

Home for the Summer

By: Carmen Lentz

If you are going home for the summer, you're probably approaching the return to family and friends with mixed feelings. On the one hand, you look forward to seeing everyone from home, enjoying some long awaited and well-deserved rest & recuperation, eating home-cooked meals, and just hanging out. The flip-side of summer approaching is that your new friends (and maybe your new love interest) will all be going in different directions and will probably be geographically distant from you. Your new found sense of independence and self-reliance after being away from home for the past nine months may be challenged. Relationships at home may be different, and some adjustments will need to be made as you transition into life at home. Fortunately, there are some things you can do now to help make your transition to summer at home a better experience for both you and for your family.

One thing you can do is to prepare yourself now to expect changes in your relationships at home. You know that you've changed over the past months, but your family may not realize how much until you return home. Many times, parents welcome your new found independence, but have difficulty "switching gears" and lapse back into relating to you in the way they did before you left. Accept that there will be a learning curve for everyone. You can help by talking with your parents. Help them to get to know the new you by discussing your new interests, telling them about your new friends,

and your school experiences over the past year. Communicating helps your parents to better understand how you've changed and will also make them feel more a part of your world now.

Accept that things at home may have changed too. Sometimes, students return home and want things to be just like they were when they left. Realize that your family and friends have all changed since you went away, and try not to be overly critical of the changes you find.

It will also be helpful if you and your parents can have a discussion early on about setting appropriate expectations around potential sources of conflict while you are home. You want to be treated like an adult, so you need to act like one too. Discuss hot button issues like curfew times up front, and try to come to a decision everyone can be ok with. Discuss what you'll do if something unexpected happens and your plans change.

Plan to discuss household chores and what will be expected of you. Home is probably going to start feeling more and more like "my parent's house" as opposed to "my house" the more you are away. If the old rules don't apply anymore, suggest a compromise that you feel is fair to everyone. Some things will likely stay the same, but now may also be a good time to re-negotiate some things. For example, maybe your Mom did your laundry while you were living at home, but you've taken on that

responsibility now. Clear communication will help avoid future misunderstandings.

Stay in touch with new friends and old friends over the summer. Keep in touch with college friends and nurture your new relationships while you are away. Just as everyone else sees changes in you, you'll also see changes in your old high school friends. You may find you still connect with many of them, but some friendships may not hold the same interest for you that they did in high school. Accept that you may not connect with the same people in the same way as before, and some friendships will fade. Happily though, you may also find new shared interests with other old high school friends that will form the basis for a new relationship with them.

Most importantly, enjoy your summer! Take advantage of the free time you have to do the things that you couldn't do during the past two semesters at school. Get back into your exercise routine, read for pleasure, and do whatever those things are that make you happy!

Botox or Bo-not

By: Melody Kirkpatrick

Cosmetic procedures are widely used to enhance and beautify some features of a person's appearance. Most cosmetic procedures come at a big cost both financially and sometimes emotionally. There have been cases in which cosmetic procedures have gone horribly wrong and other cases in which satisfaction was granted. The price people pay for beauty can be dangerous and sometimes deadly.

Botox is known as a toxin that is produced by a bacterium. The name of the bacterium is called *Clostridium Botulinum*. I don't mean to alarm anybody but this means that if large amounts of Botox enters your body it can lead to food poisoning. The FDA (food and drug administration) has approved small dosages of Botox to be used to help relax certain muscles in the face. As we know Botox is used to erase or smooth wrinkles and lines on the face. It takes three to seven days to see results. It is also used to stop uncontrollable blinking

and it helps treat an ailment known as lazy eye.

A fine needle is used to inject Botox directly into the muscle and it stops the muscle from contracting. This causes the wrinkles or lines to relax and soften. A headache which can last a day or drooping eyelids can be a side effect of Botox injections. These side effects don't last very long they usually go away in under three weeks.

Terri Hatcher who is one of the stars from "Desperate Housewives", was recently in the press for allegedly receiving Botox injections. As usual the media hounds stars like Hatcher and it was stated that Botox has made her face so stiff that she was unable to make any expressions. In fact when we are viewing some actors/actresses on high definition we can see all their flaws clearer than on regular television. Terri Hatcher denies these accusations and claims she has never had any cosmetic procedures.

There are other celebrities that have been rumored to have Botox treatments like Sylvester Stallone, Madonna and Joan Rivers. It doesn't surprise me that Joan Rivers gets a regular dosage of Botox treatments because in my opinion she is a cosmetic surgery junkie. I remember watching her on TV a few years ago and she admitted to having plenty of different cosmetic surgeries and encouraged others to do the same.

If you are considering any type of cosmetic procedure always consult a licensed Dermatologist or make sure your doctor is board certified. It is also important that you admit all medications that you are taking at that time and if you are having any health concerns also tell the doctor.

What is AMF?

From: Staff Reports

Many college students experience the death of a friend or family member while away at school, yet frequently little is available on campuses to provide support beyond psychological counseling. Loss is especially difficult during college because of academic pressures, distance from family, and peers who feel uncomfortable discussing death. Therefore, thousands of grieving college students feel alone, which creates social problems, declines in

academic performance, and sometimes, psychological issues.

Fortunately, the National Students of Ailing Mothers and Fathers (AMF) Support Network (<http://www.studentsofamf.org/>) has been created by students for students coping with the illness or loss of a loved one. Students can get help to start chapters on their own campuses, which can offer peer-support groups,

provide service opportunities to fight back against terminal illness, and also provide support and information on their website.

Please take a moment to learn more at www.StudentsofAMF.org, share this information with others, and let me know if you'd like to connect with other students interested in bringing StudentsofAMF to St. Andrews.