

EATING HEALTHY ON A BUDGET

Columnist Parker Moyer went grocery shopping for healthy food at Wal-Mart. Here's what he bought for \$30, along with some preparation tips.

18 EGGS	\$2.88	Scrambled with fresh vegetables or baked into a quiche
5 oz SPINACH	\$1.99	Make a fresh salad or scramble with eggs
1 pint CHERRY TOMATOES	\$2.48	Salad topping or a great snack
1 lb. ROASTED ALMONDS	\$6.98	Grab a handful for breakfast or a snack to go
3 SWEET POTATOES	\$2.64	A healthy alternative to baked potatoes — top with your favorite toppings
2 lbs. CARROTS	\$1.48	Cut them up and snack on them or garnish your salads
3 GRAPEFRUIT	\$2.50	Cut in half and you've got breakfast for a week
32 oz. RICE	\$1.98	Top with stir-fried vegetables or mix with beans for perfect protein
3 cans BEANS	\$2.04	Mix with rice, eggs or top a taco salad
1 head CABBAGE	\$1.20	Great for stir-fry or a salad
2 heads BROCCOLI	\$1.68	Scramble with eggs, top a salad or add to stir-fry
2 GREEN PEPPERS	\$1.76	Add a delicious crunch to your salad, scramble with eggs

TOTAL = \$ 29 . 6 1

Dissimilar majors are codependent



Conor Gearin

I have two majors, one in the humanities — English — and one in the sciences — biology. This of course means English majors give me trouble for studying biology and biology majors give me trouble for studying English.

Joking aside, I often am called on to explain my reasons for pairing two apparently unrelated majors. My biggest lesson from five semesters as a double major is different disciplines not only complement each other, they are fundamentally dependent on each other.

Science majors seem more negative toward humanities majors than vice versa. When English majors complain about biology, their protests are more about the interests and inclinations of the students than the major itself. For example, English majors ask, why study the structure of the cell when I could be learning about the human condition from the English language's best writers?

But when biology majors talk smack about English, they often attack the foundations of the English major directly. After the usual jab that English majors have an easy workload, they question the worth of using literature or critical thinking to understand the world's problems. English majors, they say, can say anything they want in their papers, but it does not mean anything important. There are no statistics involved in proving a thesis about gender roles in "Ethan Frome."

I think this situation is rooted in the way we view the different modes of learning used by the two disciplines. Sciences emphasize observation and experimentation. The humanities emphasize critical thinking about experiences and historical events. The humanities are less about hard data and conclusions and more about informed speculation. In contrast, a scientist can use statistical analysis to quantify the level of confidence for a result.

But this does not mean the insights we reach through thinking critically about experience are meaningless. Long before biologists got around to categorizing and understanding the diversity of life on Earth, writers began answering the question of what this diversity of life means to us. Nature writers and landscape painters gave us ways of seeing nature as more than a source of food, and developed our ideas about how nature's beauty can enrich us. If people had not spent time thinking critically and creatively about the value of nature, why would we desire to study nature in the first place, or to protect endangered species that are not necessary for our survival?

There is no need to discuss whether one mode of learning is better than the other, because usually both are necessary for a single task. For example, within a scholarly biology article, the different sections of the paper call for different kinds of communication.

The methods section describes the gritty details of the study — when and where the experiment took place, and what equipment was used. The results section involves the statistical analysis of the data. These perhaps are the easiest sections for a biologist to write.

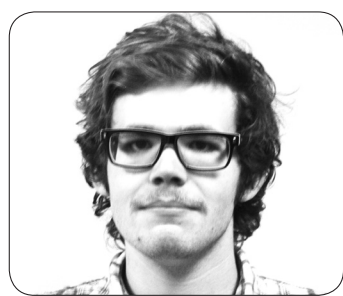
However, readers never will continue to the methods and results sections if the introduction fails to convince them the article is worth reading. The introduction describes the study's place within the conversation among biologists about a particular question, and shows what is new about the current study.

Unless biologists are persuasive communicators using English, they will not be able to communicate their research to a broad audience. And unless some biologists become educators and writers for a general audience, no one ever will learn about the research being done.

The benefit of attending a liberal arts university is we have the opportunity to take classes outside of our major to experience different ways of thinking. In doing so, hopefully we realize how solving a single problem requires a variety of approaches. Students should think twice before they bash someone else's major. All of our fields of study are codependent.

Conor Gearin is a senior biology and English major from St. Louis, Mo.

Eat healthy for cheap



Parker Moyer

My arteries begin to harden and I shed a single tear when I see fellow college students at Aldi's, carts packed full of chips, lunchmeat, bread and canned easy cheese. Many students seem to think they are invincible at their age and can eat whatever they please.

For some of you this is accurate — you pack the metabolism of a juvenile hummingbird. But let me say this. Your super hummingbird metabolism will not last forever, and once it starts to fail, it will be harder than ever to incorporate healthy food into your diet.

I used to weigh 250 pounds and after three years have squeezed down to a groovy 165. Even the starving college student can incorporate healthy selections in his or her diet that will nourish the body more than some salty, squiggly chicken noodles. So drop the Ramen and step away from the microwave.

No two college students are alike, so it is hard to determine the average amount we spend on groceries. According to the Truman State dining services website, eating every meal in the dining hall, other than Sunday dinner, will cost an off-campus student \$96.85 per week. That probably is outside most students' budgets, and honestly, with the money we do have, we are more likely to buy a lot of cheap, starchy, processed foods like boxed macaroni and cheese or microwave meals.

