College students aren’t typically known for their physical well-being, but Rider University aimed to change that during Wellness Week 2005. Throughout the week, students were able to attend various programs that emphasized the wellness theme, including yoga and pilates classes and aromatherapy sessions, but did all this emphasis on health make a difference in the Rider community? Probably not, since a number of unhealthy habits still plague students, especially with midterm week on the horizon.

Chief among these unhealthy habits is sleep deprivation. While most people don’t make a conscious effort to lose sleep, it is often forced on them by their class obligations. Midterm week is fast approaching and, during that time, many students will not be getting a great deal of sleep, if any at all. This can cause an incredible array of health problems, including reduced productivity and emotional stress, which could actually be more damaging to students’ grades than neglecting to study.

Furthermore, the studying season leads to a dramatic increase in the intake of a drug that many don’t even recognize: caffeine. Those who use “pull-all-nighters” in order to prepare for exams must deal with not only sleep deprivation, but also caffeine intoxication. Yes, such a thing actually does exist. Those who have had a few too many cups of coffee or cans of soda can look forward to symptoms such as irritability, hyperactivity and over-stimulation of the mind. Now that’s tasty!

In addition to fatigue brought on by sleep deprivation, many individuals, both on Rider’s campuses and beyond, are being adversely affected by diets that leave them without enough energy to make it through the day. Weight loss may be an issue for some people, but physical appearance is a lot less important than long-term health and many new diets sacrifice the latter on behalf of the former.

Diet in and of themselves are not bad things, provided they are used correctly. For example, sticking to healthy foods and restricting oneself to the standard three meals a day is a good way to both lose weight and stay healthy. However, many diets go too far by requiring followers to refrain from eating carbohydrates or other such energy-restoring nutrients. This sort of diet works well outside of college, but when employed by a student who is already run down from the demands of schoolwork and extracurricular activities, it can act as the final nail in the coffin of fatigue.

Despite these things, Wellness Week has done an excellent job of making students aware of the dangers associated with drunk driving, unsafe sex and several other important issues. All of the areas covered by the many different programs and activities were critical ones that deserved the attention and, hopefully, Rider residents will learn from the experience. Still, many aspects of student wellness, such as those mentioned above, were not discussed despite being an integral part of physical health. There may be only a limited amount of time during Wellness Week in which to fit everything, but there should be at least one program created to address small, everyday issues like these that can affect residents’ well-being in such a huge way.

This weekly editorial expresses the majority opinion of The Rider News editorial board and is written by the Opinion Editor.

**Quote of the Week**

“The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind.”

— G.K. Chesterton

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**Editorial:**

**Fatigue + exams = bad news for health**

When people hear the word “feminist,” they think of things like “man-hater” or “lesbian,” but that’s a misconception of a broad-minded term that cannot possibly be defined so easily. Look beyond the superficial title and into what a feminist truly is, does and stands for so you can see the impact made on your life. Thanks to the work of feminists, women today have freedom and liberation in modern society. Even if you believe you are not a “feminist,” take some time this month to think about all the things a feminist has done to benefit your life. While you are speaking your opinion, reading a book, voting, writing, sitting in a college course or even dusting off your high school diploma, imagine what it would be like if you, your mother, wife or sister were not permitted to do any of these things. Then, perhaps, you may want to thank a feminist, especially this month. March is the month dedicated to women’s history, but why the month March and not a beautiful, warm one like June?

March is a word of many meanings: to proceed, to advance, and to stride, but most commonly we perceive it as a territory of season. People march for death, life, weddings and, most importantly, people march for their rights. March is the month that keeps us guessing. Its weather can be anything. Although Mother Nature has scheduled spring to start on March 21, the month has a mind of its own.

According to the ancient Romans, the month of March belongs to Mars, the god of war, who embodied safety of the land as well as the agriculture and culture of the feminine community. In planetary terms, the name of the month March derives from Mars, the red planet. Red is the most emotionally intense color: a masculine-associated hue that women take over for just one month. Red symbolizes the most popular lipstick and nail polish, the wine we love best, love, blood and American itself. Without women, the red binding stripes that give our flag meaning would subtract liberty and equality from this country and everything for which it stands. In relation to humanity, March is the month dedicated to women’s history, and here, in a limited edition, it comes.

Although this is America, “land of the free,” all women were considered second class citizens for centuries, regardless of race or ethnicity. However, in 1848 in Seneca Falls, N.Y., Susan B. Anthony and Elizabeth C. Stanton began their historic campaign.

The Rider News reserves the right to edit all letters for space and clarity.

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**Historic women march on this month**

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**A Feminine Perspective:**

**Historic women march on this month**

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