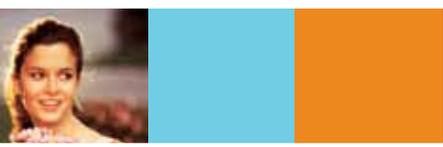


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CIVITIMES Campus Civitan



Eat, Sleep and Move your way to a better GPA!

Studying all night for tests during the week and then celebrating with friends all weekend because you passed those tests are just part of the college experience, right? Making memories in college is important, but you can't make memories at the expense of your health. Read on for top tips to becoming a healthier you!

Exercise More, Get Better Grades

A recent study presented at the American College of Sports Medicine's 57th annual meeting found that college students who exercised regularly earned higher grades. The study articulates that "266 undergraduates showed higher grade point averages (GPA) among those who more often engaged in at least 20 minutes of vigorous physical activity—generally defined as effort of seven or eight on a scale of one to 10." With that in mind, try giving yourself an extra 20 minutes before class so you can walk there at least once or twice a week. Take the stairs when you can or find your university's recreational center; it's normally free for students so take a friend to workout with you. The Centers for Disease Control and Prevention's (CDC) website recommends that adults aged 18 or older get at least two hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups. If you're interested in a more rigorous workout the CDC recommends getting one hour and 15 minutes of vigorous-intensity aerobic activity (i.e., jogging or running) every week and muscle-strengthening activities on two or more days a week. So get moving, get in shape, and improve your GPA too!



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Improve Your Diet, Improve Your Life

Eating well, taking care of their bodies, and making high marks in class are just some of the routines students strive for in college. Are you eating the right foods to power you through the semester? Maybe your weakness is a carbonated soft drink or crispy fried foods. Cutting out one soda a day can save you at least 140 calories per day. Instead of eating french fries, roast a sweet potato in the oven with a few other vegetables. Even small changes in your diet can make a difference in your overall health.

Cooking at home allows you to see exactly how your food is cooked and what is being used to flavor it. Efficient grocery shopping on the weekend is cost-effective, and will have you looking forward to cooking dinner after class during the week. Making a week's menu ahead of time and preparing a list will keep you from buying excess food and will save money too. You have probably heard not to go grocery shopping while you're hungry, but seriously, don't shop if you haven't eaten all day or just left the gym. Ending up with three frozen pizzas and a bag of donuts in your cart is not the start to a healthy meal.

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GET FOCUSED!

Most successful clubs have one large, signature project which is planned and conducted by Civitans alone. Focusing the club's efforts on this one activity ensures quality and success, and members feel a sense of pride and ownership in the project. The club can also promote this outstanding project to nonmembers, making it an excellent recruiting tool. As you make your plans for next year, consider adopting one large service project and rounding out the year with several smaller ones.

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Add more color to your meals. Toss in some spinach with eggs in the morning for a protein-powered breakfast. A salad topped with half of an avocado and light dressing and a turkey sandwich with mustard, tomato slices, and cheese won't tip the scales at less than 500 calories. Grilling chicken with sliced red and yellow peppers and a cup of brown rice makes a simple, yet balanced dinner. Saving an extra piece of chicken also makes a great starter to the next day's lunch. In addition to satisfying meals, make sure to pack a healthy snack like an apple or granola bar for between classes. Small meals throughout the day will keep your metabolism and energy levels high. With a little planning and preparation, each meal will give you the nutrition to ace your next test and power you through the semester!

Sleep Well, Increase Memory

Juggling school, a social life, and family can be exhausting! Getting enough sleep is necessary to let your mind recover from long study sessions in the library, not to mention those late night socials. In an article from the American Academy of Sleep Medicine, Dr. Lawrence Epstein gives insight into the importance of a good night's rest. "Recent studies have shown that adequate sleep is essential to feeling awake and alert, maintaining good health and working at peak performance," says Dr. Epstein. "After two weeks of sleeping six hours or less a night, students feel as bad and perform as poorly as someone who has gone without sleep for 48 hours." New research also highlights the importance of sleep in learning and memory. Students getting adequate amounts of sleep performed better on memory and motor tasks than did students deprived of sleep.

