

# Dreams, love clash and burn

At the tender age of 7, I fell in love with none other than the Kratt Brothers on the PBS series "Krat's Creatures."

For an hour each day I watched slimy, slithery and slightly scary creatures from the far corners of the world.

Perhaps their bravery in the face of fanged snakes won me over. Perhaps it was the wisdom that came with receding hairlines.

A year later, at the still naive age of 8, I met the Kratt brothers at the Discovery Store.

Looking back, it was one of those perfect moments where fantasies do come true.

The Kratt brothers shook my hand, looked me in the eyes and asked me, "What's your all-time favorite animal?"

"A cheetah because they are the fastest land mammal!"

The Kratt brothers were really the love of my life because they could help me obtain my goal of becoming a zoologist.

My all-time favorite quote comes from Antoine de Saint Exupery who said, "Love does not consist in gazing at each other, but in looking outward together in the same direction."

The Kratt brothers were the ultimate fantasy simply because I could look outward toward a life of adventures topped with some very adorable creatures. I just knew that if I wanted to pet Tamandua the anteater, the Kratt brothers would not hold me back. I am not 100 percent sure anyone should pet a Tamandua, but either way no one should hold you back from achieving your goals.

Maybe I should just suck it up now and thank my parents for instilling this need to accomplish things in life.

According to every online quiz I take, I am a "driven person who sometimes runs over love in a frenzied desire to accomplish even the smallest thing." That might not be word for word, but you get the idea. When I have a goal, I don't like things or people to get in the way.

I am not sure if it's a simple side effect that a lot of people tend to get run over in the process of completing goals, and sure, maybe love has been tossed to the side so I could continue doing whatever it was I set out to do.

But life shouldn't be about living vicariously through someone else's dreams — it should be about accomplishing your own.

Does love really have to interfere with that?

Perhaps it could be said that it's not really love if it holds you back. Perhaps it could be said that no goal is worth achieving if you must do it alone.

Perhaps it could be said that I shouldn't be such a freak and remember that falling in love with a job labels you a workaholic, and people go to therapy for that.

But they have couples' therapy for a reason as well.

Either way, the lessons I have learned in 20 years' time have taught me one very important thing.

Giving up something that is super important for another person often leads to resentment. Back in high school, which seems like a very long time ago, my then boyfriend was a phenomenal athlete. For some time, I was OK with daydreaming about him accomplishing his goals of



Lauren Miller

## sex and the 'ville

gold medals and the top tier of podiums. However, when things got serious between us, I balked at the idea of having to always put his dreams first.

Where did I fit? What about going to law school? What about backpacking across Europe? Becoming a bartender in New York?

He never asked me to give up anything, but I had the idea falling in love too early would turn me into my mother, the one who gave up her career and left her family to follow my dad to Minnesota.

I do not want to be my mother. There are always two sides. Giving up true love to accomplish your life dreams might leave you wondering if it's worth pursuing alone.

I've decided there is no right or wrong answer. Perhaps just pursuing dreams without love will prove to be the right answer. Perhaps compromise will be the right answer. I've seen both succeed.

I think the success rate depends entirely upon priorities. I have a friend who runs at Ohio State University. While there, she supposedly has found the love of her life.

But the moment her running starts to suffer, she knows she will leave the boy in the dust.

I have another friend who wanted to go to medical school in Boston but changed her plans to be closer to the new love of her life.

Either choice only requires one thing — prioritize and never look back.

I don't know what will happen, but both friends have stuck with their decision and haven't worried about it since then.

The Kratt brothers solved this problem for me. They were helping me accomplish exactly what I wanted to accomplish. I never had to pick and choose between true love and life goals.

It's why I was so in love with them.

It's why the receding hairline and almost 20-year age difference didn't bother me.



Ross Houston/Index

The women of social sorority Sigma Sigma Sigma, one of the many ways on campus to build relationships, wait for their newest sisters to join them Monday afternoon in Red Barn Park.

## Relationships bridge move to college

Experts and studies stress need to make strong ties early on

Lauren Miller

Staff Reporter

Junior Kailey Ellis considers herself an introvert.

She might not be the shyest woman on campus, but she is not one to go out of the way to introduce herself.

Like most first-years, at the start of her freshman year, Ellis said she was a bit nervous about making new friends. She came from St. Joseph, Mo., and knew a couple of people.

