

SPECIAL

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Celebrating Valentine's Day



On February 14, 2012 the HPC is organizing an awesome event to promote friendship, love and respect for each other. At the same time the HPC wants to take advantage of this great opportunity and promote health by advising you to eat healthy and practice responsible behaviors with your friends, family, and loved ones to demonstrate your love and care. Happy Valentine.

Healthy CUNY Advocates at York



The York College Health Promotion Center welcomes and supports all the Healthy CUNY advocates at York. The HPC, as always, in its aim to promote health among the York College Community is opening its doors to unite forces with the Healthy CUNY initiative which is a campaign to make of CUNY the healthiest urban university in the country. The campaign that is going to be promoted at York will be designed to encourage the York Community to practice physical activity while on campus to make of York the healthiest CUNY college. The name of the campaign will be "Let's Get Physical at York". The HPC interns as well as the student advocates are hoping to have the support of the administrative body and faculty to promote this campaign that not only will benefit the York College Community, but, moreover will demonstrate to the whole CUNY community that at York people work together.

The HPC Health Fair is Coming Back to York

After the tremendous success of the past Health Fair in November and the tons of petitions from students, who enjoyed and participated in the fun, educational and healthy event, the Health Promotion Center is preparing and bringing back in April a bigger and better Health Fair that will surpass any and all expectations. It will cover a wide variety of health-related topics and provide useful information about programs in the city as well as in the community that offer different types of assistance. At the same time, the HPC is going to have healthy demonstrations that are very popular because there is always a gift for the participants and of course the Health Fair will have the famous and healthy refreshments and drinks that everybody likes. Don't forget and come and reserve that day for the best Health Fair in Queens! The Health Fair from the YORK Health Promotion Center!

Double Chocolate Cupcakes Recipe



Submitted by intern
Marsha Ocean

INGREDIENTS

- 1 cup all-purpose flour (about 4 1/2 ounces)
- 1/3 cup unsweetened cocoa
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 2/3 cup granulated sugar
- 1/4 cup butter, softened
- 1/2 cup egg substitute
- 1 teaspoon vanilla
- 1/2 cup 1% low-fat buttermilk
- 1 1/4 ounces dark (70 percent cocoa) chocolate, finely chopped
- 2 tablespoons powdered sugar

Nutritional In-

Amount per serving

Calories: 150

Calories from fat: 31%

Fat: 5.2g

Saturated fat: 3.2g

Monounsaturated fat: 1.2g

Polyunsaturated fat: 0.2g

Protein: 3.1g

Carbohydrate: 24g

Fiber: 1.1g

Cholesterol: 11mg

Iron: 1mg

Sodium: 125mg

Calcium: 42mg

Preparation

1. Preheat oven to 350°.
2. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour, cocoa, baking soda, and salt; stir with a whisk.
3. Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well combined (about 3 minutes). Add egg substitute and vanilla, beating well. Add flour mixture and buttermilk alternately to granulated sugar mixture, beginning and ending with flour mixture. Fold in chocolate. Spoon batter into 12 muffin cups lined with muffin cup liners. Bake at 350° for 18 minutes or until cake springs back when touched lightly in center or until wooden pick inserted in center comes out clean. Remove from pan; cool completely on a wire rack. Sprinkle with powdered sugar just before serving.

References

<http://www.cookinglight.com/entertaining/holidays-occasions/chocolate-desserts-recipes-00400000063672/>