

Volume 26 Issue 1

December 2013

Wellness



A CONSORTIUM OF NEW VOICES

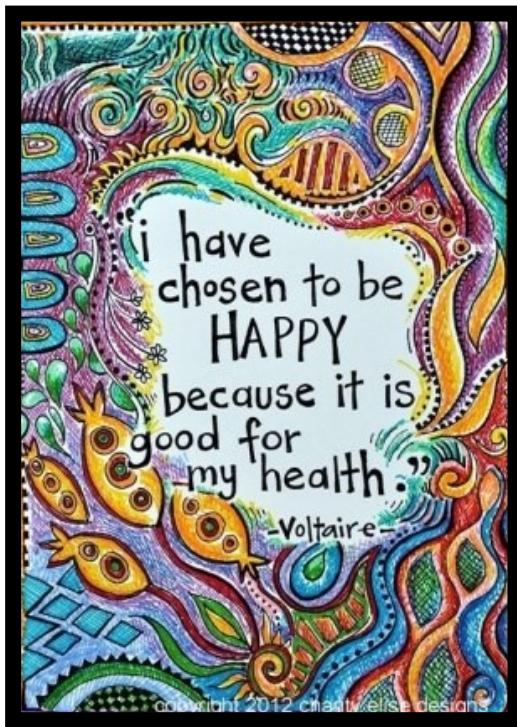
Kalliope

From the Editor Mara Michael

When I found out that I was to come up with a theme for an issue of *Kalliope*, my mind immediately focused on wellness. I was introduced to the magazine a year ago and became inspired by its positive and uplifting nature. The topics explored were creative, insightful, and empowering. These qualities are comfort food for the heart and soul.

Health and balance are topics I am passionate about. I decided that I wanted to explore the many aspects of wellness: physical, mental, emotional and spiritual. All of these are important for the mind, body, and spirit to feel alive and glowing.

I chose wellness because, for me, it is what this magazine



embodies and seeks to encourage.

Wellness isn't just about going to the gym and eating your fruits and veggies, although, of course, doing so is never a bad idea! Wellness is also about the way we see ourselves and how our internal lives affect the world around us. To heal and uplift the world, we must first heal and uplift ourselves.

Above all, your health and happiness are most important. Our mind and body become extremely powerful once we recognize their full healing potential. It is easy to forget this simple truth when bombarded by all the societal and personal pressures we face every single day. I hope that this issue will remind you of your boundless ability to thrive, against all odds. In fact, glowing wellness is your

birthright.

Interns' Bios



Donald Tripp is a Senior majoring in English Literature with a minor in European History. His favorite authors are J.

K. Rowling and John Green, and his favorite poem is "Digging" by Seamus Heaney. He recently returned from a study abroad semester in London. He enjoys reading and writing, and aspires to become a writer. In his spare time, Donald enjoys playing videos games and travelling. He has a daily video blog that can be found on YouTube.

Mara Michael is finishing her last semester at ASU this fall, and is about to graduate with a BA in English Literature. She is excited to graduate and explore what the world and writing field have to offer. Mara is interested in fiction and poetry, yet also loves investigative journalism and sharing her opinions and experiences through the written word.



Caitlen Welch is an ASU senior studying Film and Media Studies and minoring in English Literature. Her passion and

obsessive need to correct grammar and spelling has led her to believe editing is her true calling, but she does have some guilty pleasure reads that include the Harry Potter series, Meg Cabot books, and anything Jane Austen. She hopes to one day be a book editor for a major publication company.



Those Were the Days, My Friend

Donald Tripp

I hate going to the doctor's office, but it's sometimes better than the alternative.

Sure, sitting in the waiting room, filling out paperwork, taking vitals, explaining your symptoms, deciphering the doctor's handwriting, and getting a prescription is an annoying process, but modern medicine is pretty damn nice compared to what people used to have to deal with.

For example, when the Black Plague hit Europe in the 1300's, the Pope sat in full regalia between

two roaring fires, killing off any bacteria in the air around him. While it sounds extreme, it was effective seeing as he didn't ever get the Plague.

Another slightly more toxic remedy was Mercury. While we know Mercury is toxic to touch, people used to use it for a basic cure-all. They treated

syphilis, cuts and scrapes, coughs, constipation... you name it, Mercury could cure it, and if it didn't cure you, it killed you. Isn't the saying "What doesn't kill you makes you stronger?" I suppose it has some validity in this case...

Then there's bloodletting.

As in, leeches to suck out the bad toxins in your blood to cure your various ailments. This was used for a long time actually, and leeches are still used in various parts of the world today. Still, I'll take a root canal over a bunch of vampire worms.

But let's look at a little more

rage to cure just about any mental illness you could imagine. The problem with this is the doctor would essentially stick an ice pick into your eye and poke your brain. This results in any number of less than lovely outcomes. Sometimes it worked, most of the time it didn't.

Finally, we come to the



remedies doctors used to combat "female hysteria crisis," also known as the menstrual cycle.

Evidently moodiness and cramping was considered hysteria, and called for doctor administered vaginal massages. I imagine this is like an early OB/GYN,

modern remedies. In the late 19th century, people who were battling a cough were prescribed heroin as an anti-inflammatory agent and pain reliever. This was typically called

without all the paperwork and fancy chairs, but I'm a guy, so my experience there is nil. Maybe it's not really that different.

In reality, I can't complain

about waiting room time. I'd much rather sit in a sterile smelling doctor's office and wait for them to ask the same questions repeatedly than sit through a frontal

"History is a vast early warning system." Norman Cousins

"Soothing Syrup". Think of it as the original medical marijuana, but more hardcore and addictive. And deadly.

Then we look at some of the more gruesome remedies given to people. In the early part of the 20th century, lobotomies were all the

lobotomy or be dosed with heroin for a scratchy throat. Honestly, I'm pretty happy to live with the modern version of medicine.

Still, maybe I should make a point to eat more apples or drink more green juice.

Just to be safe.

