

## How Is Your Reading IQ?

Mark Twain once said, “The man who does not read good books has no advantage over the man who cannot read them.” This statement begs the question, “When was the last time you read a good book?” Your answer shouldn’t include a book that you had to read for school or that your boss made you read for some presentation—that’s cheating. When was the last time you read independently, for pleasure?

“Unfortunately, independent reading is often a casualty in our fast paced, media-oriented society,” says the American Association of School Librarians. Independent reading is often a third or fourth choice for most people and takes a back seat to television, music and computers. And, of course, there is the time factor. In an effort to stay ahead, most people just don’t have time to read. But, research suggests that if you really want to get ahead, reading is the ticket.

Andrea Jewel, managing editor of “Focus on the Family” magazine writes that research shows avid readers:

- Read, write and concentrate better
- Cope with personal problems better without affecting other areas of their lives
- Develop an ability to empathize with others
- Acquire skills in analyzing and synthesizing information
- Tend to be more liberal in their thinking and show increased tolerance for new ideas
- Have increased chances for success and fulfillment
- Identify subtleties more quickly

In addition to these benefits, reading also builds fluency, increases vocabulary and provides a background of knowledge. So, if you really want to achieve great things and have more to contribute, try reading more books.

## N.Y. Times 10 Best Books of 2007

1. “Man Gone Down” by Michael Thomas
2. “Out Stealing Horses” by Per Petterson
3. “The Savage Detectives” by Roberto Bolano
4. “Then We Came To The End” by Joshua Ferris
5. “Tree of Smoke” by Dennis Johnson
6. “Imperial Life in The Emerald City: Inside Iraq’s Green Zone” by Rajw Chandrasekaran
7. “Little Heathens: Hard Times and High Spirits on an Iowa Farm During the Great Depression” by Mildred Armstrong Kalish
8. “The Nine: Inside the Secret World of the Supreme Court” by Jeffery Toobin
9. “The Ordeal of Elizabeth Marsh: A woman in World History” by Linda Colley
10. “The Rest is Noise: Listening to the Twentieth Century” by Alex Ross

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# Here's the Scoop on Oatmeal

Alitany of new studies suggests that your parents weren't just being cheap and cruel by making you eat oatmeal. Oatmeal is actually very good for your health.

## Why Oats?

Miranda Hitti, a medical writer for WebMD, writes, "Soluble fiber from whole oats, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." This is good news, but haven't you always known that oats were good for you?

Lia Huber, another columnist from WebMD, writes, "A good breakfast helps keep you from overeating the rest of the day . . . [oatmeal] is about twice as filling as Muesli or white bread." Your parents probably never told you this. Additionally, because Oatmeal is rich in soluble fiber it keeps the body from absorbing fat. Absorbing less fat means your body will burn carbohydrates more efficiently.

## Come On, Why Else?

Here are some more reasons to start the day off, or just keep it going, with oatmeal:

1. Soluble fiber, the kind of fiber in oats, may reduce LDL cholesterol without lowering HDL cholesterol (LDL is the bad kind; HDL is the one you want).
2. Phytochemicals in oats may have cancer fighting properties.
3. Lab tests show that antioxidants in oats have anti-inflammatory properties.



4. Oats are a good source of many nutrients including vitamin E, zinc, selenium, copper, iron manganese and magnesium. Oats are also a good source of protein.

So, next time you're shopping for a cheap and filling breakfast, try to regress your childhood memories of the almost-expired food-storage oatmeal your parents forced you to eat. Think instead of the oatmeal that keeps your heart going and—with the recipes on the next page—actually tastes great.

## Healthy Additions to Oatmeal

Plain oatmeal may not be very appealing. Here are some tasty suggestions to add to it:

**Brown sugar:** Natural sweetness without many calories; two teaspoons has 23 calories, 0 g fat, 6 g sugar, 0 g fiber

**Blueberries:** Fresh or frozen, an antioxidant and fiber boost; ½ cup has 42 calories, 0 g fat, 7 g sugar, 2 g fiber

**Cranberries (dried, sweetened):** Bladder-infection protection and healthy gums; ¼ cup has 92 calories, 0 g fat, 20 g sugar, 2 g fiber

**Chopped Almonds:** Extra calcium and crunch; ¼ cup has 164 calories, 14 g fat (sat 1 g, mono 9 g, poly 3.5 g), 1 g sugar, 3 g fiber, 70 mg calcium

**Raisins:** Satisfying chewiness and an antioxidant boost; ¼ cup has 123 calories, 0 g fat, 24 g sugar, 1.5 g fiber

### Did you know . . .

Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 B.C.