However, she ultimately knew she had to meet new people and make new friends.

Failing to make connections such as new relationships can lead to illness, studies show.

Students who've reported feeling lonely suffer from a weaker immune system compared to students who did not feel lonely, according to a study done at Carnegie Mellon University in Pittsburgh.

After students received a flu shot, researchers drew blood samples to see how well their immune system had responded to the flu virus.

Those students who reported varying degrees of loneliness had a less effective response than those who did not report loneliness, according to the study.

But combating the flu wasn't on the top of the list for Ellis. She just wanted to make new friends.

"My roommates were extroverts and always had our door open, so that helped a lot," Ellis said.

Now, at the start of her junior year, Ellis said she is much more established at Truman.

She said she recommends getting involved in an organization to help overcome any shyness.

"Don't shy away from meeting new people," Ellis said. "Don't hibernate in your dorm just because you have Internet at your fingertips. Get out."

### Friendships

Brett Larsen wrote in his book, "Close Friendships in Adolescence," that childhood friendships develop out of the idea of reciprocations, such as when young children share snacks with each other.

Adolescent friendships are based on the same concept but can be taken to a deeper level when dealing with confidence, trust and loyalty.

Intense feelings of loneliness are not uncommon, especially in college students.

Students who feel intense feelings of loneliness can experience difficulty making friends because they often feel they are the only people experiencing these feelings, according to the University of Illinois - Urbana Champaign Counseling Center Web site.

Brian Krylowicz, director of Truman's University Counseling Services, said it's important to meet new people on campus and become connected to the community.

"You have to integrate yourself to really enjoy it," Krylowicz said. "It's funny for me for the upperclassmen who once had the 'I hate Kirksville' attitude and then by their second or third year say 'I love this place.'"

### Romantic Relationships

Just like a new friendship, a romantic relationship requires a "mutual need fulfillment," meaning partners need to be able to give the other person a feeling of care, love, affection and adoration, wrote Shulman Shmuel, author of "Romantic Relationships in Adolescence."

In fact, Shmuel writes that by college, serious romantic relationships begin to replace close friendships possibly because of the move away from home and increased maturity when dealing with a romantic partner.

## Start Your Year Off Right:

Semester Resolutions:

Go to class  
Lose 15 pounds  
Buy a new car

## Meet new people

Design by Nick Wilsey/Index

**"Don't shy away from meeting new people. Don't hibernate in your dorm just because you have the Internet at your fingertips. Get out."**

Kailey Ellis  
Junior

Krylowicz said it's important to not rush into a romantic relationship. He said taking time to know someone becomes imperative because things and people can change.

"Try not to come in here trying to find your husband or wife or partner or whatever instantly," Krylowicz said.

Although someone might find their true love now, Krylowicz said finding people you like and then taking time to know them well instead of just rushing into something will help form healthy relationships.

Krylowicz said more introverted people, who usually operate on a more personal, individual level, should take small steps to making new friends.

"First, overcome any shyness of saying 'Hi, my name is

so and so,'" Krylowicz said. Krylowicz said it's important to remember to take initiative to meet new people.

He suggested taking a break from studying to see what events are going on.

### Professional Relationships

Networking early will give students an edge above other possible employees during the job search. Lesa Ketterlinus, director

of the Career Center, said starting freshman year is not too early.

"What you know gets you the job," Ketterlinus said. "It's who you know that'll get you in the door."

Getting networking down early could even lead to avoiding the whole 'job search' scenario, Ketterlinus said. Students often think it's inappropriate to initiate contact, she said, which is not true because it's understood that one day the favor will be reciprocated.

Building a network now becomes a valuable tool for future employment.

"The statistic that is often repeated is that 75 percent of the jobs are gotten on the hidden job market, which are not posted in the paper or on the internet," Ketterlinus said. "Those are the jobs that you don't have access to unless you learn the art of networking."

Ketterlinus said bulldog.net, which contains an alumni mentoring database of people who have volunteered to talk to Truman students, is great for students who are ready to start building professional relationships.

For more introverted people, overcoming that shyness to ask for help will help get a jump start on networking.

Ketterlinus suggested visiting the Career Center, an adviser or a professor, if students feel they need help.

"Realize that you will probably have to step outside your comfort zone," Ketterlinus said.

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