A Cathedral of Trees

Shavawn M. Berry

I first experienced the meditative peace of walking during the eighteen months I lived with my mother after my father's death. My friend Cathleen and I walked the wooded pathways of a nearby park three times a week. We did it for exercise, but also saw it as a chance to talk freely about our lives. It deepened our connection, got our hearts pumping, and cleared our minds; however, it is the solace that came from those walks that has stayed with me ever since.

Whatcom Falls Park, where we took our walks, is full of ancient evergreen trees. Its woods are home to ravens, spotted owl, deer, squirrels, and a plethora of wild birds. We usually took the same route each day, crossing down to the entrance of the park, and then heading for the duck pond. Occasionally, I brought bread to feed the ducks, and a large scramble of mallards and their ducklings immediately surrounded the waters in front of me, begging and squawking as bread sailed through the air. Occasionally, even a seagull that had flown up from Bellingham Bay several miles away, joined in the fun. After we fed the birds, we'd head down a pathway that led deep into the park, crossing a small bridge over Whatcom Creek to get into a large cathedral of trees that felt like

sacred ground to me.

Crossing under that thicket of trees, sunlight spattering the ground, birds calling in the distance — there was nothing that



could have offered me more in terms of assuaging my grief over my father's death, and the other losses that coincided with it, including the break-up of a long term relationship with my boyfriend. It was almost as though the trees knew me, knew my sorrows, and offered themselves as living examples of how to endure. That's why I love trees — everything from mesquite to saguaro to willow to redwood. They endure. Barring interference from human beings,

most trees will outlive us. They were here before we were born, and they will likely be standing with their branches touching the sky on the day each one of us dies. The act

of walking in any natural setting — whether a state park, a mountain trail, or through someplace urban and lovely like the Desert Botanical Gardens here in Phoenix — allows us to reconnect with silence, with God, with the sound of our footsteps and heartbeat, with spirituality, and with the slow grace that accompanies peace.

Walking in nature is a meditative act. Nature can truly be a balm for whatever ails us. I remember walking through grief. I remember the way the sky looked through an umbrella of tangled branches. I remember the sound of the river and coming face-to-face

with my ability to continue living even in the face of a very real death.

In our society's worship of the automobile, some people have never had the very real pleasure of taking a walk. Try it. Go to a local park and take a stroll; hike into the raw beauty of the mesas surrounding your home. Walk at dawn or by moonlight.

Reconnect with your inner life and find out how healing a walk in nature can be.

Letting the Mind Breathe

Caitlen Welch

It's the day before finals. It's midnight and you're taking a well-deserved "study break" that has lasted for the past two hours. You're jittery from 6 cups of coffee, and have so many tests to study for and papers to write that you can't afford even a five minute break. Every time you try to write a paper, your ruminating thoughts keep you from fully concentrating on the task at hand. You're anxious about all you have left to do and just can't focus.

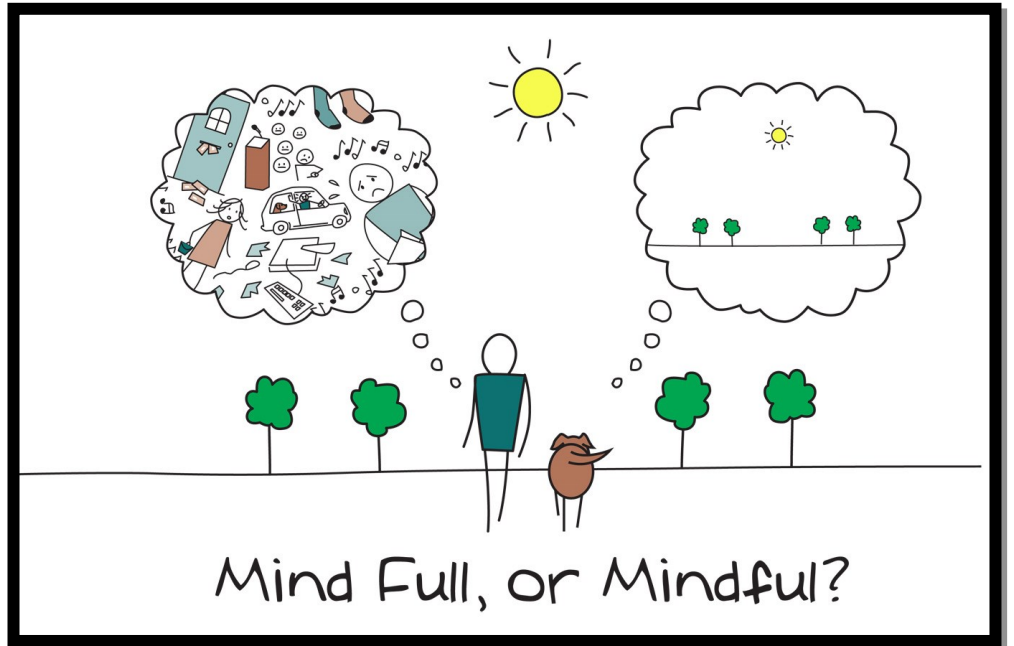
While finals week can be stressful, it's important to do things that minimize and decrease stress so you can focus on what needs to get done without getting overwhelmed. Instead of stress eating, napping, or procrastinating, give mindfulness exercises a try. They're simple, take a short amount of time, and really do help you focus.

Mindfulness is an ancient Buddhist practice that entails directing your mind to one task and staying in the present moment. Pay attention to that moment on

purpose and without judgment and you will reap the benefits. These benefits include

lowered blood pressure, better grades, less depression, and improved sleep. If these aren't enough they also support weight loss goals, reduce chronic pain, and encourage positive thinking.

Before you begin a mindfulness exercise, find a quiet



place, and sit down in a chair or on the floor with a straight back and place your feet on the ground. Give yourself plenty of time to complete the exercise without any end-goal in mind. Rushing defeats the purpose, and expectations only create more mental obstacles.

An example of a mindfulness exercise is counting your breath. You count to ten, one number for each inhalation and

"Don't feel guilty that you can't stop your mind-wandering. The point of the exercise is to simply be aware of what you're doing in the present moment without judgment."

one number for each exhalation. If you find your mind wandering at any time, bring it back and start over from one. When you do finally make it to ten, start over again at one and repeat throughout the practice. Continue this for five minutes.

