The Gaston College Foundation would like to invite you to participate in the Run for the Money 9. Last year Gaston College had 126 participants which included Faculty, Staff and Students. We also won the People’s Choice Award for our booth!

If you missed out on last year’s event now is your chance to join us. This year, the Run for the Money event will take place on Saturday, April 16th 2011, 8am in downtown Gastonia. You are invited to participate in either a 5k (3.1 miles) or the 2k (1.2 miles). The 2k walk is free to all participants and the 5k is free to a limited number of GC Faculty, Staff, and Students (130 participants—the spaces will fill up fast).

If you don’t want to walk, jog, or run you can always come out and support your Gaston College family by cheering them on.

Note: All 2k participants will receive a free t-shirt. All 5k participants will receive two (2) free one-of-a-kind t-shirts!!

For more information and registration forms please contact Dr. Jesus G. Medina at 704.922.2272, or email medina.jesus@gaston.edu.

Sports Drinks versus Water - Which option is better when trying to refuel?

Provided by Jill Coy & Jacob Surratt

We’ve all seen the commercials for Gatorade, Powerade, and other sports drinks. Michael Jordan, Tiger Woods, and Dwight Howard all endorse these sports drinks, but do they really live up to all the hype? It’s time to put the question to rest and name the best way to stay hydrated.

**Sports Drink**

The original sports drink was created back in 1965 in a Laboratory at the University of Florida. The idea came from an assistant coach as he approached university physicians on why his players were constantly battling heat related illnesses. Gatorade was born.

**Taste:** When many people choose a drink they want something that tastes good. Sports drinks come in many different flavors which entice people to want to drink them. People who want to take a swig of something that tastes good will continue to drink.
Pets Can Have Problems Too!
Marty Hartsell, DVM, Veterinary Medical Technology Instructor

Since this is National Cancer Prevention Month, National Heart Disease Awareness Month, and National Caffeine Awareness Month, it’s a good time to be reminded about our four-legged family members. Dogs and cats both can develop cancer. A “lump or bump” on your pet may not be anything to worry about, but it should be checked by your veterinarian to make sure. Cancer in pets doesn’t always show up with tumors either. If your pet is lethargic and just “not doing right,” it may be time for a check up. Like cancer, dogs and cats are afflicted with heart disease. Many times we won’t see any signs of heart disease in dogs and cats until it has progressed to a pretty serious stage. Signs of heart disease in pets can be lethargy, what appears to be a weight gain in the abdomen (which can just be fluid accumulation), increased respiratory rate, pale mucous membranes, or coughing. Cats especially are pretty good at hiding clinical signs until they are really sick.

This month is a great month to talk about caffeine in pets. No, most dogs and cats aren’t addicted to coffee; however, many dogs will “overdose” on Valentine chocolates that get left on the living room coffee table. Did you know that chocolate (which contains caffeine and theobromine) can be toxic to dogs? Fortunately, milk chocolate isn’t as toxic as the semi-sweet or the bakers chocolate. If consuming milk chocolate, a dog would have to eat about 1 ounce per pound of body weight to become sick. However, that drops down to 1 ounce per 3 lbs body weight for semi-sweet chocolate and down to 1 ounce per 9 lbs for bakers chocolate. Chocolate toxicity in dogs usually results in hyperexcitability, fast heart rate, increased urination, muscle tremors, possibly seizures, vomiting and diarrhea, and, if they consume enough, it could kill them. If you think your dog may have consumed chocolate, it’s best to call your veterinarian for advice. Even if a dog consumes large amounts of chocolate, if it receives medical attention within 2 hours, there’s a good chance that Fido will live to enjoy other “treats.”

Upcoming Health Fair at Gaston College
Judy Blankenship, Health and Physical Education Instructor

Our annual Health Fair is right around the corner. On May 5th the Gaston College Health Fair will take place on the Dallas Campus. This is a great opportunity to see what healthy events and activities are going on in the community and on campus.

A variety of booths, performers, and information will be available for you to enjoy. Some of the participants will be:
• Gaston Together
• Organic Marketplace
• Mary Kay
• Avon
• Gaston Rehab Associates
• Gaston County Recreation Department Senior Line Dancers
• Ormanza Family Karate
• YMCA Body Pump

Don’t miss this opportunity to encounter healthy living. We look forward to seeing you there. More information will be coming in the next few weeks.
Upcoming Healthy Events

Check out these events that are right in your own backyard. Many of these events are fun, healthy, and have activities for the whole family, and support our community.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Website</th>
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<tbody>
<tr>
<td>March 26, 2011</td>
<td>Kelly Guffey Race To Remember</td>
<td>Dallas, NC</td>
<td><a href="http://www.rememberkelly.org/race.html">www.rememberkelly.org/race.html</a></td>
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<tr>
<td>April 9, 2011</td>
<td>Sticks and Bones Trail Race</td>
<td>Charlotte, NC</td>
<td><a href="http://www.sticksandbonesrace.com/">www.sticksandbonesrace.com/</a></td>
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<tr>
<td>May 5, 2011</td>
<td>Gaston College Health Fair</td>
<td>Dallas, NC</td>
<td>See article on page 2 for more information</td>
</tr>
<tr>
<td>Spring 2011</td>
<td>Riverbound Race Series</td>
<td>Whitewater Center</td>
<td><a href="http://www.riverboundrace.com/">www.riverboundrace.com/</a></td>
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Sports Drinks versus Water  continued from page 1

Energy: Sports beverages contain carbohydrates in the form of sugar. Carbohydrates are the body’s main source of energy, which provide muscles with the fuel needed to avoid early fatigue and lack of performance.

Sodium: One of the key ingredients in a sports beverage is sodium. As we exercise we sweat, and sweat of course contains sodium. This was one of the main reasons for the creation of sports drinks; to replace sodium. Sodium actually helps to maintain blood volume, which is critical when exercising as it is essential to maintaining sweat rates and performance.

Water
Our total body weight is made up of 70% water, mostly found in muscles and organs. We lose water each day even when we are not exercising. Water is lost through breathing, urine, sweat, and feces. As we begin to exercise we lose water at a more rapid rate as our breathing and perspiration increase.

Natural: As stated before our bodies are 70% water, not 70% sports drink. Many sports drinks contain added preservatives, and dyes that our bodies have to work to dispel as they are digested. Water can be easily accessed by just turning on your tap. If you are still weary of tap water a filter can be purchased.

Taste: Many people choose not to drink water because of a lack of taste. This can be solved by adding natural ingredients such as lemon, lime, or orange. These natural fruit juices are a much better alternative to the processed sugars found in sports drinks.

So the winner is?
For you to decide! Many people choose water because it is more natural and does not have the added sugars, preservatives or dyes. Some people choose sports drinks because of taste, and the scientific proof that it hydrates faster.

Why not mix it up. Sometimes use water, sometimes use sports drinks. Why not mix them together? Water down the sports beverage so that you will not be consuming so many sugars. The choice is yours!