## BYU-Idaho Wellness Center

The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventive, therapeutic and health care services as well as incentive programs.

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## Note:

If you're planning on participating in the DMBA program to earn up to \$100 back on your premium, visit <http://www.dmba.com/wellness/wellness.asp>.



# THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



## Ginger Pecan Oatmeal Crisps

1 cup quick cooking oatmeal  
3/4 cup pecan halves  
1 cup whole-wheat flour  
1/4 cup cornstarch  
1 teaspoon ground ginger  
1/2 teaspoon fine salt  
1/4 teaspoon baking soda  
3/4 cup (1 1/2 sticks, 6 ounces) unsalted butter, softened  
3/4 cup granulated sugar  
1/3 cup light brown sugar  
1 teaspoon pure vanilla extract  
1 large egg

Finely grind the oatmeal and pecan pieces in a food processor. Whisk the flour, cornstarch, ginger, salt and baking soda in a medium bowl. Whisk in the oat/nut mixture. In another medium bowl, beat the butter until smooth and light. Gradually add the granulated and brown sugar; continue beating until evenly combined. Add the vanilla and the egg.

Mix in the dry ingredients to make a dough. Line a 1 1/2-quart loaf pan with plastic wrap and pack dough into the pan. Press to level off the dough. Lay a piece of plastic wrap on top and refrigerate until completely firm, about two hours.

Preheat the oven to 350 degrees. Line two baking sheets with parchment paper.

Remove dough from the pan and unwrap. Slice dough in half lengthwise if using a large pan. Slice each log crosswise into 1/4-inch thick cookies. Place the cookies about a 1-inch apart on the prepared pans. Bake until golden brown, 15 to 18 minutes. Transfer cookies to a rack to cool and crisp. Serve.



## Chewy Granola Bars

8 ounces old-fashioned rolled oats, about 2 cups  
1 1/2 ounces raw sunflower seeds, about 1/2 cup  
3 ounces sliced almonds, about 1 cup  
1 1/2 ounces wheat germ, about 1/2 cup  
6 ounces honey, about 1/2 cup  
1 3/4 ounces dark brown sugar, about 1/4 cup packed  
1-ounce unsalted butter, plus extra for pan  
2 teaspoons vanilla extract  
1/2 teaspoon kosher salt  
6 1/2 ounces chopped dried fruit, any combination of apricots, cherries or blueberries

Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees. Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees. Immediately add the oat mixture to the liquid mixture. Add the dried fruit and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.



## Oatmeal Cookie Pancakes

1 cup old-fashioned oats  
1 cup all-purpose flour  
1/2 cup brown sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon ground cinnamon  
2 ounces, 1/4 cup, chopped walnuts  
3/4 cup sour cream  
3/4 cup whole milk  
2 large eggs  
1 teaspoon vanilla extract  
2 really ripe bananas, mashed up  
3/4 cup raisins  
1/2 stick butter, 1/4 cup, melted, plus additional for buttering skillet  
Maple syrup or honey, for drizzling

Here's a great tip: if you cannot find really ripe bananas, just nuke them in the microwave for about 15 seconds and they will become super soft for mashing.

Mix dry ingredients, the first 7, in a bowl. In another bowl, mix the wet ingredients, the next 4. Whisk the wet ingredients into the dry until just combined, then fold in the mashed up bananas and the raisins. Stir in the melted butter.

Heat a griddle over medium heat and brush with additional melted butter. Cook pancakes, each about 1/3 cup, until bubbles form on the top, then turn. Cakes will cook in about 2 minutes on each side. Keep pancakes tented with foil as they come off the griddle to keep them hot. Serve with drizzled honey or maple syrup over the top.

# The Facts about Folate

Attention pregnant women: In January 2008, the Center for Disease Control (CDC) urged women—particularly pregnant women and women ages 18-24—to up the quantity of folate they consume.