As you improve in your practice, you can take more time. While it sounds simple, because we live in a multitasking world, it will be difficult for most people to complete the meditation without distractions or wandering thoughts. Notice if your mind wanders and bring your attention back to your breaths. Don't feel guilty that you can't stop your mind-wandering. The point of the exercise is to simply be aware of what you're doing in the present moment without judgment. As you practice mindfulness, it gets easier.

When we learn to listen to our breath, the mind naturally quiets and we discover what it truly means to be present. This presence allows us to get things done more efficiently and effectively.

Our mind is much more powerful when it isn't running in a thousand directions. So, no matter how busy you are, slow down, breathe, and just be. It works!

Taking Back the Night

Adam Behrends

Sleep. I can only think of a few things that are better. It's the time in our day when every person gets to disconnect from the stress and responsibility of life and recharge their batteries. Some people are heavy sleepers while others will be roused by a pen falling off a desk. For college students, it becomes even harder with the pressure to have a social life, dealing with noise from roommates, and dealing with the most important aspect of school: school work. As a result, it seems sleep — real sleep — is a distant memory for many students.

For most college-goers, this will be the first time on their own and the culture shock of independence can be a lot to handle. Take this as a learning opportunity in which you can learn to manage your time better and make choices to ultimately improve your life. The first step is aiming to get more (and better) sleep. It's all right to own the night once in awhile, but sleep isn't something you should neglect on a

regular basis.

One suggestion for better sleep is to avoid food or alcohol in the late evening since this will sit in your stomach overnight and may affect your rest. Technology is another favorite distraction right before bed - we've all had that 7 episode Netflix binge that keeps us up until

sleep cycle sooner.

Although it may be difficult to add another activity to your already busy schedule, regular

"Finish each day before you begin the next, and interpose a solid wall of sleep between the two." Ralph Waldo Emerson

exercise is something that can also help you sleep. Expending all of the excess energy in your body by running, lifting weights, or other physical activity is a good way to tire yourself out so sleep comes more easily and naturally.

It's also good to think about what fuels your body; exercise goes hand in hand with a healthy diet. The healthier the food, the better your system will run. Sugar and caffeine are two ingredients which are known to have negative effects on the human body after prolonged use. Limiting your intake is a simple and cost-effective way to begin changing your habits. However, they are sometimes impossible to avoid, so don't beat yourself up about drinking a soda on occasion.

The issue here, then, is self-control and discipline. As an adult, it is up to you to make the decision to maintain your health and get a good night's sleep. That's not to say don't ever have a night out, but doing small things to improve your sleep schedule will make it easier in the long run to stay on track in terms of your health.

Remember, more sleep now, means you're all rested up for that all-night marathon of *Breaking Bad* you've got planned for Friday night.



2 AM. Limiting yourself to water and a good book instead will allow your body and mind to begin its

regular basis. One suggestion for better sleep is to avoid food or alcohol in the late evening since this will sit in your stomach overnight and may affect your rest. Technology is another favorite distraction right before bed - we've all had that 7 episode Netflix binge that keeps us up until

Sweet, Sweet Sleep

Shantidas Contu-Owen

Two years ago, I participated in a sleep study. The only thing I could see in the pitch-black hotel room was the little green light attached to the camera in the ceiling corner. Not only did they advise me to go to sleep at 9:00 p.m., they expected me to do so covered in wires and sensors. How anyone managed to rest in this condition was beyond me.

When they woke me up the next day at six a.m., after a night of tossing and turning (the norm for me), they told me that my sleep patterns were normal. I felt anything but normal.

After some reflection I now realize that my sleep woes are situational and

anxiety-induced.

In the beginning, I relied on medication to do the trick and help me fall asleep. The ever-popular Ambien knocked me out cold, but the daytime drowsiness was killer. My memory suffered undesirable side-effects, and then there were those times I would hallucinate before falling asleep.

The sleep study inspired a change in me. Since I did it, I have upgraded my mattress and attempted a few lifestyle changes, some which have endured longer than others. As a result, my sleep

has drastically improved; roughly four out of the seven days a week I sleep through the night. Compared to the insomnia I suffered before, this is a huge leap in the right direction. Between work, school, and these changes, I can finally reach the point of exhaustion each night. Now, I often crash before my head even hits the pillow.

If you experience insomnia or have frequent trouble sleeping, it's likely that your mind is in overdrive. Make sure to release that pent up energy doing something active and productive during the day so that your mind and body can get the rest it so desperately needs. In the end, I've learned it's all about balance.

"A well-spent day brings happy sleep." Leonardo da Vinci

WHY WE NEED TO SLEEP BETTER
SLEEP BENEFITS YOU NEED TO UNDERSTAND

Sleep is a biological and powerful need, much like food and water. If totally deprived, humans ultimately perish.

01 AMAZING MEMORY
Sleeping strengthens the neural connections that form our memories. The hippocampus is the part of the brain where our memory is stored. During sleep the hippocampus is restored. When a person has Alzheimer's the Hippocampus is their first place to suffer damage, causing memory loss in the person with Alzheimer's.

02 SLEEPING IMPROVES THE HEART
Quality Sleep improves cholesterol and triglyceride levels. Not only that but according to the The Journal of the American Medical Association a lack of sleep will increase calcium build up in the heart arteries, increasing a person's chance of heart disease.

03 SLEEPING DECREASES DEPRESSION
When we go to sleep and whenever our body is relaxed it releases the hormones melatonin and serotonin. These hormones help eliminate the stress hormones adrenaline and cortisol making us happier. A lack of sleep puts our body into a stress mode, the body is forced to release the stress hormones so that it can function. Ideal sleep is less than ideal. When we sleep under a stress hormone, the hormones making the body completely happy and emotionally stronger.

04 SLEEPING INCREASES CREATIVITY
With the memory at its peak, the mind restored, and the hormones all balanced, the mind has a healthier imagination, making you more creative!

05 SLEEPING SUPPORTS WEIGHT LOSS
A lack of sleep creates a lack of the hormone leptin in the body. Leptin is stored in the fat cells and it tells us when to stop eating. The hormone Ghrelin (the hunger hormone) is stimulated, making us hungrier when we're not.

