



Toilet Talk

Stay Well, Manchester College!

March

ISSUE 56

What career is right for me, and what the heck should I major in?

The Office of Career Services is here to assist you with all your future career questions.

Do you want to explore career ideas and options? Do you need help choosing a major? Love your major, but don't know how you can translate it into a career?

We can help!

For an appointment with a career counselor to do a personalized **Career Profile**, including the Myers-Briggs personality type indicator, the online Strong Interest Inventory, and values assessment, contact Betty Butterbaugh at x 5242.

So you aren't Jamaican, but you can still eat like Usain Bolt...

Natural talent, hard work and determination are undoubtedly essential, but athletes and coaches are becoming increasingly aware of the crucial role diet plays in sporting success. It's important to note that a good diet will not turn a mediocre athlete into a champion, but a good athlete on a bad diet may miss out on the championship.

Your diet depends on what type of athlete you are: sprinters will usually train for an hour a day, while endurance athletes will train for three hours or more daily. To sustain a high level of training, sprinters need to consume 5 grams of carbohydrates per kilogram (2.2 pounds) of body weight; whereas endurance athletes need to consume 7 grams per kilogram of body weight.

It's also important to refuel between training sessions, with carbohydrate rich foods such as rice, pasta and potatoes. Not refueling between training sessions can lead to fatigue, which can weaken the immune system and make you more prone to injury.

-CNN Health

"Just gimme da' light..." why Sean Paul may lead to testicular cancer...

Marijuana use may increase the risk of developing testicular cancer, in particular a more aggressive form of the disease, according to a U.S. study. The study of 369 Seattle-area men ages 18 to 44 with testicular cancer and 979 men in the same age bracket without disease found that current marijuana users were 70% more likely to develop testicular cancer compared to nonusers.

The risk appeared highest among men who had reported smoking marijuana for at least 10 years, used it more than once a week, or started using it before age 18.

-Reuters

Why hit-sticking your opponent does much more than demean him...

There are few things in the video game world that are greater than hit-sticking your opponent in Madden, especially when it leads to a fumble. But according to a recent U.S. study, the humiliation of your opponent is just the beginning: video games have shown to improve mental dexterity, even in surgeons. The study showed that laparoscopic surgeons who played video games were 27% faster in advanced procedures and made 37% fewer errors, when compared to their non-gaming colleagues. So next time someone tries to criticize you for being too much of a "gamer," let them know you're just working on improving your mental dexterity, just like surgeons.

-Health 24

I just heard that girl's Ipod® as she walked by me...

Have you ever sat in the computer lab and suddenly heard T-Pain's surprise that he is actually on a boat, trying to get Poseidon to look at him? Listening to an MP3 player, such as an Ipod®, for 90 minutes a day at 80% volume is considered the cutoff for long-term hearing safety. Listening to music at a lower volume allows you to listen for a longer period of time, but listening to the latest Akon at high volume for long periods of time will make you replace those ear buds with hearing aids.

-Time



Philanthropy Day is March 19th

Celebrate philanthropy!

According to Merriam-Webster, philanthropy is "the active effort to promote human welfare." Research shows that giving back feels good. So give of your time, your talent, and your resources to help others.

Why March 19th? It is the day we celebrate faithful donors to Manchester College, who help make our education here possible. Tuition doesn't cover everything.

Serotonin; You need it!

Serotonin is a neurotransmitter; a chemical that facilitates the transfer of messages from one nerve cell to the next.

Serotonin is involved in the control of mood, anger, aggression, body temperature, sleep patterns, memory and learning, human sexuality, appetite, and metabolism.

Women and men react differently to a reduction in serotonin, which may explain why women suffer from depression far more than men.

Levels of serotonin are affected by medications, such as antidepressants, antimigraine medications, and illegal drugs such as mescaline, LSD and ecstasy.

Serotonin levels may be increased by taking a tryptophan supplement; however eating foods rich in tryptophan such as meats do not increase serotonin levels due to competition with other amino acids. To increase serotonin, you need an increase in the ratio of tryptophan to phenylalanine and leucine. Ideal foods would be dates, papaya and bananas. Foods with a lower ratio will inhibit serotonin production, such as whole wheat and rye breads.

-Mental Health of America