



# NEWSFLUSH

## TRICK OR TREAT!

Halloween is right around the corner, with pumpkin carving, hayrides, dressing up in costumes and, of course, Trick or Treating. While most students no longer roam the surrounding neighborhoods to fill their pillowcases, we still find ourselves surrounded by tempting treats during this time of the year. Instead of filling up on Candy Corn and candy bars, try taking advantage of the seasonal alternatives for a nutritious snack.

**Try these!**

**Fresh apples, Carmel Apples and Apple Cider**—Provide vitamin C as well

as a host of other antioxidants and fiber.

**Popcorn Balls**— When made with low fat popcorn, these balls provide a low fat snack with a kick of fiber.

**Pumpkin Seeds**—Provide iron, protein, zinc, manganese, magnesium and omega three fatty acids.

If you still need a candy fix, opt for fun size or miniature size candy bars. Choose dark chocolate for a healthier alternative to milk chocolate as it provides antioxidants and no milk fat. Also, look for lower calorie options:

**Low Calorie Candy Options:**

Twizzlers 1 treat size pkg.	=	<b>45</b> calories
Almond Joy 1 snack size bar	=	<b>90</b> calories
Milk Duds 1 treat size box	=	<b>40</b> calories
Butterfinger 1 snack size bar	=	<b>100</b> calories
Milky Way 1 snack size bar	=	<b>90</b> calories
SweetTarts 1 treat size pkg.	=	<b>50</b> calories
1 Tootsie Pop 1 pop	=	<b>60</b> calories
1 Tootsie Roll 1 small roll	=	<b>13</b> calories

## Are you in a long distance relationship?

It's hard enough to make local relationships work, but having miles, states, and sometimes even an ocean between you can make it even more difficult! However, successful long distance relationships can and do exist! Here are some tips on how to maintain and embrace your situation:

**Communication is key!**

Since you won't be seeing each other, it's important to establish and maintain an emotional relationship. Tell each other about your little triumphs and tragedies, ask for advice, use tools such as AIM, text messaging, e-mail, or the old fashioned approach of writing love letters!

**Build trust** - It will undoubtedly be questioned or tested so it is important that you go out of your way to build each other's trust.



Be honest and upfront about issues that may concern you.

**Avoid the temptation to be controlling** -

People have free will and no one can or should control another person. As long as you both are interested in being in a long distance relationship you will stick with it and distance won't make a difference.

**Be spontaneous** -

Getting on a plane or driving to surprise your lover can be really exciting! Be thoughtful, romance hasn't died! Romantic gestures can really spice up a relationship!

## Promoting a healthier PS'U'

### Healthy Snacking

Although nutritious snacks throughout the day can be helpful in providing needed nutrients to ones diet, snacking in excess can be a culprit of weight gain. Follow these easy tips to ensure healthful munching:

- **Snack only when your hungry.** Whether you are studying or just bored on the couch If you are not that hungry, drink tea or water, or find a friend to take a walk instead of eating.
- **Eat a variety of foods** and choose foods that add nutrients to your daily diet.
- **Snack consciously.** It is easy to overeat while studying, reading, watching T.V. or socializing.
- **Think about the timing of your next meal.** If you are hungry now, but know you will eat in an hour, have something small like a piece of fruit. If you won't be eating your next meal for the next couple hours, have something more substantial that includes protein, carbohydrates and fat; like nuts or a peanut butter sandwich.
- **Learn how to read labels** and go easy on the sodium, fat and sugar.
- **Eat the typical "snack food" less often.** These include pizza, soda, chips, non-whole grain crackers, candy, donuts or pizza which are calories dense, but not nutrient dense.
- **Remember moderation.** Keep snacks portioned as such

### Don't Miss!

***In Line Dancing***

Mon Oct 15th  
7-8 pm

***Reiki***

Tues Oct. 16th & 30th  
5-7 pm  
Tues Oct. 23rd  
2-4 pm

***Massage***

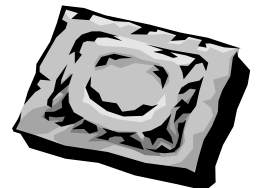
Wed Oct 17th, 24th, 31st  
12:30-2:30 pm

**Sign up early on these dates for Massage and Reiki at the Wellness Center**

**FREE**

**CONDOMS!**

Always available at



the Wellness Center, S.A.G.E. & Health-Services

**It's all about me ...or is it?**

A group to improve coping with relationship issues

Thursdays 8-9:30or 12:30-2

For more information call The Counseling Center x2461 / (603-535-2461)

**Brought to you by the Whole Health Team:**

The Wellness Center, Health Services, S.A.G.E (Gender Resources) Campus Ministries, Residential Life, Sodexho, University Police, Counseling and Human Relations Center