

All signed letters to the editor should be 500 words or less and will be considered for publication if submitted by 1 pm the Friday prior to publication. Letters to the Editor are subject to editing. We reserve the right to not publish any letter.

# Finding your 'one,' being truly happy, in love

With Valentine's Day having passed, I feel it necessary to say what I really think about love, romance and the realism of finding "the one."

How do you know when it's true love and you've found "the one"?

I would say, quite possibly, a person would just know. I've heard it told, by my mom and dad who happen to have been together for over 30 years, that you just click with that person.

I might not be the best person to say what true love really is because once upon a time I thought I knew; I thought I was in love but, alas, it was not love. Love isn't supposed to take your heart, rip it in two, throw it in a blender and hit puree. Love is supposed to leave you breathless. It can give you everything in just that one feeling, but it can also destroy it in that same moment.

Everyone has a sad story of love gone wrong and mine is no different, but my writing this is in hope that everyone will believe love will someday find them no matter how bitter and disgruntled one can get by being alone. So, I've decided that love is about a special feeling,

happiness and "the one," who may not be a god- or goddess-type who outrivals all others, but one who characterizes everything I want in someone. Someone who holds in-

## Say It Loud & Proud!



Salena De La Cruz  
Opinion Editor

ner beauty, strength, honesty, devotion, but most importantly love, to the highest standards, such as myself.

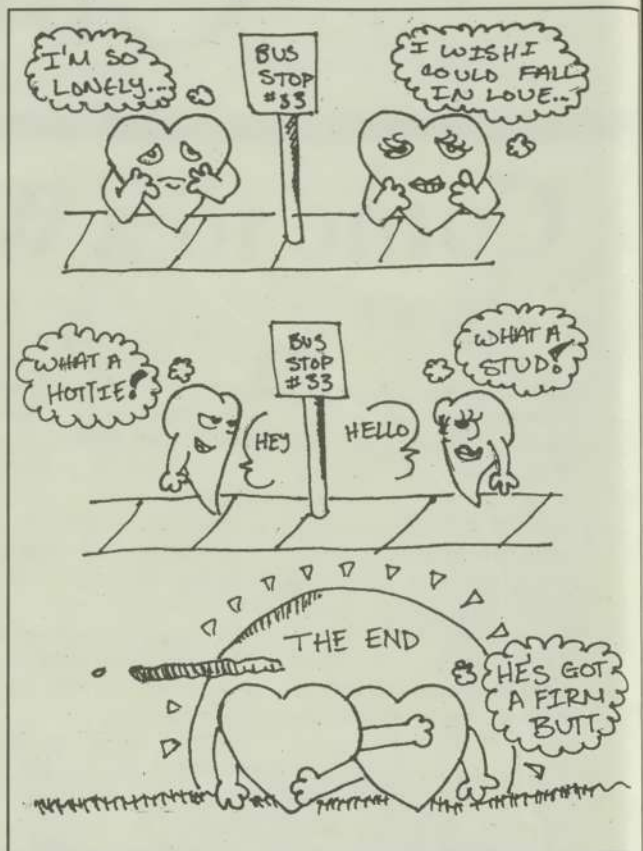
Hell, I was happy just hearing "I love you." Nothing too complicated or expensive—it was that simple.

So, how do we find love or "the one," as most put it? Love can be staring at you from across the room or the friend you see every day and never thought about trying to see "what if." Love can be pleasure or pain; it is what you make of it. So, why do all singles strive so very hard to find someone elsewhere when they might already be so close to "the one"? Sometimes the most unexpected places hold the most beautiful treasures, in this case true love.

Granted, I'm single and yeah, maybe a little bitter, but hey, anybody would if they had a six-year relationship that ended the way mine did. I won't go into details, I'll just say he left for all the wrong reasons and I wanted him gone for all the right ones, but I wanted to stay with him for all the wrong reasons. I just didn't want to be alone. So, here I am three years later and still single, and I still don't want to be alone, but no one really does. But I'm healthier and, in the long run, happier for it. Granted, people have friends and family around them, but not the kind of emotional fulfillment that love and companionship can give. Whether it's someone of the opposite sex or someone of the same sex, everyone should have a chance to be loved.

