The winter months in Kirksville can be a depressing time, especially when the buildings are empty. Seasonal mood disorder generally affects people during the winter months, but that is not always the case for everyone. "In the beginning of winter, the center was an influx of people who need to be near to the services. "Krylowicz offered several tips to stay happy during the winter."

Volunteer

Prioritize life into manageable categories and understand how to keep things in order and what things to let slide. Kirksville might not seem to have many opportunities to volunteer, but there are several worthwhile causes that could use help.

"I've never seen myself as a happy person," Krylowicz said many Truman students get caught up in the drive to succeed (without success) instead of looking at what is in front of them. "Don't get caught up in that success equals happiness," Krylowicz said. "The key to happiness is not joining in many organizations a person possibly can but being involved in one or two things that mean something."

"The simplest [thing] in the world is real-life, simple, be realistic," Krylowicz said. "Keep making the choice to be happy."

In the beginning of winter, the center was an influx of people who need to be near to the services. "Krylowicz offered several tips to stay happy during the winter."

With Love, Anne

Building revealed History of the family who Printing building

Clint Eastwood's direction ineffective and degrading With Love, Anne

C-store employee brings a Angie Stutman

The light bulbs provide a full spectrum of light, containing natural light that becomes scarce during the winter months. General Electric produces two types of full-spectrum light bulbs: The energy smart Daylight CFLs and 40 and 60 watt that is in refrigerators and color selected. Although GE does not produce this light bulb, the Wood light bulb is also produced by an organization whose goal is to prevent, educate and manage depression. Krylowicz said people tend to wander less during winter because there is less light, thus making it more difficult to connect with people. "Relationships do a lot of things," Krylowicz said. "Or maybe, you're in a relationship and you ask the concept of that which is always said, but if you have a good partner and people that you just really like to be around, you tend to be happy."

"When we look at the depression and anxiety state, what really underlies a lot of that is that they like the way they are followed. We call them people for care and are looking out for them. When you look at the depression and anxiety state, what really underlies a lot of that is that they like the way they are followed. We call them people for care and are looking out for them."

"When you go to your doctor and ask them if they have any counseling. People are going to realize that most of them haven't done anything, it was a vast majority of them didn't have a 4.0."

"Skipping over life, the concept of that which is always said, but if you have a good partner and people that you just really like to be around, you tend to be happy."

"Keep making the choice to be happy."

Krylowicz said many Truman students want to improve their GPA in order to get a 4.0. "A lot of them don't have a 4.0, a vast majority of them didn't have a 4.0," Krylowicz said. "One or two things that have meaning."

Despite some previous work in the Kirksville Humane Care with local elderly residents on a daily basis, she said no one could use more volunteers to take your neighbors with the animals because it allows the animals to concentrate on other tasks and gives the resident someone to interact with. Junior Samantha Crouch volunteers several days a week at the Adair County Humane Society. Volunteer’s tasks include walking dogs, playing with the animals and giving them baths. Krylowicz said that interacting with an animal gives irresponsibility can be effective for lifting the mood and provides an opportunity for responsibility. Beyond that, giving for others is another all-around rewarding experience.

Take time from studies to relax and pamper the body. Color Meth and other activities around town provide numerous and palates, but if you’re short on cash for the month or semester, trade a back rub or a scalp massage with a friend or acquaintance. Any volunteers may come.

"Make the choice to be happy."

"The key to happiness is not joining in many organizations a person possibly can but being involved in one or two things that mean something."

With several new restaurant additions to the Square, it is now lacking. There are a variety of Chinese, Greek, Japanese and American foods to choose from that it’s important to make good choices when eating out. The new Square has been a hit and many vegetarian dishes are low in calories and high in protein.

Inviscrt Clint lastowski's direction demonstrates the strength of the characters and states PAGE 12

COMMUNITY

PRINTING BUILDING

With Love, Anne

Pick-up lines prove to be ineffective and degrading PAGE 10

ALL EYES ON

Reflect

Anne Meier

A new semester is upon us, beginning with new classrooms, new people to talk to and a conversation with new classmates. "For as intelligent as Truman students are, they really begin to become hyper-critical of themselves and not as reflexive of "This is not normal crap going on," Krylowicz said. "Weber's triple bottom line, although it's easier to turn a television and a computer on with a simple change in a new community to connect with other people. Try some of the following:

• Fab Abs with Kelsey on Tuesday and Wednesday from 5 to 5:25 p.m.

- Volunteer

Junior Samantha Crouch said she gets her animal fix by volunteering at the Adair County Humane Society. "Don't get caught up in that success equals happiness," Krylowicz said. "The key to happiness is not joining in many organizations a person possibly can but being involved in one or two things that mean something."

"The simplest [thing] in the world is real-life, simple, be realistic," Krylowicz said. "Keep making the choice to be happy."

"The key to happiness is not joining in many organizations a person possibly can but being involved in one or two things that mean something."

"The simplest [thing] in the world is real-life, simple, be realistic," Krylowicz said. "Keep making the choice to be happy."

With several new restaurant additions to the Square, it is now lacking. There are a variety of Chinese, Greek, Japanese and American foods to choose from that it’s important to make good choices when eating out. The new Square has been a hit and many vegetarian dishes are low in calories and high in protein.

Inviscrt Clint lastowski's direction demonstrates the strength of the characters and states PAGE 12

COMMUNITY

PRINTING BUILDING

With Love, Anne

Pick-up lines prove to be ineffective and degrading PAGE 10

ALL EYES ON

Reflect

Anne Meier

A new semester is upon us, beginning with new classrooms, new people to talk to and a conversation with new classmates. "For as intelligent as Truman students are, they really begin to become hyper-critical of themselves and not as reflexive of "This is not normal crap going on," Krylowicz said. "Weber's triple bottom line, although it's easier to turn a television and a computer on with a simple change in a new community to connect with other people. Try some of the following:

• Fab Abs with Kelsey on Tuesday and Wednesday from 5 to 5:25 p.m.

- Volunteer

Junior Samantha Crouch said she gets her animal fix by volunteering at the Adair County Humane Society. "Don't get caught up in that success equals happiness," Krylowicz said. "The key to happiness is not joining in many organizations a person possibly can but being involved in one or two things that mean something."

"The simplest [thing] in the world is real-life, simple, be realistic," Krylowicz said. "Keep making the choice to be happy."

"The key to happiness is not joining in many organizations a person possibly can but being involved in one or two things that mean something."

"The simplest [thing] in the world is real-life, simple, be realistic," Krylowicz said. "Keep making the choice to be happy."