



Trying to Quit Smoking? This Can Help

APRIL 2012



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Finals are here,
 and this is our
 Final issue of
 the semester!

Good Luck on
 all exams!

Congrats to the
 2012 graduates!

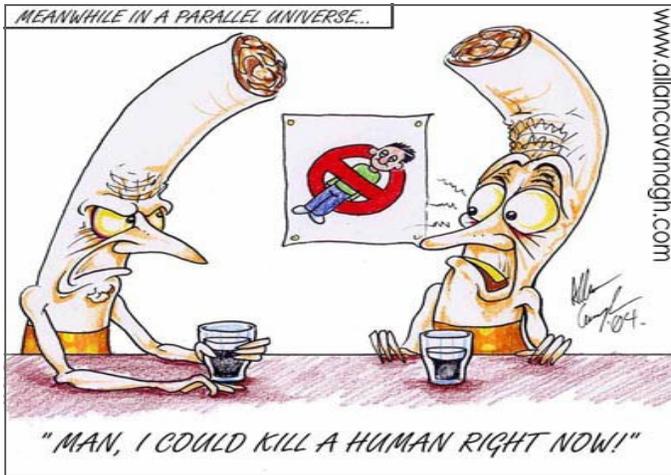
Addiction is a disastrous occurrence; it cripples the mind and leads to dangerous thoughts and actions. Addiction takes a strong hold on your soul and gives you a feeling of helplessness and defeats every inch of self-control contained in your body, mind and soul. It's almost as if you have this poisonous essence within your body that constrains you against your own will to do things you know would not benefit you or worse, damage you. When fighting my addiction to cigarettes, I felt all these feelings. I knew I was doing damage to my body, but for some reason, I couldn't seem to care enough to bring myself to stop. There were many warning signs flaring up, I had a heinous repetitive cough, I had annoying bodily pains, and my breathing was horrendous. At the ripe young age of 19 years, I knew I wasn't supposed to feel the way I did. Upon awareness of this, I made a decision to quit. I knew it was going to be a long hard journey and I knew it would take a lot of self-control but at that time I couldn't even begin to imagine the energy and courage I had to muster up to follow through with my goal.

When starting anything new, one must be well informed on the subject before you begin. When I started, I took it upon myself to study the effects cigarettes had on my body and what I found was

overwhelming. Along with being well informed I first had to take time to get myself ready for the countless temptations I knew were ahead. In the beginning stages, I really had to come to terms that I had a very deleterious addiction. It might sound crazy, but I was very much in denial that I had an addiction. I simply believed that I smoked because I wanted to, but nobody on earth wants to hurt themselves. It was important for me to come to a realization that I had a problem. In addition, after coming to terms that I had an addiction I had to really press the fact that I wanted to stop. Most people don't understand the power of realization and actually forming in their mind the thought of knowing what they want. Once you know exactly what you want, it leaves little room for second guesses. Furthermore, I understood that I may not be able to quit cold turkey. So before I began my journey, I had to comprehend, although it isn't encouraged that I go get a cigarette at the store, or get one from my friend, it was okay if I messed up. You don't learn anything from kicking yourself in the butt every time you falter.

Continued on pg 2

A QUIT SMOKING MINDSET : (CONTINUED)



When I noticed disappointment, I decided to create a saying that helped me advance into a more positive light. My saying is "okay, I know what I want to do. And I'm going to do it, but I guess I'm not ready right now but I'm still not deserting my goal".

