HEALTHY RECIPE: KENITRA STEW
By Simone Shields
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Kenitra Stew has a unique North African flavor and can be a hearty, healthy meal for vegetarians and carnivores alike. If you’re a meat lover, simply season and sauté slivers of your favorite meat: beef, pork, or chicken and add to stew.

Ingredients:
1/4 cup water or veggie broth for sauteing + 1 to 2 cups for stewing vegetables in
Two large onions, chopped
Four cloves garlic (large cloves, mash these)
1 teaspoon ground cumin
1 teaspoon turmeric
1/2 teaspoon cinnamon
1/4 to 1 teaspoon cayenne
1/2 teaspoon paprika
2 diced sweet potatoes
2 diced zucchini
2 diced yellow squash
1 diced carrot
2 diced tomatoes
1 diced pepper (green, red, orange, yellow – you choose!)
1 can garbanzo beans (drained)
Raisins (however many you like)

Directions:
Saute onions, garlic and spices in water or veggie broth.
Add sweet potatoes, zucchini, yellow squash and carrots.
Let stew.
Add water as necessary.
Add tomatoes, the pepper and garbanzos.
Let stew.
Add raisins.
Cook until potatoes are mushy or done to your liking (about 30 minutes).
Serve over couscous or brown rice.
PTS FITNESS 101 COLUMN
By Lisa Sue Baumert
M.Div. Middler

How to get moving and stay active at PTS during the winter months

Winter in Princeton can be brutal. 5 foot snow banks and ice covered sidewalks can turn even the walk from class to chapel into an epic trek through the artic. During these bleak months, however, we shouldn’t let the cold and snowy conditions outside, prevent us from staying active. Getting exercise in the winter can be difficult, but with the following tips you will ne out of the door and warmed up in no time!

- **Stick to a routine.** Make time in your schedule for regular exercise. If you don’t plan it, it won’t happen.
- **Rediscover Whiteley Gymnasium.** (the Seminary gymnasium) It may not be large or glamorous, but it has everything you need to work up a sweat.
- **Bundle up.** Often the most difficult part of exercising is getting out the door. Put on hats, gloves, and multiple layers of clothing. You don’t have to be cold to exercise in the winter.
- **Don’t do it alone.** Exercising is easier and more enjoyable when you are accompanied by friend.
- **Go outside on nicer days.** When the weather is less harsh and the sidewalks are clear, take a walk around the University campus, or hoof it to the Public Library for an afternoon study session. The winter air can be refreshing and invigorating.

THE BENEFITS OF RUNNING
By Lisa Sue Baumert
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Everyone knows that running is a great way to stay in shape, but many people overlook practical benefits of running as an exercise.

First, running is an equal opportunity sport. You don’t have to be fast or particularly skilled to enjoy, and benefit from running. The professional and the novice will find equally joy and challenge in it. Furthermore, running is an inexpensive exercise, requires minimal equipment, and can be done anywhere. Just throw on a pair of running shoes and find the nearest sidewalk or road. The Princeton area in particular, has great paths and scenic roads. Another great thing about running is that unlike soccer or basketball, it is a sport that can be done alone. You don’t have to wait for the next pick-up game or intermural showdown to demonstrate your running skills. Finally, running is one of the best full-body exercises you can get. If you have time for just one type of exercise – this would be it!Running strengthens you lungs and heart, increases muscle, and the endorphins it produces, will brighten your mood.

So get out the door and start running!
TIPS ON STRESS-MANAGEMENT: REGULATING OUR RHYTHM
By John Park
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Stress seems to be all around us. Almost any article on health or healthy living mentions the need to reduce stress. We frequently use the word “stressful” to describe situations or elements in our life that are negative or frustrating. However, most of us find it hard to talk about stress in a meaningful way that helps us to manage it. In this article, I want to provide a model for understanding stress in a way that makes conceptualizing and managing stress easier.

Internal Rhythm

Those of us who jog, consciously synchronize our breathing to our steps in order to maintain rhythm. Maintaining this rhythm helps us to regulate our heartbeats. To jog efficiently, our stride, breathing, and heart rate need to be synchronized. When we walk, these three elements (breath, heartbeat, and movement) are synchronized subconsciously. If they are out of sync, we are out of breath, muscles are fatigued, and we suffer from poor blood circulation. This may result in an inability to concentrate, feelings of anxiety, or injuries to joints. If we consciously sync breathing to every step, that would simply be too much thinking and nothing would be more stressful. Thankfully, our bodies are able to regulate our breathing, movement, and heartbeat by itself. Think of this as our internal metronome.

