

Awkwardness warded off by smile



Lauren Miller

sex and the Ville

There are some unavoidable awkward situations in life. Your first OB appointment, your first kiss, running into someone you randomly hooked up with last weekend – and forgetting their name – or running into a professor while walking the walk of shame all are classic awkwardly unavoidable situations.

These are the awkward moments where you look back and smile. These are the awkward moments that make life funny. These are the awkward moments where you call your best friend, frantic with the “Guess what totally just happened ... it was SO awkward” conversation.

I had that exact conversation during the holiday when I ran into an ex-boyfriend, except I was not smiling. Running into him was something I was doing everything to avoid. It would be a guaranteed awkward moment. However, even though this was the moment I had been dreading, it also was the unavoidable that I knew was going to occur at some point during the long weekend.

I had done the best I could to avoid it

all weekend. He hated coffee, so I went to Starbucks. He liked to go out, so I stayed in and did homework. I even went to Starbucks to do my homework, where I knew I'd be safe. I was on a roll ... I had been home for three days and not a sighting. Word on the street was his flight took off the next day. Less than 24 hours, and I was scot-free.

I was so wrong. I had hatched a plan for a friend and me to go shopping. John needed shorts, and I actually needed to work some caffeine out of my system. It was perfect. There was no risk.

Once again, I was so wrong. On this particular evening, in a particular mall and in that particular American Eagle store, it turned out that we were all looking at that same particular pair of cargo shorts.

And here we were, at the pinnacle of awkward moments. What is there to say beyond, “Hi, how are you?” It is the ultimate of awkward moments when you run into an ex with whom, after making a point “to always stay friends,” you fall out to the point of not speaking. And it's not that we don't speak out of hard feelings. It's the realization that you are just better off not even pretending “to always be friends.”

Sometimes, though, you have to pretend to be friends for the sake of your other mutual friends. So here I was, in

American Eagle, pretending to be interested in guys' graphic tees, when my cell rang. My friend Olivia has perfect timing – an excuse! As soon as I was out of earshot, the gossip began.

“Olivia, I am in the most awkward situation ever!” I proceeded to tell Olivia the awkwardness of the situation, and as always, Olivia told me to calm down.

“As much as it sucks, just make it funny. Just think of his faults, focus on the faults.”

Although I would never ever suggest focusing on people's faults, it worked surprisingly well in this situation. I took a big breath and headed back into the store, only to find out that John had invited my ex-boyfriend to my house to chill and then go out with our friends later, and of course he was “more than happy to.” I was not particularly happy, which only made my ex's faults more apparent.

His hair was too short, and his T-shirt was too big. He said “ummm” a lot. He picked out ugly cargo shorts.

We all trooped back to my house and sat around. Fun times, let me say, sitting around with John and my ex-boyfriend. I

kept focusing on his faults. He didn't like my dog. He put his shoes on my couch. As we kept talking, I realized more and more that everything we said was just this weird formal conversation. He really didn't care how my family was doing. I didn't really care how school was for him. It was a lot of fluff. That was why we had

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fallen out of touch. He couldn't care less about my new shoes after a weekend of shopping, and I couldn't care less about his hangover after a weekend of beer pong. He couldn't care less about my art history papers, and I couldn't care less about his races, or even his wins. Friends care about each other's interests and accomplishments.

Then I started to really focus. He had silly faults like those, but they were unimportant. All in all, neither of us even cared to remain in touch. Pretending we wanted to wasn't even worth the effort. It really came down to being in different places at different times and needing different things.

Realizing that made the awkwardness slightly less awkward. So now, the ultimate of awkward situations is one I can look back on and smile.



Photo Illustration by Chris Waller
Bulldogua is Truman's custom brand of bottled water.

Water spurts school spirit

Lauren Durand
for the Index

You are what you drink – or at least that's how the saying goes.

If you drink Bulldogua, Truman's brand of bottled water, it says you have school spirit – or at least that's the idea it's supposed to convey.

Bulldogua is premium quality drinking water bottled in Kansas City, Kan., and sent to Kirksville from a company that specializes in custom-made labels.

“We gave them a name, and they designed the logo,” said Dennis Markeson, director of food service.

Sodexo has been offering Bulldogua for about 15 years.

“It's just something we've tried to do to keep the name out,” Markeson said. “We've even had alumni that come back who come in and buy a case from us so they can take it back and have it for their friends and stuff. This is something from Truman.”

According to the Premium Waters Inc. Web site, its custom-labeled spring water comes from natural springs in the upper Midwest. The spring water then is purified through a process of reverse osmosis to remove any potentially harmful chemicals.

Although the Food and Drug Admin-

istration doesn't set a shelf life for bottled water, Premium Waters Inc. stamps an expiration date for two years after the production date to ensure the water is fresh, according to the company's Web site. However, the water should stay fresh indefinitely as long as it is stored properly in a cool, dark and dry place, according to the Web site.

Freshman Ben Hainline said that although he hasn't tried Bulldogua yet, he and his roommate drink a lot of bottled water.

“We usually buy it by the case from Wal-Mart,” Hainline said. “There are usually about eight or nine bottles laying around our room, about half-drunk. [We buy] whatever is cheapest. We have Aquafina now.”

Hainline said he always tries to recycle water bottles and any other recyclable products.

“We hang up a bag for the cans and the bottles and have a separate can for the paper,” he said.

Although they are not made from recycled products, Bulldogua bottles are recyclable.

Recycling Coordinator Howard Worcester said the campus Recycling Center recycles type-1 and type-2 plastics, which includes most household plastics,

such as water bottles, milk jugs, detergent and shampoo bottles.

“I would say overall general recycling has increased dramatically in the last six to eight years,” he said. “I think people are really starting to catch on, especially in the community because of our drop-off area here. Every day there's people who have never been here before that come through, and they bring things here.”

The drop-off area at the Recycling Center on Laharpe Street started about two years ago.

“We probably get more plastic than anything,” Worcester said.

The Recycling Center picks up the bins and sorts out the contents. Once the plastics are separated, they go to another recycling center where the plastics are chipped up and turned back into different types of products.

“We have a picnic table out here that's made out of recycled plastic and other plastic bottles,” Worcester said.

Bulldogua can be purchased for 99 cents at the Mainstreet Market and the C-Store on campus. When empty, the bottle can be recycled by dropping it in one of the many blue bins around campus. Bottles, as well as aluminum, paper, cardboard and glass, also can be dropped off at the Recycling Center.

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