

Eat your way to a higher GPA



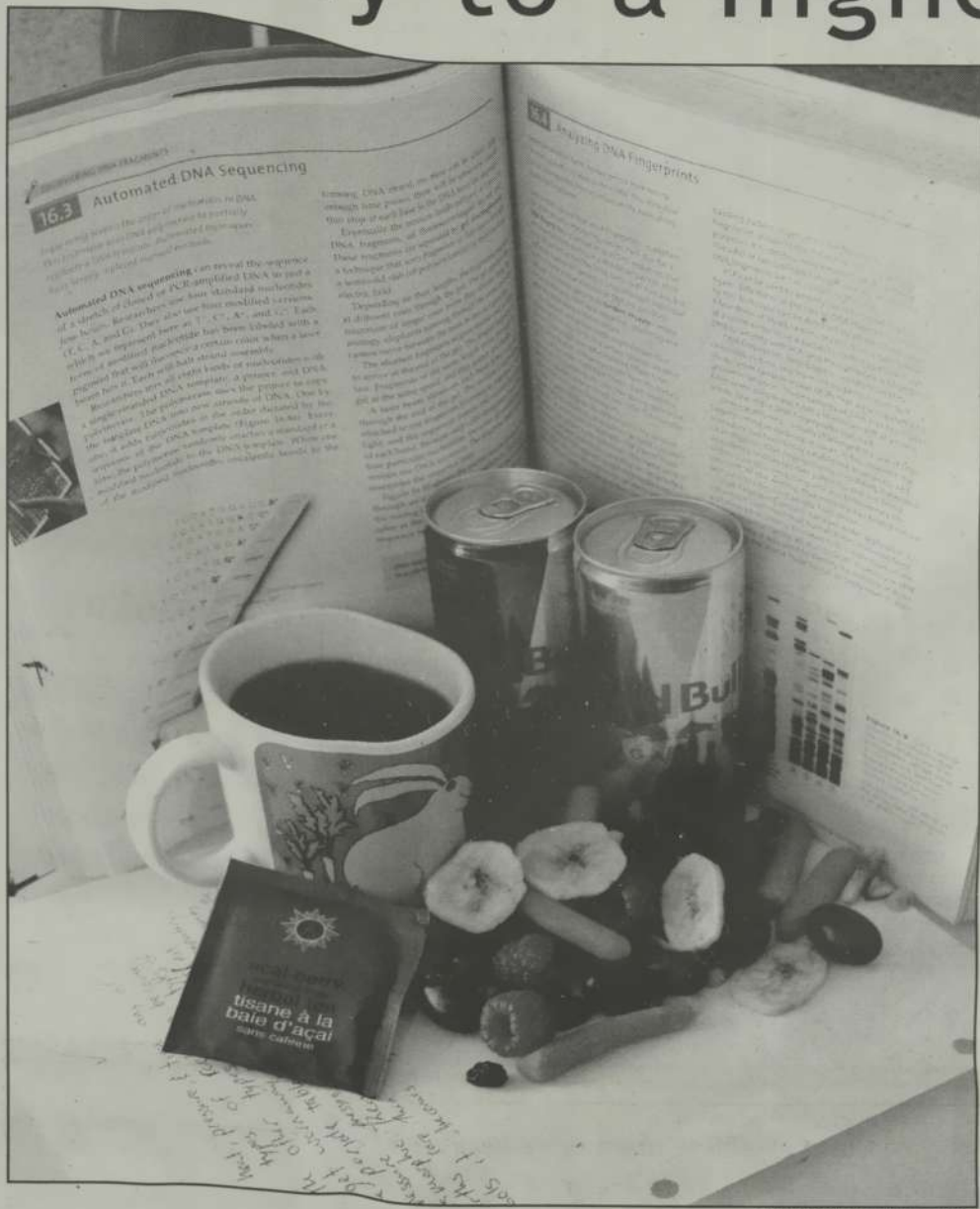
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Healthy snacks as
tasty treats
nurish your brain
and your soul;
lunch on these
foods for thought
improve grades

ramming for midterms?
junk food down and
up.

Fruit.
Fruit ranks highest among
best foods you can eat
studying. Blueberries
are powerful antioxidants
and other nutrients that are
good for your brain. The natu-
rals in fruit offer clean
energy so you're eating healthy

Vegetables.
The darker the better. Mom
said to eat your veggies
and it's true. They're good for
so many ways including
that brain of yours that's
getting you through college.



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3. Whole grains.
They promise to boost your
mind by providing it with the
nutrients it needs to function
best.

4. Cashews and walnuts.
Studies have shown that
nuts are associated with better
memory retention and mood.

5. Anything soy.
Yep, organic is not just
for hippies. Tofu, which may
sound gross to some, is actu-
ally good for your brain. The
choline in organic and whole
foods, such as soybeans and
tofu, have shown to positively
impact brain development.

6. Chocolate.
Chocolate lovers can rejoice.
Chocolate is shown to be ben-
eficial to not only your brain,
but also your mood.

7. Curry.
This spicy Eastern food is
good for your brain because
of the ingredient tumeric. The
chemical curcumin which is
plentiful in tumeric removes
plaque from the brain.

8. Green tea.
When freshly brewed it has
been shown to improve mem-
ory and focus as well as work
against memory fatigue.

9. Yogurt.
It helps improve alertness
and memory. As do other rich
in dairy foods such as milk and
cheese.

10. Red Bull.
OK, this is a personal choice
and I'll admit there is no sci-
entific evidence as to wheth-
er or not Red Bull helps you
study better, but it's still awe-
some and my favorite thing
to drink while studying. Red
Bull has saved me many times
and helped me stay awake and
study and write when I needed
to most.

Peer into the future with ABC's 'FlashForward'

By Jessica Horner
The Clackamas Print

If you could see a small
glimpse of your life six
months from now, would you
want to?

It is only natural to be
curious about what destiny
holds, but be careful what
you wish for. From joy to
grief, no one had the choice
of the new television series
'FlashForward' where a two
minute, 17 second blackout
takes the world's population
to destruction and
confusion across the globe.
The media is relating
'FlashForward' to the TV
series 'Lost.' They are fairly
similar in how they both begin
with a sudden devastation.
'Lost' starts with a plane
crash, where 'FlashForward'
begins with a blackout that
leads to mass devastation.

The main character, an FBI
agent named Mark Benford,
played by Joseph Fiennes, is
trying to discover the cause
of the blackout.

As the show unravels,
each episode has more clues
and possibilities as to how
the event may have occurred.
Although it does not seem
like the answer is near, there

are many other dilemmas that
are very intriguing.

This show does require
full attention while watching
because of how much detail
goes into each episode, but
the details are what keep it
going.

Even though this enticing
new series may keep you on
the edge of your seat now, I
am wondering how screen-
writers are going to keep
coming up with material for
the possible seasons to come.
There are only so many char-
acters' flash forwards that
can be revealed before new
roles need to be introduced.
It will be exciting to see if all
the flashes really come true.

In my opinion, the show
is progressing a little slow-
ly; however, this does not
stop me from watching every
week. The direction this show
is headed is very attention-
grabbing. Many aspects of it
are still uncertain. It makes
me wonder what my life will
be like down the road, or if I
even want to know.

Will everyone's flash for-
ward come true? Can you
control your future, or does
your future control you?
Ultimately, can you change
your future? Find out this
Thursday on ABC.

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