Throughout the day, there are breaks to the rhythm of our internal metronome. For example, exercise tends to break our rhythm. The excessive movement required for exercise leaves us out of breath and makes our heartbeat race. When this occurs, the body is attempting to catch up to a synchronized rhythm. This is a healthy stress that helps us breathe better. Or, maybe we drink one too many shots of espresso for our morning class. Chances are we now sit still in class, but our hearts are racing and we feel jittery. This jittery feeling is our body expressing its need to move in sync to the rapid heartbeat. These are all situations we can control-- how intense the exercise and how much caffeine we take in.

However, it is more often is the case that disruption of our rhythm is caused by things that happen to us. It may be the aggressive driver behind us on Route 1 or the upcoming deadline for papers that may speed our hearts or force us to speed up our day faster than we are able to handle. The irony is that the more we try to control these situations the higher the stress level becomes.

It is critical to understand that stress is not some entity that these situation throws at us, but that stress is a description of this brokenness within our internal metronome. Often, stress is thought of as condition that occurs when our lives are too face paced, but this very broken pace is stress. When this broken rhythm is prolonged or accumulated without returning to its regular state, we will break down. Development of PTSD in soldiers is an example of accumulated stress that goes undetected, resulting in a breakdown.

Returning to our Rhythm

As with many things, the first step to resolving stress is awareness. We need to notice when our internal metronome breaks its rhythm. Many folks who preach stress-management stress awareness (pun intended) yet do not specify what this awareness looks like. When you are driving and someone cuts in, notice how you hold your breath. First notice this in yourself, and then, breathe. Being conscious of situations that
stop your breathing will return to relaxed breathing more quickly in similar situations in the future. If you are typing away at your 15 page paper for hours and your mind is moving rapidly but your body is sedentary, notice how you tend to become more jittery as the night progresses. Do something physical, like cleaning up your room or even take a short walk outside. The key is to notice when your internal rhythm is off and then to return to a regular synchronized rhythm. The more we do this, the quicker we are able to return to our regular rhythm.

In the next edition of Student Health 101, I will approach stress management from the perspective of our external movement; how correct posture and thinking through our movements help us manage stress.

THE FORGOTTEN LEGEND: HYPERTENSION
By Teddy Reeves
M.Div. Junior

For the past thirty five years, the month of February has been set aside to commemorate the accomplishments of African-Americans, both past and present. However, amongst the persons, inventions, and movements typically highlighted during Black History Month, there is another legend that goes without mention although it has been a salient feature to the black experience in America. While this pernicious legend possesses a particular stronghold in the African American community, it continues to impact the lives of many Hispanic Americans, Native Americans, Asian Americans, and white Americans as well. This living legend, albeit deservedly without honor, is known to some as hypertension, but to many within the African American community it is often referred to as high blood pressure.

The University of Maryland Medical Center reports that “One African-American dies as a result of high blood pressure every hour in this country, which is nearly twice as often as their white counterparts” (Source: http://www.umm.edu/heart/blood_pressure.htm). According to http://www.webmd.com, “41% of African-Americans have high blood pressure, compared to 27% of whites.” (Source: http://www.umm.edu/heart/blood_pressure.htm). You may ask, “Why do African Americans suffer at higher rates of hypertension?” Researchers suggest that age, obesity, genetics, and diabetes are the major factors in the diagnosis of hypertension. As you commemorate Black History Month throughout the month of February and beyond, I implore you to remember the holistic health concerns and needs of the black community as well, namely hypertension.

To read and interpret your blood pressure you should know the following information:

The top number is called your systolic blood pressure. This number represents the force of blood through your blood vessels during your heartbeat.

- 119 or below is normal systolic blood pressure
- 120-139 is-pre hypertension
- 140 and greater is high blood pressure

The bottom number is called your diastolic blood pressure. This number represents the force of blood through your blood vessels in between heartbeats while your heart is resting.

- 79 or below is normal diastolic blood pressure
• 80-89 is pre-hypertension
• 90 and greater is high blood pressure
(Source: http://www.webmd.com)

If you believe that you or someone you know is suffering from high blood pressure (hypertension), please consult a physician as soon as possible. Symptoms of hypertension include irregular heartbeat, confusion, chest pain, nose bleeds, vision changes, tiredness, and ear noise or buzzing.