

The Blues Last Longer Than Midterms

There's an elephant in nearly every dorm room. It's not your suitemate's newfound sexual liberation. It's not the few pounds

Student Body
MINA NILCHIAN
mnichia@ucsd.edu



you gained from too many late night trips to Goody's. It's not the cloud of smoke in your RA's suite. It's depression, and it's often the one secret that doesn't rear its head during those deep, 4 a.m. post-party discussions.

Getting called a bitch, a slut or an asshole hurts but can be easily combatted with a Facebook friend deletion and cathartic shit-talking. But the worst thing you can be called is "crazy." Then, it's not about your choice of clothing or your lazy living habits. It's about how you perceive things, and our thoughts and feelings are the most fundamental parts of who we are. To have someone invalidate how you feel is the most damning thing they could do.

Depression, which is disturbingly common among college campuses these days, is crippling. No one wants to talk about it, lest be labeled as "crazy." College

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WELLNESS

Fighting the Freshman 15

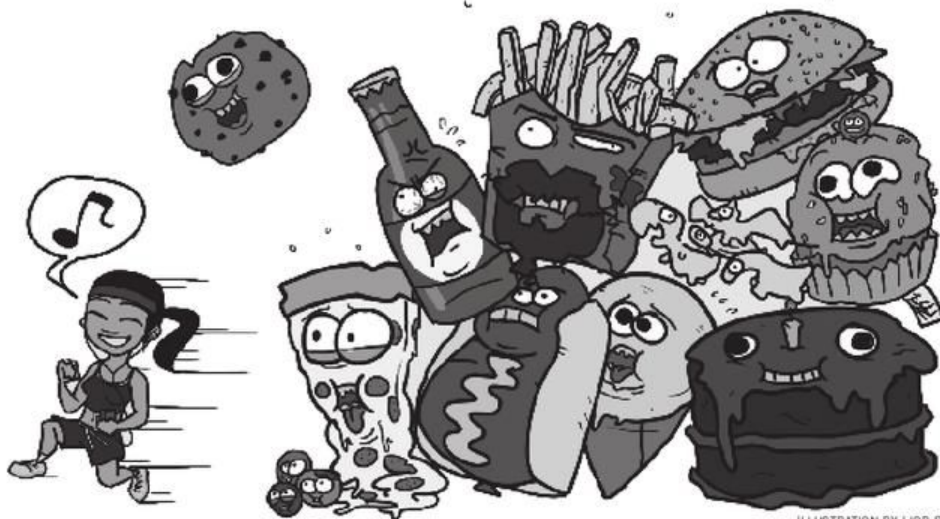


ILLUSTRATION BY LIOR SCHENK

A slice of pizza at Foodworx may be tempting but it can also lead to the dreaded freshman 15.

BY TIFFANY CHIN • STAFF WRITER

Your parents warned you about it. Your friends tried to stop you. But sometimes it happens — you hit the freshman 15.

Whether it's gaining or losing 15 pounds, the freshman 15 can strongly affect your life. Freshman year is already so stressful for so many reasons, and the last thing anyone should worry about is those

few extra pounds. Maintaining your personal wellbeing is the key to happiness, good health and overall success throughout college and in life. Fortunately, UCSD's Health, Recreation and Well-Being services offer many free or cheap programs and opportunities, such as intramural sports, recreational clubs and activities, to help students maintain a

healthy lifestyle.

One of the few great resources that UCSD supplies is The Zone. Located in Price Center Plaza, The Zone opened in the fall of 2010 and promotes eight dimensions of well being: social, spiritual, occupational, financial, environmental, physical,

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The more you
TRY
the more likely you will **succeed.**

Thinking about quitting?

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Vivir Mejor

First World Problems Cover Up What is Really Hurting

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brochures rattle on about the fantastic study abroad opportunities at UCSD. Your uncle gets starry-eyed as he reminisces about the night he managed to find himself at the top of the literature building wearing nothing but a horse mask. But what seemingly no one warns you about is what defines these "golden years" for many of us.

You're away from home for the first time, starting from scratch with your social scene and under pressure to figure out what you want to do with your life. You're surrounded by some of the brightest and most competitive students in the nation and you can't help but feel like you don't measure up. Some of us, between the parties and the club meetings, get caught up in existential malaise. Who are we? What are we doing? What's the point of it all?

The thing about depression, or any kind of mental illness, is that until you've experienced it, you don't know what it's like. My own freshman year was defined by my experience with depression and my inability to talk about it. Looking back, I can probably say that my unhappiness was attributed to a mix of a drastic change of environment, a discrepancy between what I thought college would be and what it ended up being and a genetic predisposition to depression. If you're going through anything similar to what I went through, you probably know why the "what is there to be sad about" line of questions is so unhelpful — not even scientists can exactly pinpoint the causes of depression.

We live in a culture that both

glorifies depression and stigmatizes it. We talk about how brilliant Kurt Cobain was, and his suicide adds a mystique and implies a certain "truth" to the depressive outlook. Academia falsely insists that we're depressed because we're smart. Yet at the same time, we dismiss people's existential qualms as "first world problems."