06 SLEEPING MAKES YOU HEALTHY
Your immune system relies on sleep to regain strength to fight against the next day's toxins. With a sluggish immune system we let down our guard to many toxins and germs that can destroy the other systems in the body.

RESEARCH BY: 1800Cpap.com

Let Your Natural Beauty Shine

Mara Michael

I read an article last week on the Huffington Post. The article claimed, according to a new study, that men with attractive wives report higher levels of marital satisfaction.

I won't make you suffer through the nonsense by providing direct quotes, but the article's basic logic was this: look good for your hubby and he'll be happy and then you'll be happy because he's happy. Their research also avowed that men who "lucked out" by marrying attractive wives were more likely to care about their wives' needs.

My inner feminist scoffed as I scrolled through the words. Who the hell funded this research? And why? You would think by 2013 we would be focusing on more meaningful issues.

This kind of shallow mindset is, however, still an issue unfortunately. As women we are bombarded daily by images of what we should look like, dress like. What's hot, what's not. If we are unaware, our subconscious can eat this stuff up like candy. Poisonous candy.



Men suffer in their own ways from these influences, but for women it's much more frequent. For children and teenagers, it's even worse. They are still figuring out who they are when society swoops in and tries to mold them with unrealistic images and ideals.



I read that article and thought of the effect it would have on a 14-year-old. At that age, a girl

might still be obsessing over how to look like the women she sees in magazines or on TV. Now suddenly she's worrying about what her future husband might think of her.

Some experts are even saying that these issues are showing up in girls as young as five. "We're seeing girls at younger ages starting to be dissatisfied with their bodies, proactively trying to change them, and feeling like they

need to emulate something different than what their bodies can do," says Elissa Gittes, MD, a pediatrician in the division of adolescent medicine at the Children's Hospital of Pittsburgh. These pressures can often result in emotional distress, unhealthy

dieting habits, anxiety, depression, eating disorders, social withdrawal, engagement in sex before one is ready, and an overall negative self-image.

Our self-image is like an internal dictionary of the strengths and weaknesses we draw of

ourselves. This image is a product of learning, and its sources are many; media, childhood,

relationships, to name a few. We analyze our interactions with the world and add to this image layer by layer. A lot of these layers are distorted due to the influences we've inherited and the way we learn and choose to judge ourselves.

The change starts with us and the way we relate to this external set of images. We must set an example so that the next generation can transcend these limiting beliefs about image and wellness. When we begin to love ourselves fully, we shine. That light inspires others to find theirs.

Adrienne Ressler, MA, LMSW, a national training director for the Renfrew Center, a national eating disorder treatment facility, urges her patients, who are mostly adolescent girls, to momentarily leave the malls and the fashion magazines behind and instead head to a park. "I ask them to look at the young children there, and to realize the joy of little kids of all shapes and sizes moving their bodies. They all look so alive. We need to return to that."

The first step to breaking these illusive barriers is looking within and identifying the negative images we have of ourselves. We

important. This doesn't mean that you shouldn't take care of it by doing your best to stay fit, but being healthy should always be the

goal. Believe it or not, healthy comes in many shapes and sizes.

Love your body because it is the vessel that allows you to live on this earth. Think about all that it does for you, every single day. From place to place it carries you. Even as you sit and do nothing, even as you read this, it breathes and works to keep all your organs functioning properly. Its sole purpose is to sustain you.

Treat your body with care, with respect, with celebration. Wear clothes that make you feel beautiful and comfortable. Find vigorous activities that make you feel your best and do

them often, even if it's just taking a 15 minute walk through the park with your pup. Inhabit your body. Cease

judgment. Speak to it gently, lovingly. It is the only one you have.



"Love your body because it is the vessel that allows you to live on this earth."

must embark on the journey of self-love. It can be hard, but loving our bodies exactly as they are is so

The Happiness Project

Fabianna Neto

The Happiness Project is an account of the year author Gretchen Rubin spent

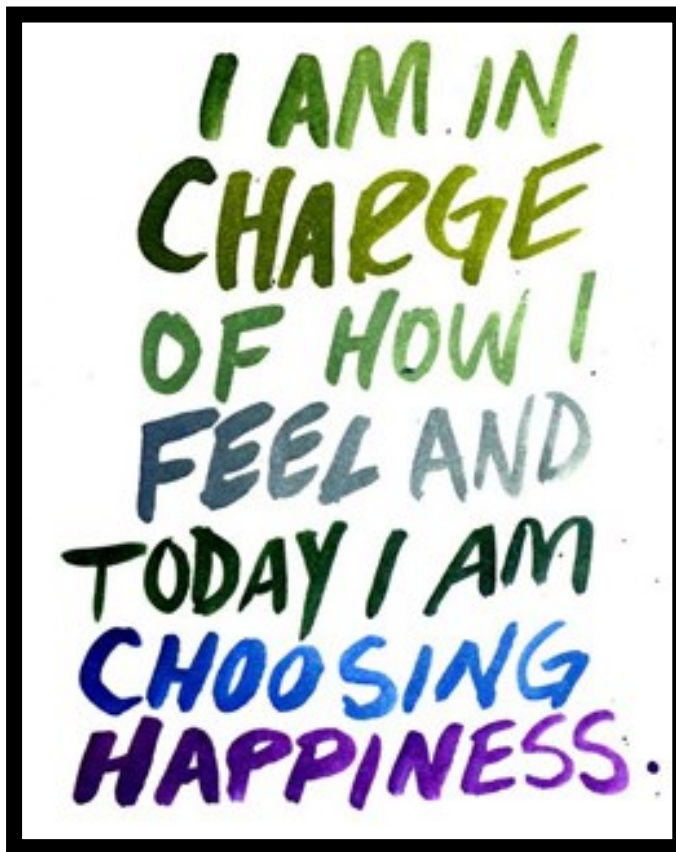
testing out all the different ways to find happiness. She drew from the wisdom of authors, scientific studies, and countless other lessons from everyday life to reprogram herself to live a happier life. With her concepts as a guide, and a little creativity, she discovered there are countless ways to make yourself a happier person if you're willing to put in the effort and make some changes.

