

# Learning gives good reason for legacy

The biggest lie promulgated throughout mainstream society is the belief that being smart is dumb.

Think about various children's materials you may have consumed at various stages in your boyhood or girlhood. "Books? Those things are dumb," you've undoubtedly heard a cartoon character or actor say. Woe to ye unfortunate apes whose minds shut off after this ignorant phrase was uttered, causing you to miss the rest of the episode where the nerd grows up and, due to a superior intellect, lives until the end of days accumulating mad bling and fly honeys.

Yeah, that's right. Learning can bring you places.

Fact: Learning brought

man to the moon.

Fact: Learning brought a monkey to the moon.

Fact: A monkey that took the time to learn has been to the moon, whereas you and I (most likely) have not.

Not many people think Einstein was anything but good. See? That sentence made you think because it was worded in a confusing manner. Don't get me wrong, of course you read it, but how long did it take you to understand it? Read it again. Feel the rust starting to come off?

Now more than ever before, the world demands that human beings think rather than blindly obey the beliefs of the masses. Why, you ask? Just beyond the horizon awaits the most terrible of

foes with whom Homo sapiens have continued a constant struggle for all of eternity: Stupidity.

Pick up a history book. Any period of history that seems to be going well eventually faces natural disasters that people deal with in a, well, stupid manner. For example, when the Black Death tightened its villainous clutch on the people of Europe, solutions such as attaching leeches to people, playing Ring around the Rosie and not sending all the sick off to a third-party nation became commonplace. One of the greatest emperors of China sought to attain immortality by regularly imbibing mercury. Columbus died believing he had arrived in India. Why

would a queen ever sponsor some sailor who hadn't been to India in the first place? Never mind that Columbus didn't bring back pepper or silk or anything. The people were dark-skinned, so it had to be India.

Stupidity seems to be on the rise once again. Despite massive amounts of money being poured into public education, the American population continues to get dumber. People don't want to learn, yet they continue to pay taxes, a great deal of which go to education. You already paid for it, so why not use it? Your brain was free and is much, much cooler than school, so why not take that for a spin, even if it is just one weekend a month. As long as it's more

with  
Mark  
Hardy



that's  
what  
said

than it was before, the world will be a better place.

Please, do us both a favor and constantly exert effort in an attempt to make yourself – in the words of Daft Punk – harder, better, faster, stronger, so that you grow exponentially sweeter with each new day. Then people at your funeral will have a reason to miss you. Or at least have something to talk about.

Unless you died doing something stupid.

## Cold, flu symptoms differ; both can be treated at home

Colds and the flu are common illnesses during the winter months. Although the terms often are used interchangeably, there are key differences between a cold and the flu. It's important to understand the contrasting symptoms of each to help decide when it's time to visit your physician and when rest and over-the-counter medication will do the trick.

The main difference between the cold and the flu is the location of the problem. Colds generally are centered in the nose, which is why people often use the term head cold. People with a cold typically experience a runny nose, nasal congestion and sneezing. Nasal discharge can be yellow or green with a cold, but this usually is not reason for alarm. Instead, this signals the body's attempt to get rid of the virus. Colds usually last for about a week. If the symptoms last longer, this could be a sign of another problem, such as allergies or a sinus infection.

In contrast to colds, the flu makes people feel sick all over.

The most common symptoms include a fever, body aches, a flushed face, headaches and fatigue. After a couple of days, the body aches tend to subside, and respiratory symptoms, such as a cough or sore throat, become more noticeable. People with the flu should be careful to monitor respiratory symptoms because they can lead to more serious problems such as bronchitis or pneumonia. The worst part of the flu usually lasts for as long as four days, although the respiratory symptoms can linger up to 10 days. Because the flu can lead to more serious illnesses, it's important to call your doctor if symptoms get worse or do not improve.

Home treatment typically works well for both the cold and the flu. Non-prescription medication can help alleviate many of the symptoms associated with both ailments. Pain relievers such as Tylenol (or other acetaminophens) and Advil (or other ibuprofens) can help headaches and body pain

