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Health for the Holidays

by Gale L. Withey

With the holidays and accompanying food, drink and merriment just around the corner, you may be wondering how to lose weight for that special party, how to stay healthy through all the celebrating, or how you're ever going to shed those extra vacation pounds when it's over.

I asked Dr. Charles Ross, U.S.D. Health Services physician and San Diego health lecturer some questions on how to stay happy yet healthy over the holidays as well as on a more long term basis.

Q. What kinds of things are most important to remember for day-to-day health maintenance?
A. Well, I think good nutrition, active physical exercise, adequate rest, and trying to relieve the stress from day-to-day kinds of things are the four most important elements.

Q. What kind of exercise is best?
A. I don't think there's any one best kind of exercise, but the exercise that's done should be what's called aerobic. That is exercise which takes lots of oxygen, is repetitive, is continuous, and must increase your pulse rate to varying levels depending on your age and fitness. The kinds of things that are aerobic activities are things like vigorous walking, jogging or running, swimming, bicycling and jazz dancing.

Q. What about diet? What really is best? Are there any myths that need to be dispelled about eating right?
A. Probably the biggest myths are that people are overweight because they eat all of the wrong things or because of their glands. The number of people who have gland problems that lead to overweightness is very very small. The majority of us don't eat the wrong things; we eat just too much of all of the right things. If you were to eat 100 calories extra per day over what you really need to maintain your weight, in a year you would be ten pounds heavier and in two years you would be twenty pounds heavier. That's the way most of us get overweight; we eat just a little more than we burn up.

As far as specific kinds of things, people eat too much fat, too much red meat, probably eat too much sugar, and don't eat enough vegetable proteins, complex carbohydrates, or the fiber found in things like whole grain cereal, fruits and vegetables.

As far as dieting, the first thing is to look at what you eat and notice things that are not particularly nutritious, the junk food and hidden calories like refined sugar. Secondly, look at the total amount of things you eat per day. See if there are one or two items that are not terribly important to you and eliminate them. That might be 100 or 200 calories per day, and if you were to give up 200 calories per day, in a year you would lose twenty pounds.

I would also point out that the worst thing you could do is start one of these weird diets like bananas and grapefruit or twelve hard-boiled eggs a day or whatever. Almost anybody can go on some spacy sort of diet and lose weight, but they will do it for a brief while and then reward themselves for having suffered by going back to eating all of the things they did before, and they'll gain back all they lost and probably a little extra. It's better to stick with the kinds of things you're used to, but eat much more moderate portions, and couple that with some exercise.

Let me stress one thing for diet and exercise. Don't rush! You have all of your life to stay fit. Don't diet just to get into a special evening dress for a Christmas party next month. Say instead, "Well I'll be thin for next Christmas, a year from now," and do it gradually.

Q. With the holiday season approaching, what special precautions would you recommend to stay healthy amidst all the holiday food?
A. Basically everything we've talked about is moderation in some sort of way. Recognize that you don't have to eat up for a whole year at every Christmas party, and you can keep a few things in mind. One, not all the food needs to be eaten. If you eat a little less, the host will just have a little more for the next day. Two, you might want before you go to a party to fill up on lettuce or some other almost non-caloric thing, even water, so if you come to a party and you're not famished you will have less of a tendency to gorge yourself. Third, when you go to a buffet style party, as most Christmas parties are, with multiple things to choose from, just put one or two things on your plate, go back to your place and eat them, and if you still feel hungry or deprived go back and take something else back and so on. If you load your plate up the very first time, you'll eat everything on it, whereas if you do it by steps you're likely to be embarrassed by going back so many times and you might eat less.

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Meet Marge Hughes
by Joan Murry

Gardening is only one of Marge Hughes’ many interests. You may meet Marge while she’s out running her “three miles” (which she does four to seven times a week), or at the tennis courts, or in class at the Business School. Be prepared to be caught up in Marge’s energy and enthusiasm for life in general and U.S.D. in particular.

Although Marge admits, “I was reluctant to leave Flagstaff when we came to San Diego...Art was vice president at the Northern Arizona University and we had many good friends there; it was a small town atmosphere and I felt we had everything we needed and wanted.”

Since coming to U.S.D. and San Diego ten years ago when “Art assumed the presidency of U.S.D., I have come to love it and would find it very difficult to live anywhere else.”

Although the responsibilities of being a university president’s wife can be extremely demanding, Marge has found time to pursue a variety of interests including Spanish and mathematics classes, cooking, needlepoint, and flower arranging. In addition, she spends a part of each day “out on the patio gardening.”

When asked how she finds time and energy for so many activities, Marge tells how she was once inspired at a talk given by Deborah Szekely (the founder of the Golden Door), “Since then, I try to find time each day to do something to improve myself — physically, intellectually, emotionally, and spiritually.”