My final words are don't go searching for love, let it find you, because the most unexpected places or people have a way of jumping out at you when you're not looking. Isn't it better to be with someone for the right reasons than all of the wrong ones?

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By John Baggs

## Letter to the Editor... Recycling is a good thing

People assume that most waste is a lack of concern on the part of users. A byproduct of the generation of over-consumption. Certainly there are those who just don't care.

Over 50 percent of the sheets of paper that are put into the printers in Streeter Lab are printed on yet never leave the lab. Why do the pages go straight from ream to recycle? Because the lab user didn't know how to get just what they needed.

On my desk today are some of pieces that have gone through the printer and then were left behind: several copies of a children's book list that was six or seven pages long; four copies of the college schedule printed from on-line; multiple copies of homework assignments; web sites that run 20+ pages. I suppose this sound like no big thing but these rejects add up to over 1,000 pages or two reams of paper, for less than a days operation. Student and staff alike say "someone" should do "something" about the waste.

Well, you are the someone and the something is to become an educated user. If you do not know how to print exactly what you want, ask the CS tutors in the Streeter Lab. They will be more than happy to help in any way they can. Its their job.

- 1) Learn & use print preview. If the document doesn't look good before you print it, it won't look any better in hard copy.
- 2) Carefully proofread the entire document and then make all corrections before printing the document again.
- 3) If you think you sent something to the printer, but it doesn't seem to be coming out of the printer, get help. Sending it to the printer three times won't make the first one come out any faster. But you can bet all three will show up eventually.
- 4) Print specific pages of a document. If the information you want is on page 10 of 30, you don't need to print the other 29 pages.
- 5) Research materials on-line, then cut and paste the pertinent information into a single document.
- 6) Learn how to determine the number of pages in a web document prior to printing it.

There are options other than self-imposed conservation. Assigned allotments, cash card or coin-operated systems are all available. But the simplest, most cost-effective process is to take care of what we have so all can benefit.

Thanks for helping,  
Kathy Logemann  
Streeter Lab Manager

## Eating disorders vary immensely

While the dramatic dangers of bulimia and anorexia cannot be overstressed, they are not the only types of eating disorders.

Here are a few of my favorites. One of life's little ironies is that the culture that embraces Twiggy and aspires to Flockhartesque-thinness is also home of the super-size fry and Double Gulp. The health risk obesity poses to the individual is less destructive than voluntary starvation, but the damage our extra pounds cause on a national scale—say, in terms of heart disease—eclipse anorexia and bulimia several times over.

Another set of disorders is a study in contrasts. Almost universally, eating is an integral part of social activity: think business lunches, meeting for coffee, dinner parties, awards banquets, and church potlucks. Going out to eat is considered a form of entertainment. Taken to extremes, this becomes a problem, building up and reinforcing a culture of overeating.

Sufferers from this disorder can't enjoy a movie without popcorn and candy. To these compulsive snackers, "I'm hungry" usually translates into "I'm

bored."

The flip side of this coin is the person who is so bored with the process of absorbing vital nutrients that he or she does not enjoy food. Chewing is unjustifiably time-consuming, so protein shakes and multivitamins are popular alternatives to actual meals.

A variation of this disorder is characterized by an interest in food, but insufficient time to eat. The afflicted person is heavily dependent on drive-thrus as a source of nourishment, and typically eats alone.

One of the most insidious disorders includes diets that greatly restrict or eliminate food groups. A vegetarian diet, for example, has many positive aspects, including a far more efficient source of nutrients. But the careful regulation of these systems of nutrition require, especially for developing organisms—remember the high-protein Atkin's diet?—is often overlooked by the casual consumer.

Other disorders reflect the poor reasoning skills of our population. Our society's objection to pesticide/fungicide/herbicide use in food production is usually framed in terms of the safety of food, not effects of chemicals on the environment. The health

## Food for thought



Elisabeth Meyer  
Staff Writer

benefits of consuming fresh produce are overwhelming, and research, such as studies done by Hudson Institute indicate the risk of pesticides negatively affecting a human is so small it is practically theoretical.

Now, are these disorders life-threatening? Excepting obesity and a continuous carbohydrate diet, probably not. But while these variations on the traditional disorders pose minimal risk to actual health, overall life quality is diminished.

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