Fasting exposes inner strength

BY ANNE DECAR

As the end of the school year approaches, I feel myself nervously worrying about job oppor-
tunities, graduate school, and how long I’m going to be able to endure living with my parents. As I am diagnosed clini-
cally anxious, however, I have been observing the behaviors of those around me, including my friends who have decided to fast for a weekend, couples across cam-
pus, and particularly those who are going to leave school. If their relationship is go-
ing strong, they stay together. If it is on the rocks, they separate. As the clock keeps loom-
ing, we are all in a countdown. As the time is running out, we have to make decisions on whether to break up or stay together and try to find a long-
distance relationship work. I’m a big advocate of the long-distance relationship, in the sense that I want to be with my friends, but also want to have a close bond with my friends from my old school and my friends from my new school. At another school, none of those relationships are still ongoing.

However, separating after high-
school graduation and attending college are very different cir-
cumstances. When going to college, the experience tends to be more semi-
live life experience when leaving.

If one of the couples in my English class has plans they have been ex-
posed to, they have the chance to see who else is in it. After College, we have a higher chance of finding a situation work, especially because we are not already in a long-distance relationship. If you have to be in a long-
distance relationship work, you have to be really close. He admitted that there will be no one there, in the future that the new couple will be able to make.

"Fasting is a big step, but for many couples, it’s the only way to move forward in the relationship. By the time you get a diploma, I say you are qualified to decide for yourself when you are ready to marry no matter how young you may be!"

BY ELIZABETH NECKA

Every Sunday morning, I find my deep-
est, darkest secrets posted on the Web for everyone to see. Although I have not authored those listed on the Popular-
site website, the anonymity associated with it is just as deeply as they were mine.

Patti, 38, from Ohio, is an anonymous art project whereby ren, is an anonymous art project whereby creators feel comfortable saying some of their secrets in real life. I guess they found an outlet. I am sure PopularSite is the world’s universal outlet.

I’m not a person who often keeps things to myself — I am very open with my close friends about what is on my mind. I always like to give a piece of myself to others. I guess by being online, I am online. This is something I have really realized that revealing the truth can be scary, but in the long run you might actually bring in more distance between you and your partner. I think you want people to incorporate into their image of you, but it can be scary to do just that. It’s not just my business but my own.

What did it all with it? I am a new-

The Truman Experiment: Sharing secrets leads to decreased stress, better health

BY MICHELLE MARTIN

The first time my friend Fran and I went to a fast-food restaurant, I was 10 years old. I had just moved to a new city and never brought it again. But he personal friends, I was 10 years old. I had just moved to a new city and never brought it again.

Fasting sounding like the least fun possible? I don’t think so! No drink! No snacks! No distractions from friends and the outside world. It’s just you and your thoughts. It’s a great way to take a break from the daily hustle and bustle of life.

"What I was able to achieve my hunger, it eventually faded into the background, becoming just another bodily function, like a heartbeat."

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