What you feel is *not* you being crazy or selfish. If you've been feeling disconnected for a while, get help. You'll feel sheepish making that first CAPS appointment, but sometimes it takes only one session with a professional to figure out what you need to do to get out of that funk. Sadness is a feeling, not a logical reasoning that comes from being smart. Keep up lines of communication; calling your friend and asking them to lunch can be enough to lift your spirits considerably. Research shows that exercising can be a very effective way of treating depression, as can adopting a healthy diet. Don't add another dimension to your emotional struggle by worrying about your depression. Getting told time and time again that these are the best years of your life puts pressure on students to be happy all the time, when that simply isn't the case. Life goes on for a while after college, and the best years are just ahead.

I'm thankful to say that by adopting healthy habits, taking up meditation and reaching out to friends and family, I overcame what was the hardest and loneliest year of my life. I rewarded myself by getting the letters "tsp" tatted on my wrist. It's reminder of the most important advice I've ever heard: "this too shall pass."

A Healthy Lifestyle is Easily Attainable Given the Resources Available on Campus

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intellectual and emotional. This space is a collaborative space for UCSD's Health, Recreation and Well-Being cluster, which includes Counseling and Psychological Services (CAPS), Sexual Assault & Violence Prevention Resource Center (SARC), UCSD Recreation and Student Health Services (SHS).

Each week, The Zone features free programs such as yoga, meditation and zumba to promote the eight fundamental dimensions of their program and introduce students to other campus wellness services. A popular service provided by The Zone are the therapy dogs. These canine companions from San Diego's Love on a Lease come to The Zone to play with students for the students' clinically proven stress relief.

"We have healthy cooking demonstrations that teach students nutritious recipes," Zone program coordinator Iris Crowe-Lerma said. "They are usually vegetarian. We offer a cookbook here that has all the recipes that are healthy and easy to make."

All services provided by The Zone are free for students so there's no need to add financial stress to your list of worries.

Another program available to students is the nutritional consultation provided by UCSD Recreation. UCSD's registered dietician, Yumi Petrisko, helps students address health and nutrition history, make nutrition goals, and create a nutrition care plan during one-on-one or group consultations. For students with SHIP, her services are free, and for those without SHIP, a small price of \$20 is necessary. Call Central Scheduling in order to schedule an appointment and take

one step closer to good, overall health.

UCSD Recreation organizes other great activities. This on-campus organization provides students with informal recreation classes and formal classes to fight the flab and meet new people. All classes provided are located on campus and are typically around \$100 for about 10 sessions during the quarter.

"With over 100 sports facilities here on campus," Crowe-Lerma said, "There's really no reason not to be active."

Recreation also provides opportunities for students to be one with nature through its Outback Adventures, which includes backpacking, white water rafting and horseback riding trips such as a camping trip to Joshua Tree. These trips are a little on the pricey side, but if you don't mind dropping a couple hundred dollars for an amazing experience in the wilderness, Outback Adventures would be your best choice.

Intramural sports such as beach volleyball and dodgeball offer alternatives to working out at the gym. Another option is to join one of the various sports clubs and represent the Tritons. These clubs include not only your traditional sports, such as soccer, volleyball and water polo, but are also not-as-traditional sports such as dance, cycling and sailing.

There are also recreational dance clubs available for the less sporty. With beat-dropping hip hop groups, such as Ascension and 4n01, and cultural dance clubs, such as Chinese Dance Association and Da Real Punjabi, UCSD remains diverse even within its physical activities.

Students can also sign up for dance classes (TDMV 1) like ballet, contemporary and jazz, ranging from

beginner to advanced classes. Sign up through WebReg and shake what your mama gave you; working toward your GEs has never been more fun.

And finally, the simplest solution in three easy words: Hit the gym. With two, large, indoor facilities on opposite ends of the campus, UCSD has provided easy access for students to break a sweat for free. It's easy to get bogged down with the stress of classes and extracurricular activities so sometimes working out will be the last thing on your to-do list, but making simple, healthy changes is essential to fighting off the freshman 15.

"Even just simply walking to class instead of taking the shuttle [or] taking the stairs," The Zone's marketing intern Natalie Wong said. "Just little things. They may not seem like much when you're doing it, but it really does add up."

In order to keep off the freshman 15, many programs on campus suggest not only exercising and watching what you eat, but also maintaining overall balance.

"It's not about starving yourself, because a lot of students think 'Oh, dieting...' but actually that's worse," Wong said. "It's all about balance — balancing your diet, balancing your life, and making time for yourself and to exercise. Those are the things that also help with stress, and stress can affect your eating habits and your sleeping schedule too. Eating isn't the only thing that affects the weight that you gain or lose."

With so many different options, choosing an activity to ward away the freshman 15 can be a daunting task. But with programs ranging from recreational class to free programs at The Zone, everyone is able to find what works best for them.

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