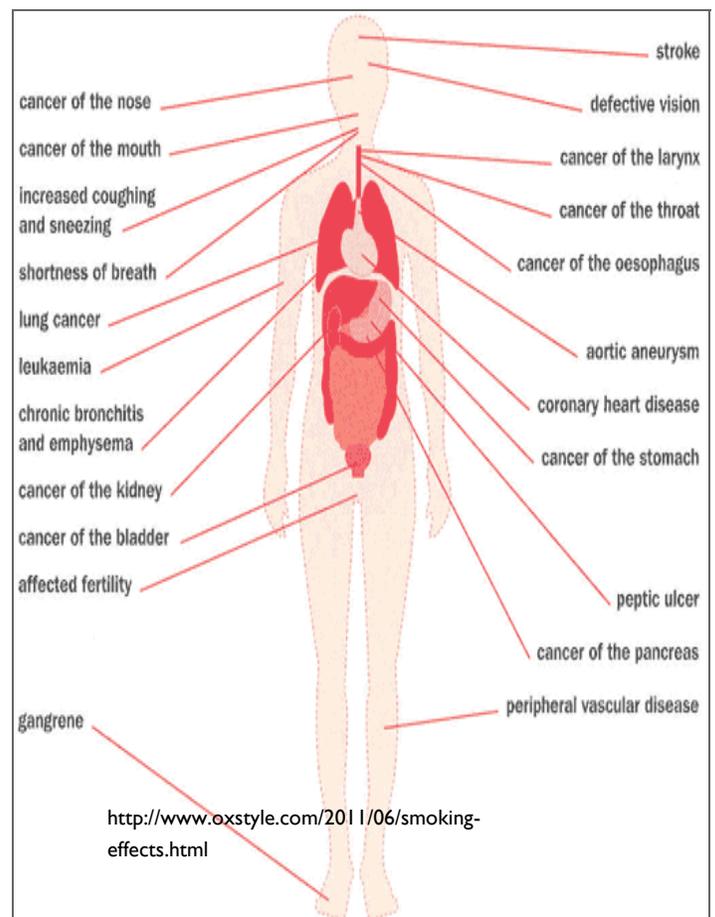
When I reached that stage of mental preparation, an important lesson for me was to take a moment to comprehend what I was gaining. Every time you decide to pass on a smoke, you won't feel good if you tell yourself you've missed a chance to smoke. Instead, tell yourself that you're gaining something, like I'm gaining more self-control; I'm gaining better health or something in that nature. Next, I believe that **with the Facebook age everybody is more preoccupied with the saying of things than the actual experiencing of them.** So what was important for my success was refraining from announcing to anyone that I was quitting smoking. This is also a very important step, when you inform people that you're going to quit smoking, you feel obligated to continue with your goal. Now you feel the pressure of being scrutinized if you don't follow through. Quitting smoking is a very nerve wrecking experience as it is, and you shouldn't add more stress to it by letting people know that you're about to embark on this journey. At the end, the only person it was affecting was me, so I kept it to myself. If I was around friends that smoked, I just told them I didn't feel like smoking today or I was just taking a little break. I didn't owe anyone any explanations; its my life.

At the same time, I want to take a minute to add that I also had to register that I was making a permanent decision. This wasn't temporary, I wanted to quit for life, so I set my time line to forever. Once your mind and body knows that this is a permanent decision, you're going to slowly recognize the kind of energy you're in need of to complete that goal. Additionally, the most important thing I did was pray, I don't have any religion, but I'm sure there is a higher being out there. Whether you call it God, Allah, or The Formless Substance, there is something out there. I prayed to this Formless Substance every chance I could for it to please give me the courage and persistence to quit smoking and permanently eradicate the implacable dependence I had with cigarettes. Lo' and behold it slowly came to fruition and eventually worked. Success in relinquishing myself from this addiction was mainly on the perseverance of this mindset and overtime, I've quit and am confident with my train of thought, I know that everything is within my full power and under my control.

I feel addiction in every area is all connected to the same thing. Even though there are different degrees and different things some people do for their addiction, there is a lack of self-control. I get that it is all on how one thinks and how one utilizes what they know. All addictions are denial mechanisms and there's something we are running from, it could be a bad experience, responsibilities, insecurities. Whatever it is works like a disease in the minds of the weak and attempts to destroy us and our relationships, so the cure begins and ends in the mind and on our perception of circumstances. I believe that if you can create an impenetrable mindset, you will become an impenetrable person. As the great late author James Allen implied, "Most men are anxious to improve their circumstances, but are unwilling to improve themselves; therefore they remain bound". It is impossible to eradicate an addiction physically without first eradicating it mentally, which is why I created in my mind what I like to call my Quit Smoking Mindset, and you too can conceive a Quit Smoking Mindset, even if your addiction might not be smoking.

By Janzer Canelo

SMOKING EFFECTS



Every once and a while, while walking down the street on any given day, you will witness a soda can rolling in the road, a plastic bag flying through the wind, or an old abandoned soggy newspaper laying in someone's driveway. Eventually, someone comes along and throws these pieces of garbage into a bag that ends up on the curb waiting patiently to be picked up by a local garbage man. The only problem with this simple act of courtesy or cleanliness is if the soda can, the plastic bag, and newspaper are in a bag of garbage, they will be thrown into the city dump when they belong in a recycling facility where they can be sorted, processed, and sold. You may think to yourself that one newspaper, soda can, and plastic bag aren't a huge deal. But if you imagine that everyone in your country is throwing the same recycling materials in the garbage to be sent to a dump, those simple materials multiply by millions. Meaning, millions of plastic objects, aluminum, and paper will be piled



high in landfills across the United States when instead they could be in recycling facilities being reused instead of damaging our environment. Now imagine how much cleaner and resourceful our country would be if every American was required by law to recycle plastic, paper, and aluminum. Not a lot of people worry about what happens to the objects that they throw away after the garbage man picks them up. Then again, not a lot of people have visited a landfill or have experienced the unsightly view and stench of a giant mountain of garbage. Food and biodegradable objects disappear after a period of time, but plastic and aluminum will stay there forever. Meaning, plastic and aluminum will create a mountain that will never go away and that will only continue to grow if people do not recycle. Paper on the other hand will dissolve after time. If it is not recycled however, our trees that house animals, provide shade and oxygen, and make our world beautiful will continue to be cut down. The advantages of simply recycling are beyond extraordinary. Less plastic and aluminum will be made, meaning, less plastic and aluminum will be around to harm wildlife and pollute our environment. Fewer trees will be cut down to make paper, which means more homes to conserve wildlife and more oxygen for our world. You can also get a few cents per bottle or can when you bring your recyclables to bottle and