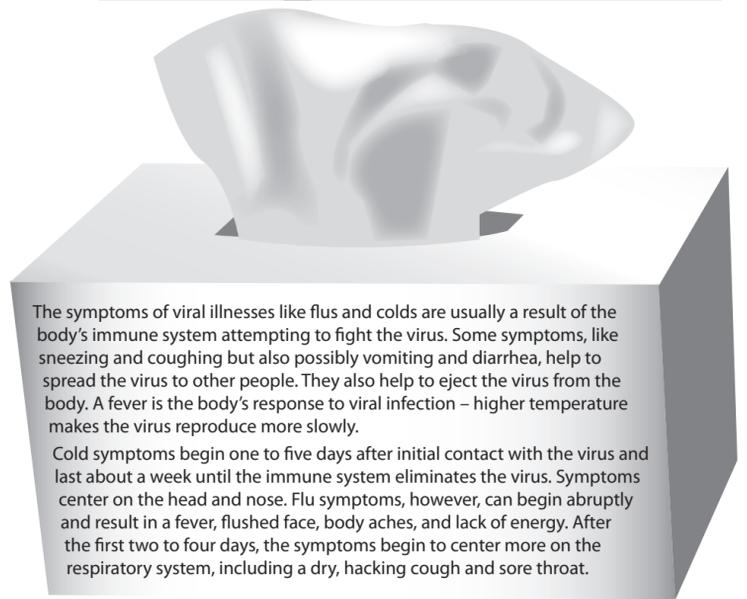
associated with the flu. Nasal decongestants can help unclog a stuffy nose, and antihistamines will stop a runny nose. Cough suppressants will help alleviate coughing, and expectorants will help loosen phlegm and mucus in the chest. Additionally, it helps to get plenty of rest and to drink lots of fluids.

To reduce your chances of getting a cold or the flu this season, pay special attention to hygiene, specifically:

- Wash your hands often and thoroughly with soap
- Turn away from people when you sneeze or cough
- Avoid touching your eyes, nose or mouth
- Stay away from people with a cold or flu
- Avoid large crowds if possible
- Clean surfaces you touch regularly with disinfectant

For more information about preventing or treating a cold or the flu, contact your physician or Dr. Duzan at 660-397-2400.

**Health** www.nermc.com  
with Michael Duzan, D.O.  
**Northeast**  
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The symptoms of viral illnesses like flus and colds are usually a result of the body's immune system attempting to fight the virus. Some symptoms, like sneezing and coughing but also possibly vomiting and diarrhea, help to spread the virus to other people. They also help to eject the virus from the body. A fever is the body's response to viral infection – higher temperature makes the virus reproduce more slowly.

Cold symptoms begin one to five days after initial contact with the virus and last about a week until the immune system eliminates the virus. Symptoms center on the head and nose. Flu symptoms, however, can begin abruptly and result in a fever, flushed face, body aches, and lack of energy. After the first two to four days, the symptoms begin to center more on the respiratory system, including a dry, hacking cough and sore throat.

Source: [www.drgreene.org](http://www.drgreene.org)

Design by Leah Bowring, reporting by Avishek Banskota/Index

## Cooking with Julia



Julia Hansen

### Ingredients:

1 pound of frozen hash browns  
1/4 cup melted butter  
1/2 tablespoon salt  
1/2 can cream of chicken soup  
1 cup grated mild cheddar cheese  
1 cup sour cream

1 cup crushed cornflakes  
1/8 cup butter

### Instructions:

Combine first six ingredients. Spread in 13x9 glass pan. Combine cornflakes with butter and sprinkle over potatoes. Bake at 350 degrees for one hour.

## Aunt Dana's sinful potatoes

I love spending time with my family. Now, don't get me wrong, I can get kind of annoyed with my sister, and my dad is known to tell some pretty bad jokes, but generally I can't get enough of my family.

As I've gotten older I've become closer to my extended family as well. I enjoy visiting my great aunt in Hannibal, having movie nights with my cousins and playing card games with my parents.

One event I look forward to every year is when my dad's side of the family gets together during Christmas break. It doesn't get much better than a weekend at my Aunt Dana's house out in the boonies of Illinois.

We play cards, watch movies, go on hikes and have tons of fun. We also like to cook and eat, of course!

Year after year I have found that this is the holiday get-together when I eat too much and am in

severe need of some comfortable pants. I go home feeling like I have gained 10 pounds and need to eat only salads for the next month.

Every year my grandma makes incredible caramels, my dad and uncles fry oysters, my mom makes home-made cinnamon rolls and Aunt Dana makes her potatoes.

This is one time of the year that I can make an excuse for eating one of the unhealthiest dishes on the face of the Earth. It is un-

healthy but very tasty and very worth it.

To make yourself feel better, I recommend making this as a side dish to eat alongside healthier options like grilled chicken and steamed vegetables. Next time you go home and hang out with your family, maybe tell them to sit back, relax and let you cook dinner.

With a dish like sinful potatoes, you're sure to be a family favorite.

## Sudoku

by Linda Thistle

1	7			6			9
	5		8			4	2
	3	9		6			
	9	4		8			
	6	7			2		
2				3	1		7
8			9	5			
	4			5			6
		1	7	2			3

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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