At the top of Marge’s priority list (she admits to being a “list person”) is her family. Activities of the Hughes’ four children (Gregg, Tim, John and Susan) keep her days full. Marge and Susan recently took ice skating lessons twice a week for an entire semester; and Marge tells how the boys can cook...and that son, Tim “had three offers of marriage when he made a cherry cheesecake for a friend’s graduation party where everyone was asked to bring a dish to share.”

Marge describes herself as a very “traditional” with strong feelings about marriage and family. She believes, “Marriage should be based on mutual intellectual and spiritual beliefs and values...these are basic to marriage, family, and a successful life together.”

The energy and enthusiasm characteristic of Marge have roots in her childhood and college years. Raised in the small town of Olney, Illinois, in a family of ten children, Marge recalls an early interest in music and music and the memory of working at one job or another. She eventually majored in business education with a social science and physical education minor at Eastern Illinois University.

During college and the ensuing four years when she taught at Mt. Carmel High School, Marge’s summers were highlighted by summer trips with friends to Colorado, California, New Mexico, New York, and Wisconsin. Marge smilingly recalls how she and her friends worked at some “untraditional” jobs — at least untraditional then for teachers — to support their vacations. They worked as hotel waitresses, selling rug cleaning door-to-door, as camp counselors, and as secretaries at an Air Force base in New Mexico as well as for a Madison Avenue attorney who had famous theatrical personalities as clients.

Attending graduate school was a goal in those days, but Marge confesses, “I enjoyed traveling so much that I never did get to graduate school...but I really loved those single years.”

Marge’s single years were over when she and Art were married in August of 1956. Those early years were busy ones with “Art pursuing a Ph.D. degree at Iowa State University and the birth of our first child, Gregg.” She recalls their “small barracks-like duplex with the hot water heater and space heater in the living room.” Marge’s contributions during those lean years, in addition to raising a family, was to earn extra money by teaching in adult school and typing theses and dissertations for graduate students.

Looking back on her ten years here at U.S.D., Marge recalls all the fascinating people she has met and the enriching experiences she has had while enrolled in classes at U.S.D., where she is currently studying in the MBA program. “Being a part of U.S.D.’s growth, in terms of its physical size, enrollment, and academic stature, has been an exciting experience for me,” Marge relates.

When asked what advice she would give to a spouse of a university president, Marge replies, “Being supportive is the most important advice I can give...I appreciate how supportive Art is of me and I try to give him as much support as I can. Also, it’s necessary to make time for family activities and to encourage a working-together relationship...that helps make the most of the time a family has together.”

It is clear that the energy, enthusiasm, and commitment Marge brings to all her endeavors contribute to her very successful roles of wife, mother, student — and make her a person to be admired.
Haunting the Halls of U.S.D. —

Photos by William Snead
Recipes for a Delicious Holiday...

"4 LAYER SWEET DREAM"
1 stick of butter
1 cup flour
1/2 cup nuts, chopped
Cream mixture; spread on 9 x 12 pan; bake at 350° for 20 minutes. Cool.
1 8-oz. cream cheese
1 cup powdered sugar
1 cup Cool Whip
Spread over crumb mixture.
2 small instant puddings*
3 cups milk
Mix pudding and milk and spread over crumbs and first layer.

*Pudding used can vary from pistachio; vanilla with crushed pineapple sprinkled over top; banana with fresh cut-up bananas.
Spread remaining Cool Whip over all layers and sprinkle lightly with nuts.
— Cher M. Delcarmen

CHRISTMAS COOKIES
1 cup oleo
1 cup sugar
2 Tablespoons milk
1 teaspoon vanilla
1/4 cup red and green candied cherries
1/2 cup chopped pecans
3/4 cup coconut
2 1/2 cup flour
Cream oleo and sugar. Add milk and vanilla. Stir in flour, cherries, and nuts. Form into 2 rounds 2 inches in diameter and 8 inches long. Roll in coconut. Wrap and chill overnight. Slice 1/4 inch thick, place on ungreased cookie sheet and bake at 375° for approximately 12 minutes. Makes 5 dozen.
— Linda Petty
Secretary to Kathy Walden, Asst. Director of Development

HOT HOLIDAY ARTICHOKE DIP
1 can artichoke hearts, drained
1 cup mayonnaise
1 cup Parmesan cheese
Chop artichoke hearts into quarters. Stir in all ingredients. Bake in 350° oven for 15-20 minutes or until top is golden brown. Excellent on Triscuits.
— "Action" Jackson Kitchens (Jackson Muecke)