can deposit centers. The idea of a world where you have to recycle as often as you toss something in a garbage bin can present itself as an annoyance for some people. It isn't as difficult as it sounds though. If recycling was mandatory, simple adjustments could make recycling easier for those who find it to be a pain in the neck. One adjustment could be to buy a few cloth tote bags to put your groceries in rather than carrying groceries out with plastic or paper bags. Schools could make sure that there is one recycling bin per one garbage bin so lazy students wouldn't be tempted to throw their soda, juice, or water bottles into the garbage. For people on the go, investing in travel mugs or travel bottles to take along for the ride would decrease the chances of stopping into a convenience store to buy a drink that comes in a plastic bottle. Instead of buying paper cups to keep by the water cooler at work, everyone at the office should bring their own reusable cup from home. Businesses could sell beverages from a tap rather than in bottles or cans. The substitutions are endless and really not that inconvenient. Since there is no laws regarding recycling now, it is rare to see a person do any of these things. Everyone is so used to plastic bottles and aluminum cans that it is only normal to use them and then throw them out. The only way to make people want to recycle, is to force recycling upon them by law and have the consequence of not recycling be punishable by law. If we don't do something soon, the

mountains of recyclable materials in our landfills are going to hit the clouds. "Americans recycle or compost proportionately far less than the official stats suggest: not the third of our total trash estimated by the EPA -- a milestone we were supposed to have surpassed a decade ago -- but less than a quarter." Nickolas Themelis, director of Columbia's Earth Engineering Center states that the United States needs to follow Europe's lead: The Netherlands, Germany, and Sweden have all but eliminated landfills by combining strong recycling programs with a new generation of low-emission waste-to-energy plants." Those who are environmentally aware are observing how irresponsible we all have been when it comes to simply separating our recyclables from our trash. It is as simple as separating our colored clothes from our white clothes while doing laundry; Recyclables go into one bin, and biodegradables go into the other. Until a law is passed, expecting Americans to recycle is never going to get anybody anywhere. On the opposing side of our recycling dilemma, there are some people that wouldn't dream of recycling at all. Lisa Kaas Boyle, co-founder of the Plastic Pollution Coalition -- a Southern California environmental lobbying group-- believes that recycling most plastic is hardly worth anybody's time. She quotes from Don Loepp "The ACC knows well that only 5-7 percent of plastics are recycled, and that this figure will probably not grow substantially. However, SUPs, the majority of plastics, are not designed to be recycled. Instead, SUPs are designed and promoted to be used on the go, and to be dumped whenever and wherever their contents are consumed. Even if SUPs are discarded into a recycling container, they are often contaminated by food waste and rendered unsuitable for recycling, or made of a type of plastic that have no recycling infrastructure. So in Boyle's mind, SUP's (single use plastics) shouldn't be recycled because they were not meant to be recycled. They are made to be used once and never used again. One could

only wonder why such plastics that are not meant to be recycled are even created in the first place, but that issue is another story. I can also imagine that a lot of companies that make plastic are against recycling because they don't want to go out of business. Other than reasons like losing jobs or not recycling plastic that isn't made to be recycled, there is no "good" excuse to hinder you from recycling. If a law that required recycling came into play, a lot would change in our country. New jobs that overlook recycling procedures and facilities would open up and a lot of Americans would be employed. I can imagine that the garbage business would change, like an equal amount of garbage trucks and new recyclable trucks, which would again create more jobs for Americans. Children would grow up learning how to recycle as much as they learn how to use their manners. Mountains of debris at landfills would shrink significantly. Recycling centers would be popping up in every town. Amounts of trees would be abundant. Eventually, our country would have a lot of pride in itself for being so "green" and resourceful. I can also imagine that a lot of plastic and aluminum products on their own would decrease after time and become replaced with more earth friendly materials. Our country would only benefit from "going green". As much as we are used to throwing everything, into our waste bins, no matter what it is, we need to stop for a few moments and think about the positive differences that we could make for our environment. If a future filled with shadows from mountains of plastic, aluminum, and paper settled into landfills is in your dreams then please, throw your plastic soda bottles into the garbage. If you desire a future with less waste, cleaner air, and a cleaner environment that you can be proud of, then toss those newspapers into your recycling bin because if people will be required to recycle by law, you will be way ahead of the game. Recycling or refusing to use plastic products can reduce our nation's waste significantly. Instead of witnessing a soda can rolling down the road, run after it and trade it in for five cents. If you see a plastic bag flying around, catch it and bring it to a designated plastic bag drop off center. As for the soggy newspaper, pick it up and put it into a recycling bin. If you start to make a difference, other people will most likely follow in your lead. Recycling starts with you. You cannot rely on other people to do all of the recycling for you because statistics show that they aren't anyway.

