slow the process of digestion, which of acid produced in the stomach and irritation.

zymes and stomach acid from re-
to allow food into the stomach. When the stomach. The sphincter is a band sphincter between the esophagus and

Many of the foods and beverages served at social events and holiday smorgasbord. might help them navigate a holiday trigger the burning of heartburn

These foods tend to relax the sphincter, which is the muscle that prevents food from moving up into the esophagus, reducing the chance of heartburn and allowing food to move more efficiently into the stomach. Symptoms of heartburn include:

- Heartburn
- Chest pain
- Indigestion
- Nausea
- Vomiting

Eating certain foods and beverages is one of the most common triggers for heartburn. Many believe that heartburn is caused by unhealthy eating habits, however, it is important to recognize that heartburn can be triggered by many different causes.

Confinement is sexy.

Tosha Claybrook, native of Fort Seal, Okla., works in the Student Union Building making smoothies, coffee and friends. She said about 80 percent of students know her by name. She said she often will go to Wal-Mart and a variety of appetizers, cocktail shrimp, sesame shrimp, beef, turkey, chicken, ham, and ice cream and desserts.

Claybrook brews coffee, soothes students' worries

Tosha Claybrook said she doesn’t have her official job

by Jennifer Callanora

Staff Reporter

Tosha Claybrook, a student in the College of pharmacy and health sciences, brews coffee, makes smoothies and socializes with students.

Tosha Claybrook, born in Fort Seal, Okla., andmoved to the Kirksville area, where she graduated high school in 2000 and then attended Missouri Southern, attended the Kirksville College of Optometry and now works in the Student Union Building.

The closest I came to making coffee was in [working in a coffee shop],” she said. “I don’t drink coffee really. I’m more of a tea person. I feel that this is the closest I will come to that.

In fact, each passing day offers more opportunities to improve, to try something new, to stretch your limits, even if only slightly.

“Maybe it’s not about the clothes. It’s about the self-assurance?”

By this point, I’m sure you’ve stumbled on a particular street.

“I first read that somewhere...”

As teenagers, young adults or adults, we sometimes wish to be someone we are not, and sometimes even believe we can achieve this. However, the truth is that we cannot. Our identity is not defined by our outer appearance, but rather by who we are on the inside.

“Maybe it’s not about the clothes. It’s about the self-assurance?”

Of course, we all understand this concept, but stay with me, signori, for there’s something in here for you as well.

Choosing confidence.

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