People have been insisting on the benefits of meditation for years now, but studies show mindful meditation can help us heal our psychological and physical health. Some would even go so far as to argue that well practiced meditation is more effective than medication with regard to things like physical pain tolerance or boosting the immune system. Most people struggle with meditation because they can't justify sitting still with their minds completely blank on a regular basis. This is where the alternative comes in. Rather than hitting the snooze button three times each morning, try spending that extra few minutes letting your body wake up at its own pace, thinking only positive thoughts or creating a successful outline for your day instead of jumping right into the morning routine. At the very least you can start your day off with a

relaxed ten minutes of optimism and a clear head rather than rushing madly into your day

one place for most of the day. Luckily, we can personalize just about anywhere using just a little creativity.

"Happiness: not in another place, but this place. Not for another hour, but this hour." Walt Whitman



imagining everything that could go wrong.

Another one of Rubin's happiness challenges involves personalizing a space with only things you love. If you surround yourself with things that make you happy or remind you of good memories, it automatically puts you in a better mood. While this isn't a new concept, it is one that is easily forgotten, especially for those of us who don't really stay in

For instance, setting up a playlist of your top mood-boosting songs to listen to anytime you feel your day taking a turn for the worst, can drastically improve your mood throughout the day. Another option is to promise yourself a small reward every time you complete something you dread, like treating yourself to a special dessert whenever you finish a project well in advance of the deadline. Positive reinforcement gives you a small boost in happiness and ultimately leads you to have a more positive outlook on the tasks you're still working on.

Life can be hard. It can be stressful. There is nobody on the planet that does not have some problem affecting them right now. It is up to you to manage these problems and work through life's obstacles.

The Happiness Project's solution: schedule time to do the things you love. Just like any other appointment or assignment, set aside an hour or two just to enjoy a hobby or spend time with a friend, anything that helps to unwind. You will quickly learn that happiness can be found in the little things in life, and those little things at the end of the day really add up. Eventually, you will look at yourself and realize: being happy isn't that hard after all.

The Most Wonderful Time of the Year?

Mollie A. Moyer

Let's face it. The holidays are stressful. Between the massive, irritable crowds of shoppers finding the perfect gift, to the annoying relatives bombarding your house for a week, stress is bound to cling to you like a leech. The holidays often bring more than "good tidings" and "merriment" to your house. In fact, even the most proactive Christmas fanatic needs time to just sit down and unwind from the holiday spirit. Why would you be any different?

Stress can creep up on you with little to no notice and can take on many forms; from overly pent up insane energy to complete mental shutdown. For the holiday season it is important to understand just how much stress you can personally take before it overwhelms you.

Planning and delegating are great ways to lighten the burden and help distribute responsibilities, especially when it comes to holiday shopping.

The number one cause of holiday anxiety is the battlefield known as the department store. The holidays are a hectic time of year with everyone trying to squeeze in that crucial last minute purchase or grab that once-in-a-lifetime sale. Budgeting is a must with the holidays, and you need to

be cautious and not allow yourself to get overwhelmed.

Starting with a budget and a list of realistic expectations is the best way to keep shopping stress to a minimum. Plan purchases that you can afford, and don't worry about getting the latest and

and worn out. Set realistic goals. That doesn't mean you can't have an awesome celebration either. It's all about planning and priorities.

While planning your weeks up until the big day, make sure to schedule in some "you" time to be able to unwind and relax.



Sometimes, just taking a moment for yourself, and letting your mind rest or reorganize will help keep stress levels down and lessen anxiety. Once you have had time to relax, go over your list and start with the things you have accomplished.

Then reorganize your schedule to best fit in what you still need to get done. Prioritize or delegate. Be realistic, you are not a one person army and it's okay to say no.

The holidays are not meant to be stressful, but the

greatest. As cheesy as this sounds, it really is the thought that counts. If your budget is tight this year, buy what you can afford and give it to your loved one knowing you bought it with them in mind.

As for organization, make your lists, and determine what you need to accomplish before Christmas Day. What can you realistically accomplish in the time you have? Don't overbook yourself with parties or you'll just end up ringing in the New Year miserable

truth of the matter is, they are. Unless you learn to unplug and simply enjoy family time together, you may find yourself frazzled rather than dazzled by the whole deck the halls and silent night thing. My advice? Do what you can with what you have, and let the rest go. The whole point of the holidays is to give thanks for what's good in our lives.

If we can do that, we're golden.

Living Without Marilyn Zimmerman

I opened the door to my pantry and gazed in at the boxes of cereal and cans of pizza sauce that lined the shelves. A hopeless feeling came over me as I thought, “No more bread, no more popcorn, no more Oreos.” I thought of all the things I’d have to live without. It was extremely depressing.

Just one week earlier, I finally decided to see my doctor to find out why my stomach hurt. After several questions, I remembered to tell him about the hives. I couldn’t figure out why I was getting huge welts on my hands and face. The hives were getting worse and occurring with more frequency.

My tongue even started to swell up, so I got tested for food allergies immediately.

Now, peering into my pantry, I remembered the phone call just moments earlier. “You’re allergic to wheat, corn, oats, tuna,

shrimp, and eggs,” said the nurse from the doctor’s office. As the list

“Fresh is best! If I don’t know what an ingredient is, I won’t buy the product. Period.”



grew, I kept thinking, “Now what? That’s all I eat.” The nurse reaffirmed my feelings of dread when she bluntly commented, “You have a lot of allergies!” As the news sunk in, I again gazed into my pantry and asked myself, “How am

I going to do this?”

First things first. I cleaned out my pantry. The left side was assigned for my family with all the goodies I can no longer eat, while the right side is mine. While the temptations might still be in front of me, I’m not interested in getting those horrific hives again, or curling over with gut-wrenching cramps.

Learning to read labels is the most important thing I’ve had to do. Luckily, there are now easily identifiable labels that specifically identify if a product is gluten-free or high fructose corn syrup free.

