

Word on the street

Juicycampus.com is a Web site composed of gossip, rumors and slander targeting colleges and universities across the country. All of the material is posted anonymously by students.

So, what do you think of Juicycampus?

What you are saying...

Greg Murphy senior



“Juicy campus is funny the first time you visit the site but when your friends start complaining about what other people wrote about them, well it's still funny but ultimately it's really annoying.”

Mike Bumas senior



“I haven't seen it myself but I heard from other people it kind of sucks.”

KC VandenHeuvel senior



“I think it's kind of funny but also pointless. Whoever made it must be pretty lonely and pathetic.”

Chris Allen senior



“I think only catty and shallow people take it seriously. It's only entertaining if you think it's a joke.”

GIFTS: Find the perfect presents for these holidays

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list will get you organized and you can check it off as you get presents for them.

Second, find your budget. As college students, most of us don't have that much money to begin with so Christmas is just another reason to put a hurting on your credit card bill. If you have a low budget have a small list. You might have to leave out a few friends so that the people closest to you get something nice. An idea for friends is getting them all something small like a shot glass or a card.

Now, the biggest question is what to buy? There is always the dollar store, but your mom may need something better than a few small items. Don't be afraid to ask. Who would know what they want better than the people who you are giving gifts to? Now, if they say, “Surprise me,” you may be in a little bit of a pickle. But don't worry, you probably know them well enough to get them something they will like.

If you are exchanging gifts with your roommates, try not to think of what the apartment needs first. Your roommate wants to know you are thinking of them, so get them something they find interesting, like scented candles perhaps.

If you are involved with a new flame and still don't know him or her well enough to get them something, be creative. If it's a new relationship I don't suggest Tiffany's, but maybe try Build-a-Bear or a cheap sweater or scarf for the chilly whether.

Now if you and your special someone have been involved in for a while, like somewhere in the six-month and up range, get them something special. If you really care about the person show it.

Some hot gifts this holiday season include video games as always for the guys and jewelry for the girls. Some stores to shop for jewelry can be found in the mall, but great values can also be found in department stores.

One particularly cool option is the personalized calendar. Make your girlfriend or boyfriend a calendar littered with sweet notes and cute pictures of the two of you. It's a good ‘thinking of you’ gift that lasts throughout the year.

If all else fails then there is one item that can be bought for just about anyone. That is the power of the gift card. The gift card allows someone to get whatever he or she wants within the price range on the card. Not only that, but they can be bought from nearly any store, whether walk-in or online, and can be used for anything within the store. Talk about a safe bet. If you don't want to be returning people's gift, take this route. Let the gift-receiver pick their own gift instead of taking a guess about whether or not your own gift will be appreciated.

The holiday season is always a festive time of the year. Whether purchasing for Christmas, Hannukah or Kwanzaa, make sure to pick up your friends and family the perfect gift this year. Remember, it is the time of the year for giving, not receiving, but don't feel too guilty if you find yourself asking for a bunch of gifts this holiday season... we all do it.

SMOKEOUT: Annual day of smokeless existence for many university students

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The pair shared their stories of being smokers, and provided facts on smoking while encouraging students to quit smoking and to take on the Great American Smokeout challenge.

“Smoking is an addiction, a powerful addiction that those who smoke need to overcome,” Cutright said.

Just as the surgeon general's warning says on every pack of cigarettes, smoking can and will cause many health problems. But nicotine can be an addiction stronger than that of cocaine. For many people, they just can't seem to quit.

People do realize that smoking can cause cancer, lung disease, heart disease, strokes and many more health problems, but just knowing the health risks is not enough. Smokers who want to quit need support and encouragement and may have to change their entire life around – but in the end quitting will potentially help people to stay alive.

According to www.cancer.org, smoking accounts for an estimated 443,000 premature deaths, including 38,000 deaths among non-smokers as a result of secondhand smoke each year.

“Half of all Americans who continue to smoke will die from smoking-related diseases,” the Web site www.cancer.org states.

Smoking not only causes health risks, but also drains the wallet. If a \$3 pack of cigarettes is bought every day for one year that is

\$1,095 spent on attributing to health risks and possible death, according to Cutright.

Health insurance is more expensive for smokers than non-smokers, and life insurance for smokers is twice as high as a non-smokers' according to Cutright.

If a smoker quits for just 20 minutes, their blood pressure will drop back to normal, after 24 hours, their chance of heart attack decreases, after 48 hours, their nerve endings start to wake up, and after 15 years, their risk of coronary disease is that of a nonsmoker, said Conklin and Cutright.

Even if you are not a smoker, smoking touches all of us. In McGuffey 203, when the room was asked the question “who knows someone who has died of cancer?” nearly three out of every four hands went up.

People who don't smoke can also get cancer or have health problems just by being in the same area as smokers and receiving second-hand smoke.

Smoking is an addiction that takes one day at a time in order to quit. For those thinking about quitting, see your doctor to discuss a quit date and possible medication if needed, tell your friends and family for support and encouragement, and be prepared for relapses. Use caution around other smokers, stay healthy, and stay active. Also, do not smoke in front of someone trying to quit.

“If you're a smoker – quit. If you don't smoke don't start. And encourage someone else to quit if you can,” Conklin said.



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