BY GRACE PLOTH



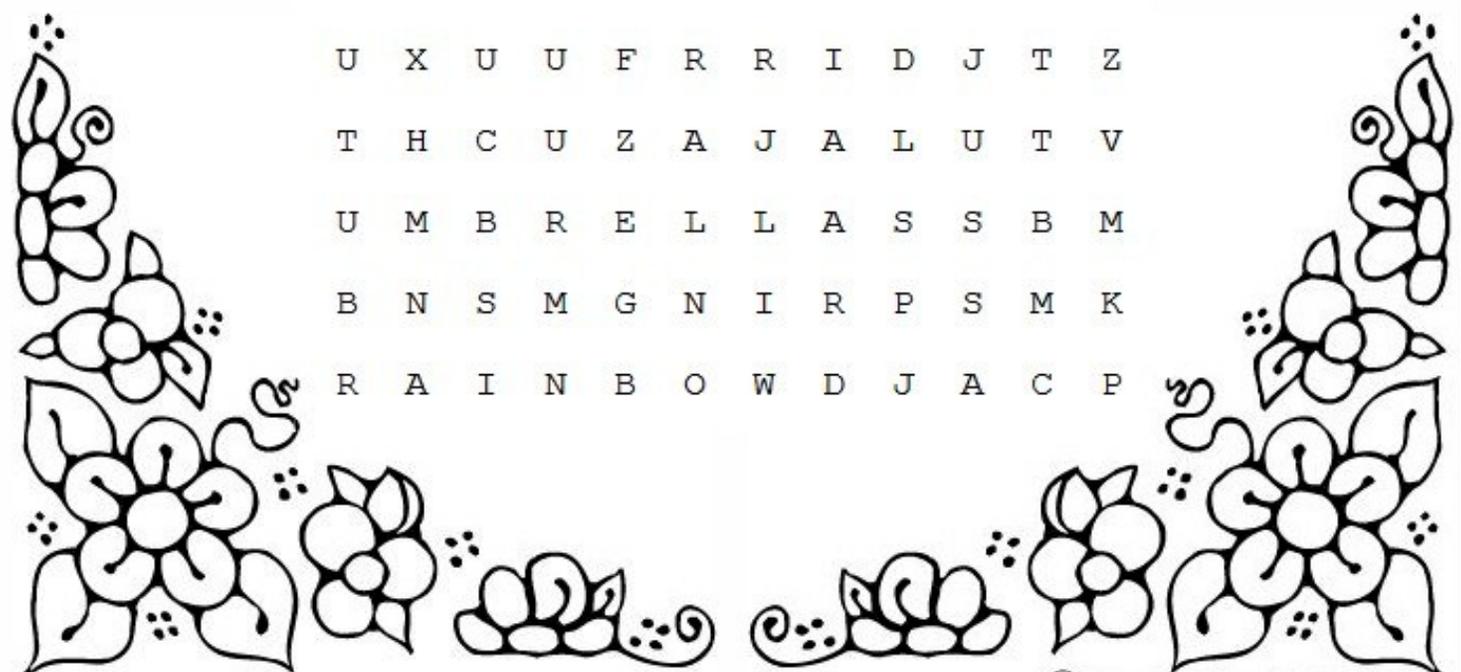


Spring

G	F	S	Q	O	I	I	S	L	S	U	R
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B	N	S	M	G	N	I	R	P	S	M	K
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BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA



SHOULD VIDEO GAMES BE CONSIDERED AN ART-FORM ?

PG 6

By

Video games have been viewed as a source of empty entertainment to keep children inside instead of out experiencing life. A recent movement has started trying to place video games in the same vein as true art, an exclusive club to say the least. Artists from many backgrounds sit up in their ivory tower and look down on the game designers, reviewers, and aficionados trying to legitimize something they hold dear as a valid expression of art. Not all video games are art, but then again, not every painting in the world, or every sculpture is considered art either. The good games, the ones that stand head and shoulders above the mediocre games can and should be considered art. Video games have just as much a claim to being art as the sculptures and paintings hanging in the Louvre. While I may believe that video games are art, there are many people that believe video games don't deserve to be considered art. In order to make a well structured argument, the reasoning behind the protractors needs to be understood. Jeremy Clarkson, a respected car journalist and TV personality states on a BBC network channel in 2009 that "a man from the Tate gallery said 'Art can have no purpose other than itself, no function.'" That is one of my favorite definitions of art. Mr. Clarkson was using it in his argument for cars being art but the definition was too good to leave it sitting with cars. What can arguably be the epicenter for the debate, a mister Robert Ebert in "Video games can never be art" published in *Chicago Sun-Times* on 16 Apr. 2012 started the whole discussion by writing an essay and stating that "one obvious difference between art and games is that you can win a game. It has rules, points, objectives, and an outcome." He was later quoted in another article by Michael Gapper, "Video Games aren't art and we shouldn't apologize for it" published in *Computer and Video Games* on April 16, 2012, as saying "video games by their nature require player choice, which is the opposite of the strategy of serious films and literature, which requires authorial control." All of these are completely valid arguments, but they do show and almost blinding bias towards the fact that many of their definitions for what is art can also be used to condemn their own favorite works of art, or art in general. When Jeremy Clarkson said that "art can have no purpose other than itself, no function," he was correct. Art can really serve no purpose other than to exist, it can't do anything. The problem with that is that what we consider as "real art" does serve a purpose, it inspires people. If art didn't really serve a purpose then thousands of people a year wouldn't flock to Italy to experience the Sistine Chapel, or Michelangelo's David. I've personally stood in the