Since that day at my pantry door, I’ve not had any symptoms. No more hives or cramps. The other benefits in my life? I’ve become a more creative cook in order to eat healthy foods, lose weight, and actually enjoy my meals. The icing on the cake (if I could have some that is), my family is healthier, too!

Energy Drinks: Dangerous Buzz? Caitlen Welch

While scanning the drink aisle of a local gas station, I notice a variety of energy drink choices, each flashier than the next. On the label of Red Bull “Red” Edition it states the energy drink, “vitalizes body and mind.” On a can of Monster it advises me to, “Unleash the beast.”

What these labels don’t tell you are the effects from frequent consumption of energy drinks. Want dizziness, diarrhea, or vomiting? How about type-2 diabetes, thyroid cancer, or even

death? I didn’t think so. What’s so dangerous about energy drinks is that they aren’t approved by the FDA. While there have been 13 deaths caused by leading energy drinks, the actual long term health effects associated with them simply can’t be predicted. What’s worse, they are specifically marketed to kids using flashy colors and cool catch phrases to draw them in. There is no age limit regarding who can buy them and how many they can purchase, so 10-year-olds can buy as many as they want.

Many 16 oz energy drinks also contain 12-13 teaspoons of sugar and 3-4 times the amount of caffeine in a cup of coffee. The recommended dose of caffeine for both children and adults is 200-300 milligrams or 2-4 cups of coffee daily. By consuming 2 energy drinks a day, you can potentially take in more than 16 cups of coffee. 16. Imagine what that does to your body. So, I think I’ll stick to a regular jolt of coffee. At least there’s only one ingredient in that. What is it? Coffee.

Making Peace With Your Anxiety

Aimee Dean

Imagine waking up in the morning with a nagging feeling in the back of your mind. It's telling you something is undeniably wrong. You look around your bedroom, searching for something out of place, just to prove to yourself that you aren't going completely insane.

As you realize that there is absolutely nothing going on to make you feel this way, you chant to yourself, "It's okay. It's okay. There's nothing to be afraid of." Still, that nagging feeling is in the back of your mind.

I've experienced this routine countless times. Anxiety, I now realize, is not only nothing to fear, it's normal.

Many people consider anxiety to be a mental illness. In the medical world, there are five different "official" anxiety disorders: generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, and social anxiety disorder. Each of these disorders has their own variation of symptoms and experiences.

People with serious cases of anxiety may have trouble controlling their concerns; they can experience excessive sweating,

tiredness, sleep disruption, and difficulty concentrating.

forms of medication to help control anxiety attacks is Xanax. It is also one of the most addictive

prescription drugs on the market. Rather than getting to the point where your body depends on drugs to control your symptoms, there are several other ways to combat and soothe anxiety, in order to eventually get it under control.

Most alternative ways of managing anxiety are lifelong learned behaviors. These behaviors and activities include exercise, meditation, and the use of calming teas to manage stress. One simple way to soothe anxiety is to take a deep breath and concentrate only on that breath. Inhale to heal, exhale to let go.

Explore relaxing practices like these and see which ones fit you best. And if you're having trouble on your own, talk therapy is another remedy that has proven helpful for many. There is never any shame in asking for

help.

If you suffer from anxiety, know that you can learn to manage it. We might not experience anxiety in the same way, but one thing is for sure, we can always learn new and effective ways to dismantle our fears and live more fully.



"One simple way to soothe anxiety in the moment is just to take a deep breath and concentrate only on that breath. Inhale to heal, exhale to let go."

Preventing these experiences from occurring is a daily struggle. Medication is usually the suggested remedy. But medication doesn't always do its job, and it can be harmful to the body.

One of the most common

Love Is All You Need

Sarah Anna

It doesn't really matter what is happening in the outside world, if we feel connected and supported to those that we love, we can truly handle anything. When things are out of sync with those we are close to, it takes our attention away from the present moment, which robs everyone in proximity of our full attention, and further compounds feelings of isolation or disconnection.

The disturbance in the force is hard to identify but is very powerful, nevertheless.

Relationships are not entirely intangible. Unexpressed words and emotions, created in the theater of relating, are direct causes of dis-ease in the body. The energies of anger, frustration, sadness, and other blocks to happiness all take their toll on our bodies. The anguish we feel inside our psyches is mirrored back in the realm of the corporeal as ailments, sickness, and chronic pain.

Savvy businesses see the connection between fulfilling relationships and the well-being of their companies. Employees who experience marriage and relationship related stress cost companies more than \$6 billion annually due to lost productivity. People in unhappy marriages experience lower immune function than people in happy marriages and therefore take more sick days.

Relationships are the most important transaction that we have in this lifetime.

They are the scariest yet most worthwhile adventure that we can take while we rotate on this planet.



Catrin Welz-Stein via RedBubble

“Lose yourself. Lose yourself in this love. When you lose yourself in this love, you will find everything.”

Rumi

And feeding them, feeds the mind, soul, and body.

When it comes time to take your last breath, what do you imagine will be on your mind? Anyone who has had the honor of witnessing a death will report that last thoughts focus on how well we connect to and cherish those around us during this short and precious trip.

Release Your Inner Child

Mara Michael

When I was little, everything was a game. I miss those days. I miss going to the plant nursery with my parents and pretending I was exploring a rain forest. I miss swimming in the pool with my friends and cousins and pretending we were mermaids in the ocean. My worlds of play came to life; I became immersed in my colorful and vibrant imagination.

However, as we grow older, go to college, and eventually find jobs, we often forget what it means to play. The daily stresses of adult life trap us in our heads. We struggle, trying to find our place in the world. We have forgotten that the world—yes, all of it—is our canvas and our playground.

We've traded in play and creativity for TV, alcohol, and social media. We'd rather zone out in front of a program; because let's face it, we're tired as hell. After getting home from a long day at school or work, who wants to go outside and wiggle their toes in the wet grass?

We need to learn how to play again. Playing, I have realized, is not a childhood luxury. It is a necessity for a satisfied life.

Playing and being creative have an incredible list of physical, mental, and emotional benefits. In a review titled *The Connection*

Between Art, Healing, and Public Health published by the American Journal of Public Health in 2010, researchers analyzed more than 100 studies about the impact of art (from music and writing to dance and the visual arts) on health.

their well-being and reduced stress, anxiety and depression.