The cornerstone of any health food selection starts with those leafy greens your parents told you to eat all the time. I think it's safe to say I am not the only person who spent his youth staring down the broccoli on my

plate, hoping maybe it would disappear if I glared at it hard enough.

Now as an adult I cherish broccoli, spinach, cabbage, carrots and all those other veggies that live in the produce section where most students are afraid to trudge. And don't worry — the best quality of all the above-mentioned vegetables is they can be eaten raw. So those of you with only the bare kitchen accessories, like a microwave, still can incorporate vegetables into your diet. At only \$2 for five ounces, spinach is a deal that cannot be passed up. Packing significantly more nutrients than a package of Ramen noodles, spinach can be eaten fresh in a salad or scrambled with eggs.

Which brings me to my next power food, eggs. Significantly less expensive than other protein sources like meat, eggs are only a dollar or two per dozen and pack 6 grams of protein per egg. At only 70 calories each, they are a perfect food to load up on protein without breaking your caloric — or financial — bank.

The last category worth mentioning, and one that is passed up more often than not, are your friendly nuts and seeds. Nuts like almonds, pecans, walnuts, cashews and pumpkin seeds contain high amounts of protein, as do other seeds like black beans and other legumes. A pack of 22 raw almonds contains 6 grams of protein, 15 grams of fat and 180 calories.

I'm sure health-conscious readers' hair stood on end at the mention of 15 grams of fat in a mere 22 almonds, but let me share a secret — this is good fat. Only one gram of that 15 is the dreaded saturated fat, and the rest is heart-healthy, unsaturated fat. And 180 calories means that handful of almonds will keep you full longer than two eggs — quite an excellent snack.

I'm not asking you to be organic pioneers of the future, but be like Imagine Dragons and realize that "It's Time" to start thinking about your health now, so you can live the future you want to live.

Parker Moyer is a senior philosophy and religion major from Columbia, Mo.

What is the worst place to take a "selfie" photo?

"The worst I've seen is during class."

Eric Volstromer
Senior



"In a car in a parking lot [because] people are walking by and can see you."

Chad Petrofsky
Senior



"The bathroom, because you can easily get the toilet in [the picture]."

Peyton Meadowcroft
Senior



"In class. [People] snapchat in class and everyone sees and judges you."

Ally Flick
Junior



AROUND THE QUAD

Social media narcissism has gone too far



Andrea Trierweiler

There are times when it is appropriate to take a photo of yourself and upload it to the Internet. Attending a funeral is not one of those times.

Social networking brings out the worst in people. While websites like Facebook and Twitter should be used to connect with others, more often they are used for unproductive and self-centered purposes.

Perhaps the most obnoxious aspect of social networking is the selfie culture. "Selfies" or photos taken of oneself, litter every social network

from Twitter to Instagram to tumblr. While taking a selfie makes sense to upload as a profile picture, what other purpose does it serve? To post a selfie is to beg for attention and demand compliments.

This narcissistic attitude has become so prevalent that some people will upload a selfie during inappropriate situations. A webpage on iwastesomuchtime.com, a site designed to share humor from around the Internet, is devoted to "funeral selfies" collected from Instagram.

The photos, paired with hashtags such as #trip and #funeral, are shots of people making either a silly face or trying to look glamorous. As is fairly standard for a selfie, many are photographed with a phone in front of a bathroom mirror, which is not flattering. One girl on the webpage even tags her photo with #bathroom and #LongDay before tagging the most important part, #RIPaunt Tookie.

According to a September 2013 Psychology Today article, uploading

numerous selfies actually can hurt relationships. A team of four professors from various U.K. universities conducted a study that found people who post a lot of selfies caused decreased feelings of intimacy and increased feelings of competition with others. While uploading photos of oneself can feel empowering, it reinforces the idea that looks matter more than any other characteristic a person might possess, according to the study.

Almost as annoying as people who take selfies are those who post play-by-plays of their routine life. "Going to class!" "Eating lunch!" "Taking a shower!" I would much rather read about my friends' study abroad experiences than how somebody ate pizza for dinner, but I have to sift through trash piles of uninteresting, spam-like posts to find the few intriguing status updates.

Then there are those who use social networking to make political statements. According to an October

2012 CNN article, published about a month before the presidential election, one-fifth of people admitted to blocking, unfriending or hiding a person on a social network because of political posts.

Because social networking websites are intended for people to connect with friends and family, posting about politics can be counter-productive. Everyone has different viewpoints, and posting about politics can lead to two outcomes. Either people with opposing viewpoints get into an argument or people with the same argument have a one-sided discussion, which accomplishes nothing.

If social networking is meant to connect people, posts that create all-caps shouting matches and possibly lead to hiding, blocking or unfriending do not make sense. Political opinions are better left off the Internet. This way, people who are scrolling through their newsfeed for funny cat pictures won't want to block their friends who keep trying to impose

their viewpoints. While sharing news about political current events might help inform others, people are set enough in their ways that when acquaintances post their political opinions on the Internet, they likely will not change anyone's mind.

Cartoonist Matthew Inman, the illustrator behind theoatmeal.com, describes social networking best in one of his webcomics — "The Internet isn't a library, it's a stage, and this isn't a conversation, it's a bullhorn."

In a world in which interconnecting technology continues to improve at a rapid pace, social networking is here to stay. Use it to share major life events, keep in contact with far-away friends and stay informed about current events. But it's time to stop using technology for self-glorification.

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