shadow of David and beneath the Sistine Chapel and been completely awestruck by the absolute beauty of those creations. The lines and creases in David are so smooth and life-like, you keep waiting for the statue to blink or move the cloth he's holding to cover his modesty. The sheer breadth and width of the Sistine Chapel is enough to move you, a work of art so large and beautiful was done by one man on his back. Even if you aren't a fan of the art itself, you can't help but admire the amount of dedication and determination that went into the creation of it. If these are true then art really does have a purpose or a function, it may not be intended, but the results are still evident. Art can draw people and inspire them, or give them a different view on the world. Video games can achieve the same thing. Modern video games have an easier time of it with enhanced graphics and processor capabilities. When you emerge for the first time into the over world in *Fallout 3* you can see the devastation and ruin and as you progress in the game you feel the crushing feeling that the world has in fact been irreversibly ruined. One of the video games that left me absolutely awestruck was *Call of Duty: Modern Warfare 2*. The game starts with an invasion by Russia in retaliation of a massacre in a Russian airport perpetrated by an American. There is a mission in the game where you are underground fighting through an office building and a bunker, you eventually emerge and have a chance to look around and take in your surroundings. The first thing I saw was the white house in absolute shambles, damaged by rocket and grenade fire, and littered with bodies. It was something you would never expect to see in your entire life, but there it is, the beacon of western democracy, burning. This was a part of 3 missions and during them you see various DC monuments in various states of destructions. Aside from seeing the White House in shambles, you also see a partially destroyed Washington Monument and a severely damaged Herbert C. Hoover building. All of these bring to start reality that we are not invincible and this is something that can actually happen. The reaction you have to seeing these monuments that stand for so many things in our collective minds as a symbol of our great nation being destroyed is visceral. It may not be an awe inspiring experience like seeing the statue of David, but it was an experience that will stay with me for as long as I live. Roger Ebert made a good point when he said that "one obvious difference between video art and video games is that you can win a game. It has rules, points, objectives, and an outcome." That is a fair assessment; because most video games do have that, most, not all. Video games in the beginning and since then have had point systems, and objectives. They will continue to have these because people in general

objectives, and to see how well they are doing by looking at their score, or even using points as a way to dominant a game among their peers by having the highest score possible. Now that video game development and publishing has become such a large business, companies and independent developers are branching out and trying new things. These new games don't have a point system, a leveling system, some don't even have dialogue. There is a game that has come out recently called Journey, which has taken the gaming world by storm. It is a game with an almost unheard of set of "rules". There is no talking, no dialogue, no map, no tips or indicators about what you need to do. There is just you, and a mountain in the distance. If you are playing online you can happen upon another player but again, you cannot communicate with them. It is your decision to either play with them, or ignore them and move on by yourself. Therefore most games do have scoring systems and objectives, but not all of them. little sisters and is left in a sad state, or he saves all the little sisters and takes them out of the decrepit environment and you see them grow up under your care, graduate college, and have children. When Ebert said "video games by their nature require player choices, which is the opposite of the strategy of serious films and literature, which requires authorial control," he made a good point. Because they do require choices, but if the game is written and designed well, then what feels like a player choice is actually a skillfully crafted path, where the player is gently guided by an invisible hand. Bioshock was a wildly successful game that has spawned a sequel, as well as having a third sequel soon to be released. Near the beginning of the game, the player is told that the "little sisters" running around the game

contain special abilities that the player can harvest, but ultimately killing the little sisters. After finding this out the player is given a special power that will kill the power living inside them, and saving the little sisters. At this point the player has a choice, they can kill the little sisters and harvest the abilities that will make them stronger and make the game easier, or they can save the little sisters by destroying the power inside them. Throughout the game the player will come across these little sisters and will be able to either harvest, or save them. When the player finishes the game they will see one of three different endings depending on how the player decided to deal with the little sisters; one violent where he kills all the little sisters and turns into the monster he worked throughout the game to defeat, he is condemned for killing some of the Each ending was the result of the players choices, but the ends themselves were finely crafted by the games creators. Since the player is getting to indulge in the freedom of choice, they get to feel like they are actually affecting the outcome of the game. Because of the games creators figuring out and designating the endings, they are still maintaining control. Therefore there is still a sense of the authorial control that Ebert mentioned. video games are still very young as a medium it will take a hundred years before they are considered to be a valid art form. Video games need to be looked at with the same discernible taste that is used when viewing and determining what art is. Not every painting, sculpture, or poem is or will be considered art. Video games should be treated the same. The art community needs to stop treating video games with sweeping generalizations. I believe they already are art, the rest of the world just needs to catch up.