Folate, also known as folic acid, is a B vitamin found in a variety of foods. Adequate intake of folic acid has long been known to reduce and almost eliminate the risk of certain neural tube defects that can occur in the embryo stage of pregnancy.

In fact, “Folate’s potential to reduce the risk of neural tube defects is so important that the Food and Drug Administration requires food manufacturers to fortify enriched grain products with folic acid,” says Paula Kurtzweil, a member of the FDA’s public affairs staff.

The CDC’s announcement came on the heels of important research that reports only 40% of childbearing-age women take a folate



Recommended Dietary Allowance for Folate		
Life Stage	Age	Mcg per day
Adult	19 years and older	400
Pregnancy	All ages	600
Breast-feeding	All ages	500

Food	Serving Size	Amount (Micro)	% Daily Value
Breakfast cereals	½ to 1 ½ cup	100 - 400	25 - 100
Lentils, cooked	½ cup	180	45
Chickpeas	½ cup	141	35
Asparagus	½ cup	132	33
Spinach, cooked	½ cup	131	33
Black Beans	½ cup	128	32
Burrito with beans	2	118	30
Pasta	2 oz.	100-120	25-30
Kidney beans	½ cup	115	29
Cereal bars	1 bar	40-100	10-25

supplement. The percentage is even less for younger women ages 18-24—only 30%. The latter group accounts for almost one-third of all U.S. births, according to the CDC.

Because neural tube defects occur in the embryo stage of pregnancy, the damage is often done before a woman even knows she is pregnant. That’s why Elizabeth Yetley, Ph.D. and director of the FDA’s Office of Special Nutritionals, says, “Adequate folate should be eaten daily and throughout the childbearing years.”

Even if you’re not planning a pregnancy, you should still try to consume the recommended daily amount. You can check the chart that accompanies this article to learn what your daily recommended amount of folate is. Because most women don’t have a diet that provides them with the suggested daily

amounts, supplements are a great way to go. But for you die-harders who want to go “natural,” this article also contains a list of foods that contain folic acid along with the amounts and percentage daily values.

### Did you know . . .

Dutch researchers have found that folate can increase male fertility by up to 72 percent.



## The Work Precedes the Blessings

Now that the hype of the newly dedicated Rexburg Temple has somewhat passed, it’s time to get involved in the blessings that the new temple offers.

### Start with Yourself

President Packer said, “If you don’t know where to start, start with yourself.” Begin by examining your family history. Has the work been done for your family? What about your extended family, distant relatives or ancestors?

Start with yourself and work your way back, discovering which temple work has been done and what has yet to be accomplished. If there is work to be done, prepare names to take to the temple.

### Schedule the Time and Go

Have you taken the opportunity to schedule a time that you can go to the temple and perform baptisms for the dead or do an endowment session? If not, do so! Take some time out of

your busy life to perform a wonderful service for others in the temple. You can’t use the excuse of not having the phone number to the temple anymore. Call (208) 656-0880 to set up any and all appointments.

President Howard W. Hunter said, “This is not a onetime service. You should participate in some aspect of this work throughout your life.” Utilize the advantages of having a temple so conveniently close by taking the time to do your family history and attending the temple regularly. The work precedes the blessings.

# Caffeine: The Reality About Your Jolt

Ever wonder why there are no caffeinated beverages sold on campus? Though consuming caffeine is a personal choice, the university may be helping you live a healthier life.

Caffeine is a habit forming substance. USA Today argues that, “Although physiological dependence on caffeine has yet to be widely documented, a physical dependence on the drug is very evident.” Caffeine addiction can be best recognized if a person consumes as little as a soda a day over long periods of time and then tries to stop ingesting regular doses of caffeine. USA Today continues by showing that withdrawal symptoms including “headache, fatigue, inability to concentrate and even nausea and vomiting” can be experienced by those trying to break their caffeine dependency.

Although caffeine has many side effects, caffeine has also been shown to have positive effects on blood vessels, particularly those in the brain. The vessels in the brain, when swollen, can cause painful throbbing, resulting in headaches and migraines. Because caffeine’s chemical properties function to constrict these blood vessels, it



can significantly reduce or even totally remove the pain brought on by these symptoms.

