

Your Horoscope:

Aries (March 21-April 19): Starting a graffiti battle in the bathroom stall will hone your writing skills.
Unlucky Habit: Signing Your Name

Taurus (April 20-May20): Things you have in common with Forrest Gump and Dorothy: magic shoes.
Unfortunate Fact: It's True

Gemini (May 21-June 20): Take a lesson from T.I., Lil' Wayne and DMX: make a fortune, then continually get arrested for stupid shit.
Lucky Refrain: "Let it rock..."

Cancer (June 21-July 22): Saving money and going green will become painful when you abstain from using heat until it snows.
Most Painful When: You Get Out Of The Shower

Leo (July 23-Aug. 22): Learn to take a little constructive criticism or die lonely, stupid and wishing you'd listened.
Thing to Note: It's Constructive

Virgo (Aug. 23 - Sept. 22): A night of unbelievable sex with a total stranger will leave you with something that Clorox can't wash out.
Unfortunately: There's No Cure

Delivered by your astrologically inclined Editor in Chief: John M. Climer

Libra (Sept. 23 - Oct. 23): Running a little late to class will turn into an unexcused and unintended absence due to lack of parking.
Unlucky Option: Snooze Button

Scorpio (Oct. 23 - Nov. 21): You'll gain unfortunate insight as to why they call it "Campbell's Chunky" soup after violently up-chucking your late night snack.
Lucky Targets: Toilet, Trashcan, Sink or Shower

Sagittarius (Nov. 22 - Dec. 21): Chugging warm bloody-marys doesn't pass as "dinner with drinks."
Unfortunate Truth: You're An Alcoholic

Capricorn (Dec. 22 - Jan. 20): A month of failures will leave you wondering: why bother?
Lucky Color: Tornado Blue

Aquarius (Jan. 21 - Feb. 19): Spending 23 hours a day gazing into various types of screens will leave you looking pale, pasty and like you have a masturbation problem.
Habit to Break: Viral Addiction

Pisces (Feb. 20 - March 20): For a good night of rest, combine the following: cherry soda, vodka and benadryl.
Possible Side Effects: Coma, Cardiac Arrest, Respiratory Arrest and/or Death

AMERICAN HERO



To explore the significance of caloric-reduction weight-loss, Kansas State University human nutrition professor Mark Haub kept a balanced diet of Twinkies, Doritos, Oreos and Hostess Cakes — for two months.

Despite the amount of junk in his diet, Daub consumed about 1,800 calories per day, 800 less than would be recommended for a man of his size.

In two months' time, Daub had lost a total of 27 pounds. His bad cholesterol level had dropped by 20 percent, while his good cholesterol had increased by 20 percent and his triglyceride level had dropped an astonishing 39 percent.

So for having the diet every stoner and 12 year-old dreams of and making the USDA, doctors and mothers nationwide look like fools, Mark Haub is this week's American Hero.

'Pharmaceuticals'

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in the by-line is rewarded handsomely.

This cyclical system favoring pharmaceutical companies led to global spending in 2006 to reach over \$643 billion, even as GDP output slowed in Europe and North America.

The United States draws almost half the total pharmaceutical sales in the world. In 2008, Pfizer led the top of the Forbes 500 list and continues to be the leader in pharmaceutical sales, research and development.

The largest growing sector of sales is psychoactive stimulants, or drugs that help children, and adults, with attention deficit disorder. "Doctors are under enormous pressure from school systems who deal with unruly kids," Anderson said. "The school system is under pressure from parents who have been taught to just take a pill and the problem will go away. The

teachers don't care if the kids are drugged out of their minds, they just want docile, manageable children. It's a societal problem, and at the end of the day it's all about money."

According to Anderson, any approach to treating patients, other than writing prescriptions, is "discouraged by the American Medical Association and state medical boards." He practiced straight internal medicine for almost 12 years before becoming fed up with the status quo and the heavy reliance on pills and partisanship towards pharmaceutical companies.

Dr. Anderson studied at the West Virginia School of Osteopathic medicine, and continues to research ways he might treat people without simply writing a prescription.

THE CLARION

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