LET OUR FOOD BE OUR MEDICINE PG8

Today's culture has done a great job of shaping and manipulating our idea of what is good to eat and what is not. It's amazing that we are so technically advanced today, yet our great parents lived longer, lived healthier, and took less medicine. Those herbal teas that Grandma used to make us worked a lot better than Advil or Tylenol. We don't eat at home as much as generations past did and when and if we do the food choice is a blend of steroid injected ingredients we have never heard of or can't pronounce. These foods are killing us because they are not natural. Our bodies reject these foods for a reason. The rejection slowly but surely comes in the form of low immune systems, and worse heart disease, diabetes, obesity and cancer. The cures for these diseases are promoted by surgeries that bandage the problem but never cure them. The real cure is less expensive than surgery or a lifetime of medications. The cure is food. Doctors, teachers, the FDA, and even parents, are all persons that we feel when it comes to our health we can trust. Doctors, tell us when we are sick to make sure we continue to take our medication. They check us very thoroughly when we make visits to discuss our health with them. In their expert opinions, they give us the best advice for us regarding any ailments we may be having. On the next visit if we are having the same problem, such as that cough we just can't seem to get rid of, we are still in good hands. The magic pill that they look up in the book of life has "something" there that can take care of that cough. According to our doctors, these visits will in the future insure that our health will be ok, because we are being preventative. The school system gives our children a chart of what foods we should eat and the combinations we should eat them in. They shape our perception of what is good for us. If we follow these charts and eat the foods listed daily, we will remain healthy for the rest of our lives. This is a huge step in curing obesity. The FDA and the parents of today back these claims up. They both want our children whom are the future leaders to be grown up to be the best of the best mentally and physically. Parents make sure or at least try to watch what children eat, because after all they were taught the same when they were in school and the FDA are our countries experts on healthy eating. They make sure that we are as medically sound as possible. It's not like they want their own country to be sick. It's really just a big game of number and lies. Let's start with the Doctors. Yes its true most of our doctors would rather us to be sick. If you were healthy you would have no reason to see them. If you and the 200 other patients they see don't see them they couldn't afford the school loans, expensive cars, and extravagant lifestyle they have learned to live. An article *USA TODAY*, notes, "*The Journal of the American Medical Association* found that spending on cancer care increased by \$63 billion from 1990 to 2008, attributed partly to the rising costs of new drugs and treatments." When was the last time your doctor asked

The school system gives our children a chart of what foods we should eat and the combinations we should eat them in. They shape our perception of what is good for us. If we follow these charts and eat the foods listed daily, we will remain healthy for the rest of our lives. This is a huge step in curing obesity. The FDA and the parents of today back these claims up. They both want our children whom are the future leaders to be grown up to be the best of the best mentally and physically. Parents make sure or at least try to watch what children eat, because after all they were taught the same when they were in school and the FDA are our countries experts on healthy eating. They make sure that we are as medically sound as possible. It's not like they want their own country to be sick. It's really just a big game of number and lies. Let's start with the Doctors. Yes its true most of our doctors would rather us to be sick. If you were healthy you would have no reason to see them. If you and the 200 other patients they see don't see them they couldn't afford the school loans, expensive cars, and extravagant lifestyle they have learned to live. An article *USA TODAY*, notes, "*The Journal of the American Medical Association* found that spending on cancer care increased by \$63 billion from 1990 to 2008, attributed partly to the rising costs of new drugs and treatments." When was the last time your doctor asked you about how you were eating? I'm not talking about if you have high blood pressure being recommended to stay away from fried foods. I'm talking about sitting you down, and actually showing concern about you maintaining a healthy diet, that can keep your visits less frequent and more importantly save your life. Wait a minute. I bet you're thinking well that's the job of a nutritionist. If your doctor thought that was a need he would recommend you go see one. If that was done, you would probably never have to see your doctor again. Most doctors are never even taught nutrition. Do to ignorance in the subject they end up being just as overweight or sick as the people they are treating. They just have unlimited access to better temporary fixes in the drug cocktails that are available. Basically, even if they wanted to give you advice they can't. So instead we get, "take two of these and call me in the morning", is what you get and your relationship will live on until death do you part. Schools teach us at a very young age about the food groups, and how vital they are to maintain a good diet. The teachers