The American Academy of Sleep Medicine recommends the following tips for getting the most out of your sleep:

1. Go to bed early enough that you can get a full night of sleep. Adults need about seven to eight hours of sleep each night.
2. If you have trouble falling asleep, get out of bed and do something relaxing until you feel sleepy.
3. Don't study, read, watch TV or talk on the phone in bed. Only use your bed for sleep.
4. If you take a nap, then keep it brief. Nap for less than an hour and before 3:00 p.m.
5. It is best to go to bed and wake up at the same times on the weekend as you do during the school week. If you missed out on a lot of sleep during the week, then you can try to catch up on the weekend. But sleeping in later on Saturdays and Sundays will make it very hard for you to wake up for classes on Monday morning.
6. Avoid caffeine in the afternoon and at night. It stays in your system for hours and can make it hard for you to fall asleep.
7. Dim the lights and turn down music in the evening so your body knows it will soon be time to sleep. Let in the sunlight in the morning to boost your alertness.
8. Take some time to "wind down" before going to bed. Get away from the computer, turn off the TV and cell phone, and relax quietly for 15 to 30 minutes.
9. Never eat a large meal right before bedtime. Enjoy a healthy snack or light dessert so you don't go to bed hungry.

Eating foods that are good for you, getting enough exercise and rest all help make a healthier, happier, more successful college experience!



Campus News



University of Alabama

UNIVERSITY OF ALABAMA

Members took time out of their busy schedules to donate Easter baskets to children in the pediatric unit of DCH Regional Medical Center in Tuscaloosa, Alabama. The pediatric unit cares for patients who are 15 years old and younger and there are 20 patient beds in the unit. As it turns out, chocolate candy and smiling Civitans with bunny ears go a long way with the children! Bringing much-needed cheer to those spending their holiday in the hospital was enough of a reward for these Civitan club members.

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE

Campus Civitans gathered at the 7th Annual SoupFest in Pittsfield, Massachusetts to help serve hungry patrons and raise money for local food banks. Restaurants in the community prepared appetizing soups from the savory to the sweet, including a few dessert-like soups. All who attended the event enjoyed the many options to pick from, and countless showed up to give their support. Last year the event raised almost \$10,000 and with each passing year the event continues to gain momentum. Club members served patrons and helped clean up after the event came to a successful close.

Springfield Technical Community College



HIGH POINT UNIVERSITY

Club members partnered with Open Door Ministries, West End Ministries and Partners Ending Homelessness to hold a "Homeless Awareness Campout" during the spring semester. The event focused on giving participants a glimpse of how difficult being homeless can be. Without a roof over their heads, participants discussed the hardships that homeless people in their community face every day. Two fundraisers were also held leading up to the event, with proceeds going to Open Door Ministries to help aid homeless people in the High Point community.



High Point University

CONGRATULATIONS!

The results are in for the esteemed Campus Civitan Awards and we are pleased to announce your 2012 winners...

Campus Club of the Year

High Point University
High Point, North Carolina

Service Project of the Year

High Point University
High Point, North Carolina

Outstanding Joint Relationship

Springfield Technical Community College
Springfield, Massachusetts

Honor Club

Springfield Technical Community College
Springfield, Massachusetts



High Point University

2012 Campus Civitan Award Winners!

2012 – 2013 Civitan Emerging Scholars



Elena Adlaf

Adam Funk, Ph.D.

Meredith Reid

Vishnu Cuddapah, Ph.D.

Each year, the UAB Civitan International Research Center presents the Emerging Scholar and McNulty Civitan Scientist awards to current and incoming researchers. These awards take the form of research grants, to be used by each scientist in furthering their research into developmental disabilities and other cognitive disorders. This past November, the following awards were presented.

Civitan Emerging Scholar Awards

Each Emerging Scholar will receive a \$25,000 research grant provided through support from Civitan International. This program is now in its eighth year of supporting research into the causes and treatments of developmental disabilities.

Vishnu Cuddapah, Ph.D.: Postdoctoral Fellow, UAB Dept. of Cell, Developmental and Integrative Biology

Dr. Cuddapah will be researching the genetic foundations of Rett syndrome. He will be focusing on the MeCP2 gene, which is mutated in patients with Rett Syndrome. He will also examine the role of astrocyte dysfunction (which prevents neurons from communicating properly) as a possible cause of seizures in Rett syndrome patients.

Adam Funk, Ph.D.: Postdoctoral Fellow, UAB Dept. of Physical Medicine and Rehabilitation

Dr. Funk will be studying ways to promote brain repair in demyelinating diseases such as multiple sclerosis, where signaling between nerve fibers is impaired. His primary focus will be a signaling mechanism between nerve fibers and the oligodendrocytes that support and insulate them.

Meredith Reid: Graduate Student, Dept. of Psychiatry and Behavioral Neurobiology

Meredith will be using magnetic resonance spectroscopy to better understand the cognitive symptoms of schizophrenia. She will research connections between specific neurological disconnections and cognitive symptoms exhibited by patients with schizophrenia.

Elena Adlaf: Graduate Student, UAB Dept. of Neurobiology

Elena will study the process of apoptosis, or programmed cell death, and how blocking this process can benefit the dentate gyrus, a region of the brain dedicated to creating new memories, spatial navigation, and attention.