WASSAIL
1 gallon apple cider
6 whole cloves
6 whole allspice
2 teaspoons nutmeg
1 6-oz. can frozen lemonade
1 6-oz. can orange juice
1 cup packed brown sugar
Heat and serve warm. Serve with cinnamon stick stirrers.
— Dave Navarro

Thanksgiving...Easy Dessert
PINEAPPLE DELIGHT
Instant Rice (one serving recipe)
1 can crushed pineapple
1 container whipped cream
— Fran Swank

GRANDFATHER EDELMAN’S LOW CALORIE CHRISTMAS FATIGUE POUND CAKE
The origins of this recipe are lost in the mists of time. It is known, however, that it had its genesis in the Bavarian Alps and made its way to this country under the aegis of my grandfather, Louis Adolph. It was also under a plaster bust of Kaiser Wilhelm and a Stradivarius violin Grandpa picked up in Cremona, Italy, which would be worth $250,000 today if Grandpa hadn’t stripped off the varnish.
2 quarts of kirschwasser
1 quart of peppermint schnapps
1 pint of prune brandy
4 egg yolks
1 Sarah Liederkrantz pound cake
Stir liquid ingredients in a large, fireproof vat for 30 minutes or until exhausted. Add egg yolks and stir over low flame until midnight Christmas Day. When the concoction has taken on a slightly blue haze, add the pound cake, taking care not to drop any crumbs into the mixture. Stir pound cake in liquid for 30 seconds and remove immediately. Do not discard the pound cake in garbage disposal or other metallic receptacle, as it may destroy plumbing. Serves one. Recommend serving shortly after all guests have left and avoid human company for at least three days.
— Sandy Edelman

APPLESAUCE CAKE
1/2 cup shortening
1 egg
1 cup sugar
1 1/2 cup flour
1/2 tsp. salt
1 cup (or more) walnuts
1 cup (or more) seedless raisins
1 cup applesauce (or more, if needed)
1 tsp. cinnamon
1/3 tsp. cloves or allspice
1 Tablespoon baking soda
4 Tablespoons ground baking chocolate
Warm bowl. Add shortening. Cream in sugar (only somewhat and gradually). Beat egg into mixture. Sift flour with seasonings. Use bit of this for dredging nuts and raisins. Add dredged nuts and raisins to creamed mixture. Add flour mixture gradually to above, mixing thoroughly. Add (at once) enough applesauce to make mixture " sloppy”. Cream and flour baking pan with dab of shortening. Bake at 350° until toothpick comes clean (except for one crumb).
— Sr. Dale Brown
**HEALTH FOR THE HOLIDAY**

(continued from page 1)

Q. Which holiday treats should be avoided and which can be indulged in?

A. All of the things we’ve discussed in terms of diet in general hold true over the holidays. And during holidays we have one additional thing—alcohol. Alcohol has more calories than any other food item. More than protein, more than carbohydrates, and more than fat. Also, you usually drive to a party, and with more drinks, you’re less likely to be able to get home. A sort of admonition about alcohol is to not have more than one drink in an hour, because it takes about an hour to metabolize the alcohol in one drink. Also, if you have food, it will slow down the rate of absorption.

Q. I know you don’t recommend losing weight fast, but what kind of advice would you give to people who really want to lose a few last minute pounds before the holidays?

A. Calories are what make people thin and fat, so if you really insist that you’ve got to get down five pounds in a certain amount of time, remember that it takes 3500 calories for one pound. If you need to lose five pounds you have to give up 3500 calories times five pounds or 17,500 calories. In addition you can burn up with vigorous exercise about ten calories per minute, so if you exercise for thirty minutes you can burn up another 300 calories. Any advice I can give you is to very strictly count your calories and use this as a guide.

I would additionally urge people not to take water pills, or diuretics, because this can be very dangerous. It depletes the body of very important things like potassium, which you need for heart regularity. The same thing can happen with people who purge themselves with lots of laxatives.

We have six weeks until Christmas, so realize how long it will take and start a little sooner than you otherwise might have.

Q. Is there anything else we haven’t discussed which you would like to add?

A. Yes, managing stress. Most importantly we should recognize that we are in charge of our lives. Nobody can make us anxious. Nobody can make us tense. Nobody can make us angry. Nobody can make us depressed. We are the only ones that can allow these things to happen. That doesn’t mean that there may not be events in what we do, or our working lives, or Christmas, or anything else, that are depressing; but we are the ones that decide and allow ourselves to remain depressed or unhappy or jealous or guilty or whatever. One has to analyze these feelings, and see if feeling that way is helping anything that we’re doing. If not, then we should begin to look at ways of getting rid of these attitudes. Exercise and activity may be one way. Meditating may be another. A vacation may be another. Recognize that we control our emotions. Maybe not very well sometimes, but other people are not the cause of our feelings. It’s up to ourselves.

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