It is important to approach your choices regarding caffeine in an educated manner. Study and research ideas that help you make informative decisions concerning the amount of caffeine you consume, if at all, and the effects it may have on your body if consumed in excess.

## Caffeine Quick Facts

- Caffeine was first isolated from coffee in 1820
- In its pure state, caffeine is a crystalline white powder
- Caffeine can be found in 60 different plants
- 10g of caffeine is considered a lethal dose
- It’s the most popular drug in the world. Ninety percent of Americans consume it in some form every day
- Over 450,000,000 cups of coffee are consumed in the USA every day



### Did you know ...

The Word of Wisdom was revealed to Joseph Smith in 1833.



## The Word of Wisdom: Spiritual Blessings

You probably don’t smoke or drink alcohol, but do you neglect fruits, vegetables and grains in your daily diet? So you aren’t addicted to prescription drugs, but do you exercise regularly?

As members of the church we believe there are spiritual consequences to following the Word of Wisdom, but we tend to focus only on the extremes.

The Word of Wisdom requires us to abstain from harmful substances like alcohol, tobacco, coffee and certain kinds of tea, but it also teaches us to eat good foods such as fruits, vegetables and grains. The Word of Wisdom also teaches us to eat meat sparingly.

The principle of the Word of Wisdom can be summed up in a brief phrase, “What we put into it our bodies is what we get out of them.”

Members of the church have emphasized the part of the law that dictates what we put into our bodies, but the important part of this law lies in what we get out of our bodies when we keep the Word of Wisdom.

While there are many physical benefits associated with the Word of Wisdom, it is the

spiritual benefits that we should focus on. These benefits include the following:

- By following the Word of Wisdom, we are being obedient to the commandments and qualify for blessings from the Lord.
- Abiding by the Word of Wisdom brings us nearer to becoming like the Lord.
- Keeping the Word of Wisdom allows us to receive inspired revelation from God.

Elder Boyd K. Packer, acting president of the Quorum of the Twelve Apostles, said, “As valuable as the Word of Wisdom is as a law of health, it may be much more valuable to you spiritually than it is physically. . . . What you learn spiritually depends, to a degree, on how you treat your body.”

While good health is an added blessing, the real benefits of the Word of Wisdom come from the boost of health we give to our spirits.

## Controlling Anger before It Controls You

Did you know that a certain amount of anger is necessary to our survival? Anger is a natural response and a healthy emotion, but you can't let it get the best of you.

Whether you're angry at a person, an event or about the problems in your life, anger is caused by both external and internal events. The instinctive way to respond to anger is aggression. However, physically lashing out at people or objects isn't the solution. Anger can also affect your relationships with family, friends, co-workers, roommates and even strangers.

Here are some tips to manage your anger and get it under control.

- Take a "time out"—count to 10 before reacting
- Do something physically exerting. This can provide an outlet for your emotions.
- Find ways to calm or soothe yourself. Do some deep breathing exercises, listen to soothing music, do yoga or go on a walk.
- Express your anger so you aren't left stewing. Try talking to someone about your problem.
- Don't hold a grudge. Forgive—it's unrealistic to expect everyone to behave how you want them to.
- Use humor to release tensions.
- Practice relaxation skills.



## Overcoming Emotional Eating

Some people turn to food for comfort for a couple of reasons.

First, eating triggers the release of hormones that give us a feeling of satisfaction.

Second, eating food as a response to feelings, happy or sad, may have been established in our childhood.

Overeating occurs in response to an emotional need instead of a physiological need (hunger). We are not really hungry for that slice of pizza or that bowl of ice cream, but we crave the feelings that it creates by eating it. By doing so, we are using food as a security blanket that we don't necessarily need.

Thus, to successfully approach and conquer

overeating, we need to address our emotions. One woman, Diana Potter, overcame her struggle with overeating by learning to love who she was, regardless of weight, and let go of her feelings of resentment and fear towards family relationships. It was then that she realized she no longer needed food. with its accompanying extra weight. to feel comfort or protection.

The key to conquering emotional eating is emotional stability. By recognizing and addressing the feelings associated with emotional eating, you can be healthier and happier.



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