

Doughnuts, parachutes, oh my!

**By: Katie Goebel
and Kathleen Bracke**
Feature Editors

For lack of a better subject during the transitory month of March, we have recorded a semi-normal conversation taking place between two of our very own editors. You heard it here first.

“Kathleen, what are you planning on doing with your life?”

“Well, I plan on selling doughnuts out of the back of a yellow Hummer, what else?”

“Interesting... and how does this have any relation to your life?”

“Well, it all began back when I was ten. I was an aspiring young namer of innovative crayon colors.

It was a late night and my Starbucks just was not kicking in. Crayola requires a minimum of seven new names a week, a brutal task for such a young entrepreneur.

So, unfortunately, I had to move to colored pencils, a struggle I've never really completely recovered from.

One day on my way to the bus stop, I noticed a slightly “canary-ish” Hummer. It only took me two blinks of an owl to realize my true life purpose.

I was to become a fryer of dough, a legend in the making, a truly remarkable inventor of disposable occupations if you will. I always knew I appreciated the food, but now I really wanted to grasp onto its concept fully. But enough about me, what made you realize you wanted to be a tester of parachutes?”

“I guess it all just sort of fell together, no pun intended. I was on vacation with my iguana collection in Guatemala when I saw my destiny in the distance.

Not only was the man flying slowly down to the ground extremely good looking, but he was also amazingly skilled. Never before had I experienced such aerodynamics, such passion, such physics-inspired art of gravity.”

“So I take it you're really passionate about your job, eh?”

“You could call it passion. I simply love the rush of allowing a massive balloon to dictate my life. Will I squander the ultimate landing or will I safely escape to my iguanas?”

This is the question I daily consider while putting my life on the line for all

those parachutists out there. Trust me, I've had my fair share of near-death experiences while trying to better the balloon industry.”

“It seems like you have just about everything figured out, Katie. I, on the other hand am considering a career change after listening to your inspiring story.

I mean, sure, I love those rounded breakfast treats. But are they really the basis from which the rest of my life will expand?”

I sincerely wonder if doughnuts are really my calling. Or could it be that my life should be dedicated to the studies of African fruitworms?”

The population of them is increasing daily and I feel my time could be served more efficiently by driving them out of communities in Africa, rather than fattening the youth of America with sugar-coated long johns.”

“I see your point, Kathleen. It's hard to even know where to begin in the many fields of work out there. I mean, my mother was a mango taster and my father was a horse manicurist.

I suppose this is the source of my undying passion for the unusual. The world is ours to embrace if we only take the time to understand the extent of it all.”

“For many this begins by researching the lines of work that aren't normally taught in primary schools.

For example, before becoming obsessed with freefalling in massive rubber contraptions, I considered spending my time testing the level of the stairways.”

“There was a study done in Nicaragua not too long ago concerning how the slanting of these structures can affect the overall well-being of many citizens today.

Falling, for instance. Also, it can increase blood pressure and add to the stress levels of our already stressed-out society.”

“Breathtaking. Who knew one could even spend so much time on something we all take for granted daily. Literally, I can't catch my breath.

I think I may need my inhaler, could you pass it to me? What? You can't find it? I'm not sure my fingers have much feeling left.alsdfasdfjla;sjdfasdlfnado...”



Kathleen Bracke and Katie Goebel take a moment to discuss their unusual options for the future. (Photo By: Patel)

Snacking without shame

By: Jason Hon

Guest Feature Reporter

So you feel like you could lose a few pounds? However, there are those times a snack is just irresistible and you can't fight the feeling that you need to eat something. You look around your kitchen and you can't find the potato chips or cookies, making you think you have to go hungry.

It is actually possible to have a snack that tastes good, and, get this: it's good for you! I know, it's hard to believe, but they exist.

There is always the tasty fruits and veggies which are healthy for you (that's what my 1st grade teacher claimed.) My personal favorites would be apples, bananas, watermelon, and grapes.

If you are really a thrill seeker or like living on the edge try adding some Peanut Butter to the mix, which goes very well with apples and bananas. I suppose you could try it with the watermelon and grapes as well.

When I was a young(er) lad I would remember coming home from a rough day of tag and my mommy would make me one of the best snacks I could remember: Ritz Crackers with a dab of Peanut Butter & Jelly carefully placed on the delicious crackers. I couldn't get enough of them, but remember the biggest part of dieting is proportion control, so watch it.

Some other things you might want to try are some low fat yogurt, or other dairy products like cheese which are great sources of vitamins. Again, beware of how much you eat.

Nuts and seeds are packed with calories so large amounts are not recommended, but they have the ability to make you seem satisfied for a longer period of time, while remaining healthy.

Don't be fooled by those “100 calorie” snack packs. They have absolutely no nutritional value to them, and they lie to you! That's right, Nabisco is lying to you in order to get your money (that definitely hasn't been done before.)

Try to stick to the proven healthy stuff, and doing so may make snacking good for you and keep you from starving between meals.