<http://www.bodyquirks.com/2011/04/simplify-for-spring-try-these-cleansing-foods-as-medicine/>

that give us this life altering advice never even take the time to research if what they are allowing us to absorb as culturally correct, is correct. Most of us believe that meat is one of the most important foods in our diet because of the protein. If the teachers actually researched the food group pyramid, they would place whole foods such as fresh fruits and vegetables, and whole grains to be at the top of the list. As a matter of fact they would make them the entire pyramid. They would understand protein is also found in many vegetables such as avocados and tomatoes. . . But with the salaries they have that are in my opinion are an insult to their value, they have no choice in their opinions to leave well enough alone. The foods can't be that bad. Whatever makes you sleep better at night. Then there is the FDA. The FDA has enslaved our culture into thinking that their expert panel of Immortal Minds, are making the best decision for America. They are keeping us as healthy as humanly possible. That would be a perfect world, with honest leaders who care more about their fellow than money and power. Instead, the FDA make sure that the parents, who were taught the same ingredients of death by diet as today's children are taught, keep up with the 100s of rules and regulations that are rolled out every day, just to see more and more of our youth with diabetes, obesity and cancer. It would be very easy to promote brown whole wheat rice rather mortality by 10%. The figures for processed meat were higher, 20% for overall mortality, 21% for death from heart problems and 16% for cancer mortality". And just as they approve the foods we eat to make us sick, they also approve the drugs we take to make us feel better while we are sick. They should really consider using the slogan, "fight fire with fire." They use virus' to fight virus'. They fill us with foods that speed up our metabolism so we can appear that we are healthy because we may not look overweight, but all the while our arteries are filled with plaque ready to give us a heart attack at any moment.

The cure is as simple. We need to eat right. Not what a group of greedy money thirsty pirates tells us is right but what God has given us in natural plant based foods such as raw vegetables and whole unrefined grain. Its funny that all these fads ranging from acai, to blueberries, to papaya ingestion is good for you. We are paying billions of dollars for information that has been available for years. While researching this subject, I was very curious on how well this would actually work. I decided to go on a whole foods diet for 10 days. I lost over 20 lbs., had an increase in energy, and chronic headaches that I suffer from daily became nonexistent. Now my family supports me by eating whole foods also, and we feel better mentally and physically than we ever have. Why didn't anyone let me in on the fabulous secret sooner? Leading scientist on whole food diets answers in an interview in the *New York Times*, "We've distorted our diet seriously through the ages, and we have all the problems we have because of that distortion." If we don't start eating right our children's generation, along with ours, will be short lived. How sad it will be that we will be attending the funeral of our children. Parents need to start at home and stay at home. If we make dinner at home not only will the allow us to make healthy decisions for our families but we can spend time with our families. We love our children and we want to see them not make the same mistakes we did by getting sucked into and remaining in a culture that hides behind numbers and temporary fixes. In the words of the Hypocrites, "Let our food be our Medicine".

BY DONNELLE RAYSOR





<http://splodinpan-das.wordpress.com/2011/02/06/cmon-spring-any-day-now/>

“Spring has sprung” is a silly way of saying that the Spring season is very near. Technically, the first day of Spring is on the 20th of March this year, on the day of the Vernal Equinox. That day, the sun will be in the sky for exactly 12 hours. This is because of the way that the Earth is tilted on its axis as it travels in a 365 day orbit around the sun. All astronomical jargon aside, it’s the day that the days start to be longer than the nights, and the weather starts to warm up.

Another notable event is Daylight Savings Time ending. On Sunday, March 11th, everyone in America (except for the state of Arizona) will turn all his clocks, phones, and watches forward 1 hour in time. This is done to preserve the natural day-night rhythm in humans during the long, dark winter nights. So, effectively, America loses 1 hour of time somewhere in the wee hours of Sunday morning. You might hear people talking about “losing an hour of sleep.” Don’t forget to make this change! It is a good idea to set your clocks ahead an hour before you go to bed on Saturday night. That way, you won’t be confused in the morning.

In the Mohawk Valley, spring is characterized by longer days, shorter nights, moist air, warmer temperatures, sunshine, melting snow, increased wildlife activity, and plants blooming. The month of March is said to “come in like a lion and go out like a lamb,” referring to the harsh weather at the end of the month, such as storms and cold temperatures, and then the warm, fair weather nearer to April. The saying “April showers bring May flowers” also refers to the weather. According to the saying, April is supposed to be moist and rainy, and many plants will blossom fully in May.

Many people make jokes about how unusual the weather is in the Mohawk Valley. The Mohawk Valley will probably experience odd winter-like weather patterns far into the spring. It is very likely that we will experience snow until April or May. This is normal, and weather patterns may be exaggerated by climate change.

Spring is also a good time to do some “spring cleaning,” or to tackle big projects around the house such as cleaning out the garage or attic, or cleaning all the little nooks and crannies that usually get left out in a normal day’s chores. Spring is a good time to switch your wardrobe from long-sleeves and pants to short-sleeves and shorts, but keep an extra jacket on hand! It could still be cold out. Many households take an opportunity in the spring to spend a weekend taking lawn furniture and toys out of storage and putting away winter supplies such as shovels and sleds.

There are several exciting holidays during spring. One is St. Patrick’s Day, March 17th, an opportunity that Americans take to celebrate their Irish heritage. Christians also honor St. Patrick himself, famous for bringing Christianity to Ireland and demonstrating the principles of his faith using a 3-leaf clover. This holiday is characterized by Irish and Irish-American music, food, alcoholic beverages, dancing, the symbols of the leprechaun and pot of gold, the shamrock, and the colors green and gold, along with the Irish flag of green, white, and orange.

