

STALL STREET JOURNAL

A NON-STEM MAJOR'S EXPLANATION OF FRUITS AND VEGETABLES

Grace Feigl '22

Everyone and their mother knows that eating fruits and vegetables is good for you... but nobody can really explain why (with the exception of a few overzealous stem majors). As a non-stem major, I am going to try to explain to you (on the back of a bathroom stall) why you should march into Thorne/Multon right now and eat more fruits and vegetables.

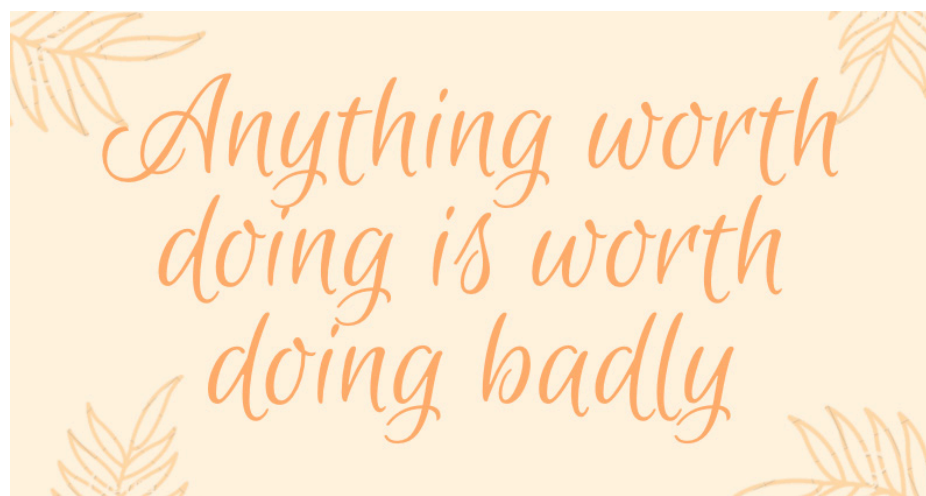
While modern medicine has known the value of fruits and vegetables for a long time, there is a host of new science research explaining why eating fruits and vegetables is so impactful on human's long-term health, and the answer is dietary fiber. In lay terms, dietary fiber is fiber that our stomachs are unable to digest. Scientists are finding that 1) this fiber is crucial to the healthy functioning of our gut biomes (all of the microbes in our intestines/stomachs) and 2) having a healthy gut biome is really important for short- and long-term health.

When we eat fibrous fruits and vegetables like apples, bananas, oranges, strawberries, mangos, kale, broccoli, spinach, carrots, swiss chard, artichokes, and others, our stomachs encounter this 'dietary fiber.' Although our stomachs don't digest this fiber, this fiber helps keep our gut biome happy because, in the least STEM terms possible, it helps certain bacteria flourish and produces anti-inflammatory enzymes which in turn helps to keep our immune systems happy. Long story short, the dietary fiber present in fruits and vegetables is an important part of our gut biomes and subsequently our immune systems. Without enough of this dietary fiber, our bodies do not function as efficiently.

So, the next time you side eye the salad bar in Thorne or bypass the steamed broccoli in the Multon, think "WW-MGBW" (What would my gut biome want?) and give those fruits and veggies a second chance.

Learn more: Dietary fiber and prebiotics and the gastrointestinal microbiota by Hannah D. Holscher and Fiber is Good for You. Now Scientists May

Know Why. by Carl Zimmer



ANYTHING WORTH DOING

Izzy Miller '23

I recently came across a quote on TikTok (I know, I know... bear with me) that really changed my outlook on life:

Anything worth doing is worth doing badly.

And even though some brief research revealed that this quote is actually a poorly paraphrased misquotation from a book by G. K. Chesterton, I think the TikTok's message is one worth holding on to. Anything that is worth doing is worth doing poorly.

If you've run out of time to perfectly study for an exam, a few minutes here and there is better than nothing. If you can't quite seem to take a shower, brushing your hair and changing your clothes is better than nothing. If you want to spend time with friends but can't find time in the midst of midterms, a quick walk with a friend is better than nothing. Scribbling down last minute thoughts on an exam is better than leaving a question completely blank. 30 seconds of teeth-brushing is better than none when 2 minutes is unattainable.

These examples by themselves can seem mundane or obvious, but I've found something liberating in this notion that something is better than nothing. If anything worth doing is still worthwhile no matter how "well" it's done, the perfectionism that plagues many Bowdoin students can feel somewhat less suffocating. And especially in the context of this pandemic, which has uprooted so many of our lives and led to new (and recurring) struggles with health, academics, social life, and so much more, it's important to hold on to the things we do that are worthwhile to us, no matter how "well" we're able to do them.

So I hope these words can provide you all with a little bit of freedom from the strict expectations that surround us, and can give you all permission to celebrate the small steps you take towards health, wellness, and success.

Anything worth doing is worth doing badly.

DON'T FORGET TO GET YOUR FLU SHOT!



ASK PIERRE THE PEER

Alissa Chen '22

I have SO much work to do! How can I better manage my time?

Condensed studying from a pile up of tests and papers is a pain. I would take the following steps to manage your workload when you're on the grind:

1. Meet with an academic mentor from the Baldwin Center! You can ask them to help you plan out your week, as well as teach you some study tips and other time management skills.
2. Plan out your week! Write down all of your assignments on a sticky note/planner/back of your math problem set.
3. Write down how long each assignment would take you. Now add another hour (and a half), because you and I both know some assignments take longer than expected.
4. Take out a digital calendar/paper planner and plot in those assignments during your free time.
5. Factor in your free time meals, basic hygiene, that 15 min walk between places, exercise, and SLEEP.
6. The night before, always make sure you have a plan for the next day. It doesn't have to look like my example here, but give yourself a manageable to-do list for the next day.

Feel free to reach out to Tina Chong, the Baldwin's center academic coach, at tchong@bowdoin.edu to get your life together!

Do you have a question you want to ask Pierre the Peer anonymously?

Scan this QR code!