Another study published in the Journal of Psychosomatic Medicine showed that the act of writing actually impacted the cells of patients suffering from HIV and improved their immune systems.

The act of play and creation triggers healthy endorphins and stimulates the brain. Now we know why kids have so much energy! Playing also improves problem-solving skills. It is also a way to connect with others. Not only can it keep a relationship fresh and exciting, playing together for the sheer fun of it can heal resentments, disagreements, and emotional wounds.

Through play, we learn to trust and be flexible. We open ourselves up to intimacy with fear far from our minds. This goes for romantic relationships, familial relationships, and even relationships with our professional colleagues.

Having a balanced life between work and play is extremely important. It colors our world and

reminds us that laughter can heal almost anything. I don't know about you, but I plan to make a conscious effort to reconnect with my inner child, every day. I hope you do too. No matter what age you are, you're never too old to play.



"What do most Nobel Laureates, innovative entrepreneurs, artists and performers, well-adjusted children, happy couples and families, and the most successfully adapted mammals have in common? They play enthusiastically throughout their lives." Stuart Brown

These studies examined patients who were battling chronic illnesses such as cancer.

Their study found that creating art filled a void for the patients by distracting them from thoughts of illness and inspiring positive emotions. This increased

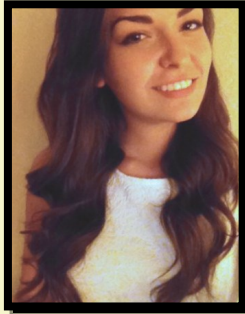
Contributors' Bios

Sarah Anand Anna, Intuitive Relationship Coach and founder of Art of Relationship uses a proven process to optimize all relationships, especially in one's love life. Whether you are a single



person, frustrated by your current results or in a loving relationship that yearns for deeper and more meaningful connection, Sarah's compassionate and effective step-by-step approach will get you the results you crave. To get your free CD, "How to Attract and Grow the Love of Your Life," and receive weekly tips and tools visit <http://www.artofrelationship.net>.

Fabianna Neto is currently pursuing her BA at Arizona State University as an English Literature major with a minor in Interior Design. She is eagerly working toward a career in publishing with the hopes of becoming a book editor, whilst also exploring her passion for interiors and architecture in her spare time. She spends much of her time with friends and family enjoying everything from snowboarding all across the west coast to weekend movie marathons at home.



local design competitions in addition to having her work featured in a handful of publications. She intends to maintain designing in addition to writing and editing/along this journey.



Shavawn M. Berry, Managing Editor is also a writer and a poet. Her work is forthcoming or has appeared in *The Huffington Post*, *Journey of the Heart—Women's Spiritual Poetry*, *Black Fox Literary Magazine*, *Olentangy Review*, *Rebelle Society*, *Vagina—The Zine*, *Poet Lore*, *The Cancer Poetry Project 2*, *Ebsco Poetry database*, *Westview*, *California Quarterly*, *Synapse*, *Poetry Seattle*, *Blue Mountain Arts*, *North Atlantic Review*, and *Concho River Review*., to name a few She teaches writing and editing fulltime at Arizona State University. Her blog, *Falling Into Wonderland*, has thousands of readers throughout the world. *Kalliope* has been, and continues to be, a labor of love for her.

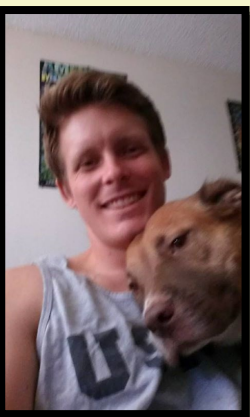


Mollie Moyer is finishing her final year at Arizona State University and will graduate with her BA in English Literature and a minor in Communication come Spring 2014. She looks forward to exploring the publishing industry and hopes to become an editor for Young Adult novels in the future.



Marilyn Zimmerman is a senior at Arizona State University. She began her schooling many years ago, then had to set it aside to raise her family. She has worked in the legal industry for over 30 years, and loves her work. She has really loved being back in school and expanding her knowledge. She will graduate with her BA in English, with a focus on writing and editing, and this degree will only help take her career to the next level.

hopes to become an



education. Adam currently studies English with specifics in creative writing. In his spare time he enjoys playing tennis, riding his motorcycle, and jogging with his Pit Bull mix, Whiskey.

Adam Behrends is in his junior year at Arizona State University. He hails from a small town in Central Oregon, after numerous tours of duty with the Marines, he settled in Arizona in order to continue his

Shantidas Contu-Owen studies creative writing at Arizona State University. Her passion for writing was first cultivated at the age of three, and she aspires to add a novel and a few children's books to her published work in the future. She has a knack for editing, finding it next to impossible to read without a highlighter or pencil, and hopes to also pursue a career in book editing. Shantidas previously received her degree in fashion design from Istituto Marangoni in Milan, Italy, and has competed and won in a handful of



Maria Banuelos is currently a student at the School of Letters and Sciences at Arizona State University. In May 2012, Maria received her Associate's



degree in General Business from Chandler-Gilbert Community College. When Maria is not working or studying, she enjoys fishing and leading a rather adventurous life. Although Maria has absolutely no idea how to swim, she still has managed to go tubing on the Salt River and the Colorado River. Maria also spends her time driving around her home state of Arizona. She enjoys discovering secret spots that no one else knows about.

Visualizing Health Via Instagram – Maria Banuelos

Thanks to social media, sharing thoughts and ideas has never been easier. All it takes is the click of a button and you can instantly share your favorite recipes. Pinterest and Instagram, two networks with much of the world's attention, have made it simple for health fanatics to share their love for a healthier lifestyle.

As an active user of Instagram, I remember my first page I followed in the health network. They would post pictures of people who have miraculous transformations, delicious recipes of healthy foods you would have never imagined were healthy, and of course home workouts.

After following my first

healthy page I instantly followed other pages; I was hooked! Peanut butter protein powder with Greek yogurt topped with coconut

shavings, mango spinach smoothies, bananas covered in peanut butter and rolled in Rice Krispy treats! A whole new world of healthy recipes that were easy to make and delicious to eat had opened up to me.