Another holiday is April Fool’s Day, April 1st, a simple day to play practical jokes on your friends and family. Simple pranks and stunts are popular, but people can be very creative as to Another Christian holiday is Easter, a celebration of the rebirth of the human form of God. Although Easter is on a different day every year, it is always on a Sunday. This year it is on April 8th. Easter is considered the holiest day in the Christian calendar, and it is traditional that estranged or non-practicing Christians attend church at least once a year on Easter. Nonreligious symbols of Easter include pastel colors, painted eggs, jelly beans, and the Easter Bunny.

Overall, spring is a time of natural beauty and renewal. Take this time of year to celebrate the miracle of new life, and experience nature at its finest.



<http://allflowers1.blogspot.com/2012/03/picture-of-spring-flowers.html>

Hiroki Suzuki

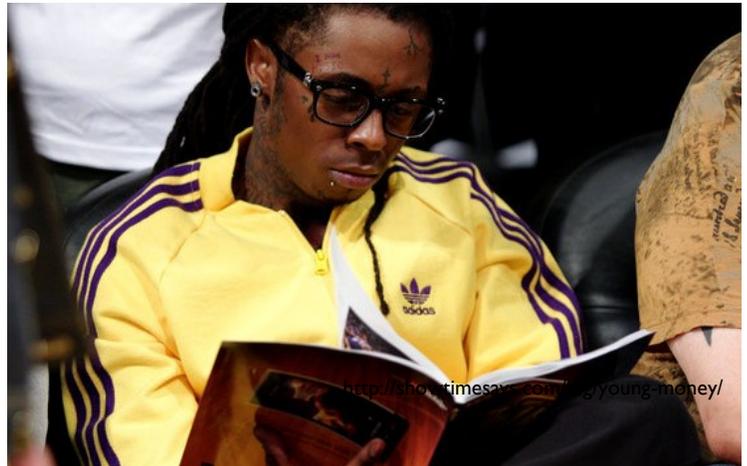
INSPIRATIONAL QUOTES

“REPETITION IS THE FATHER OF LEARNING” (LIL WAYNE)



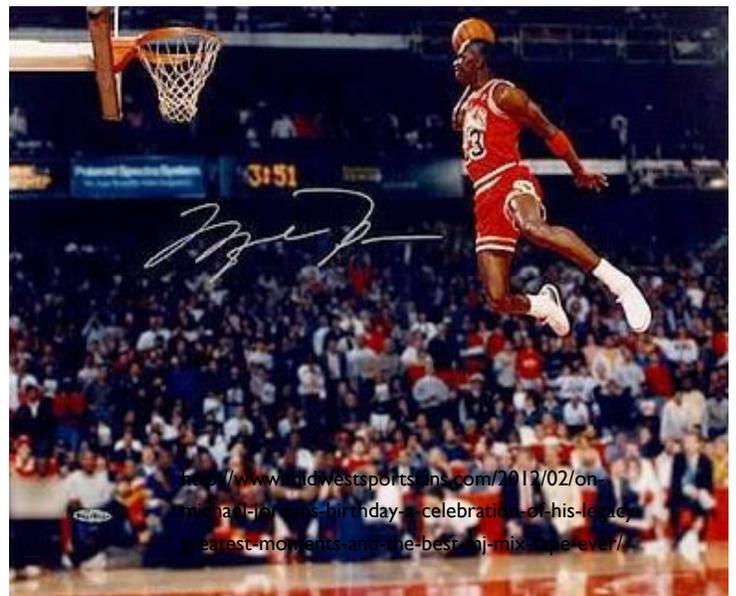
“IF YOUR TRYING TO ACHIEVE, THERE WILL BE ROADBLOCKS. IVE HAD THEM; EVERYONE HAS HAD THEM. BUT OBSTACLES DON'T HAVE TO STOP YOU. IF YOU RUN INTO A WALL, DON'T TURN AROUND AND GIVE UP. FIGURE OUT HOW TO CLIMB IT, GO THROUGH IT, OR WORK AROUND IT”

(MICHAEL JORDAN)



“ATTITUDE IS A LITTLE THING THAT MAKES A BIG DIFFERENCE”

(WINSTON CHURCHILL)



“IF THERE IS NO ACTION BEHIND A DECISION, YOU HAVEN'T REALLY DECIDED” (ANTHONY ROBBINS)



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The Student Voice welcomes all students to send articles to the paper. Your articles could express your opinions on sports, art, education, politics, health, MVCC, and the Utica community. We love to have students who can contribute their comic strips or pictures of any other form of art. You do not need to be a member of the club to submit an article.

Send submissions for the first issue of Fall 2012 semester to studentvoice@mvcc.edu

Please consider making your voice heard.

Enjoy your summer, have safe clean fun, and remember to register for the classes in the Fall so you get the schedule you want.

JANZER CANELO

Editor in Chief