As I started to eat all these

different foods and started to look up even more recipes on Pinterest, I gained so much energy and was excited that my healthier lifestyle had finally begun. Eventually, I even started going to the gym!

Of course to find more fantastic workouts I began to rely even more on my beloved social network sites. With Instagram's new addition of video, I can now physically see all of the workouts that

are available to me in real time.

Not only do these social networks have a huge impact on what I eat and how I work out, they also motivate me to continue to try my hardest and to strive each day for a healthier lifestyle.



Kalliope: A Consortium of New Voices

Are you interested in gaining experience in writing and editing?
Do you want to write articles that are empowering and uplifting?
Do you have expertise or stories to share with others?
Consider interning or contributing your work to Kalliope!

College credit is available for interns.

Contact shavawnberry@cox.net

Visit <http://kalliopemagazine.weebly.com/> for more information.

The Dreaming

Shavawn M. Berry

I dreamed last night of a panther, deep and dark. She was so near me, it was as though we had one body. She wrapped herself around me and held me close. Through the darkness, we traveled together. She was my spiritual sidekick, her throaty purr almost inaudible. She listened to my most secret secrets and sounded just like I imagine moonlight sounds.

This morning when I struggled to wake, I felt her warm, animal softness. She stayed with me, even as I emerged from a dense cloud of sleep.

I knew the dream had profound, symbolic meaning. According to the website Mejik.net, the panther is a “powerful and ancient totem. [...] It is the symbol of the feminine, the dark mother, the dark of the moon. It is the symbol for the life and power of the night. It is a symbol of the feminine energies manifest upon the earth. It is often a symbol of darkness, death, and rebirth...”

So, the dark feminine has come to call on me. I feel her like a silver stream, running straight through me. In her book, *The Secret Language of Signs*, healer and writer, Denise Linn says, “Ancient dreamers believed that dreams contained valuable signs and messages. They stepped through the mysterious veil in the night to listen to dream messages and then carried back precious signs that sometimes changed the destinies of individuals and



“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” C.G. Jung

nations. They believed that their nightly visions came from external forces such as God, angels, nature spirits, gods and goddesses, and the spirits of their ancestors.”

I believe our dreams come to us as healing messages, as warnings, as visions. They circumvent our conscious ‘monkey’ minds and slither in through our shadow consciousness, ready to reveal layers of messages, pulsing just beneath the skin of our life experiences. Often relatives visit us after they’ve died. They return to assure us they are OK, or to remind us that life goes on, even in the face of death.

Right now, the world’s decaying and dying in front of us. I read the other day about a man traveling on a fishing trawler through the waters of the Pacific. Normally, he revealed, the ocean

teems with life. Not now. Not since Fukushima. He reported everything’s dead. For 3,000 miles, nothing. The only living thing he saw was a whale with a horrible lesion on its face. This feels like more than just the poisoning of the waters from the hobbled nuclear plant. It is also the result of over-fishing for decades. Now the killing will end; there’s nothing left to kill.

So, a velvet-soft panther has come to collect me and teach me and warn me and comfort me. The dark feminine, intuitive side of my nature is starting to tango with the dark feminine nature of the world at large. To me, this is both exhilarating and frightening.

This is a deep dive into parts of me that I have not yet met. There is sorrow and shame on the underbelly. There is profound sadness and loss. I am coming face to face with Lyssa, Kuan Yin and Kali. I am tangling with high tides and a graceful crescent moon.

In my mind, I sit astride this gleaming wild cat as she strides deeper and deeper into the dream. The forest floor is scattered with patches of light that look like stars. Nothing can be born without putting death on the table. Nothing can change unless we cast a wider, deeper net.

Beside her, surrounded by redwoods and ferns, I kneel in prayer. I know she is my dark half, my wise half, my wounded half.

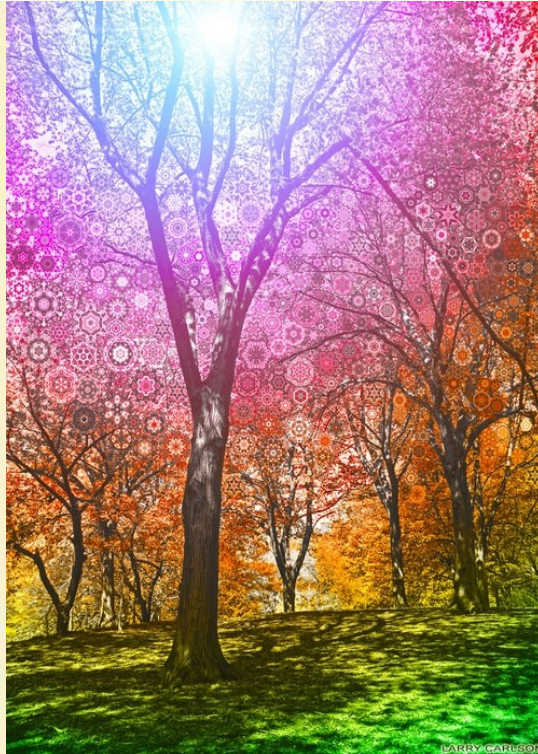
She can spill her all her secrets.

I am ready now.

Kalliope: Beautiful Voiced

THINK POSITIVELY
EAT HEALTHY WORK HARD
EXERCISE DAILY
STAY STRONG HAVE
FAITH WORRY LESS
READ MORE RELAX
ROUTINELY LAUGH
OFTEN LOVE FREELY
LIVE RESPECTFULLY
WALK IN PEACE

BE HAPPY



KALLIOPE
A CONSORTIUM
OF NEW VOICES

Managing Editor

Shavawn M. Berry

Guest Editor

Mara Michael

Writers/Editors

Shavawn M. Berry

Mara Michael

Donald Tripp

Caitlen Welch

Contributors

Sarah Anna

Maria Banuelos

Adam Behrends

Shantidas Contu-

Owen

Aimee Dean

Mollie A. Moyer

Fabianna Neto

Marilyn Zimmerman

