

"LORD, WHAT FOOLS THESE MORTALS BE!"

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DOUGLAS REYES-CERON/GUILFORDIAN

NEWS

## Vote or die! Senate election day upcoming

COMMUNITY SENATE ELECTIONS GIVE STUDENTS A CHANCE TO HAVE POWER OVER THEIR SCHOOL

By Bryan Dooley  
STAFF WRITER

Students don't have to wait until November to have an election. Community Senate elections will be held on Monday, April 2. Traditional students, this is your chance to have a direct say in how your school is run.

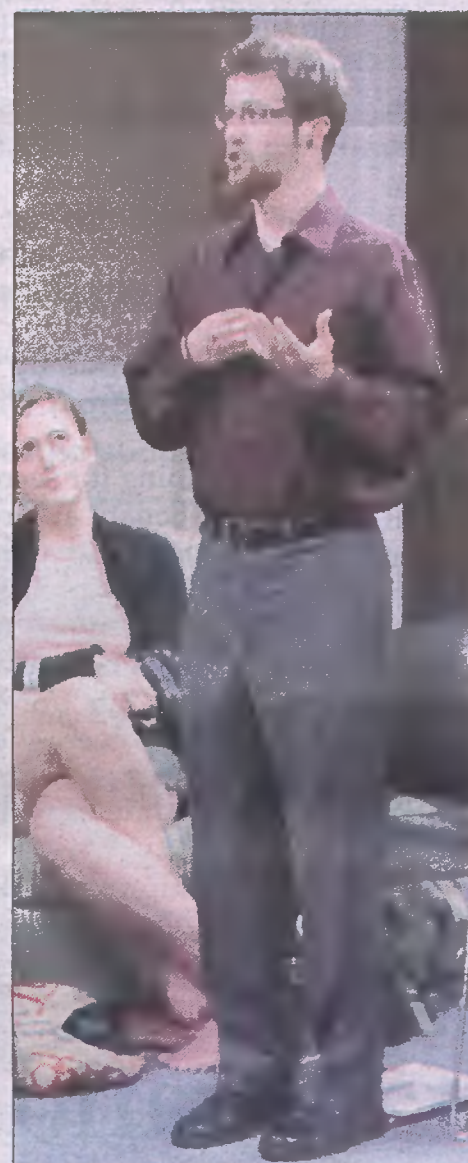
"I am running (for president) because I am qualified and excited to fulfill the requirements of this position," sophomore presidential candidate Rose McIntyre, from Onley, Md., said in an email interview. "I am passionate about helping students learn the tools they need to accomplish their goals and I know enough about how Guilford works to help facilitate this."

Junior Tim Leisman is also running for president this year. A third candidate recently withdrew her candidacy.

"There are issues within our community that keep students from focusing on problems in the outside community: housing, FYE and judicial process," said Leisman, who is from Madison, Wis. "Students spend so much time concerned about these (things) that they don't have time to get outside campus and put themselves in

Presidential candidates sophomore **Rose McIntyre** and junior **Tim Leisman** take part in the Community Senate electoral debate on March 28. The elections will take place from 8 a.m. to 8 p.m. on April 2.

SEE "ELECTIONS" ON PAGE 2



TOM CLEMENT/GUILFORDIAN

WORLD & NATION

## Hope for our graduates: lowest unemployment rate in three years

By Kim Kleimeier  
STAFF WRITER

Graduating in May with a degree in hand, our graduates will be embarking on their next great adventure, starting with the dreaded job search. With the economy in a slump for the past years due to the economic recession, this might seem like a less than thrilling prospect for most seniors.

However, the unemployment rate in the U.S. is the lowest it has been in the past three years. According to TradingEconomics.com the unemployment rate has been at 8.3 percent since Feb. 2012. More companies are hiring now and people are leaving their jobs not due to layoffs, but for natural reasons, such as retirement.

"Employers overall added 227,000 jobs last month, powered by robust gains in healthcare, manufacturing and business services," wrote Don Lee in a March 9 article in the Los Angeles Times. "Job growth over the last three months has averaged 245,000 a month — about 100,000 more a month than in the previous year, the Labor Department said Friday."

With these encouraging statistics, our seniors should be hopeful as they begin to think about finding a job for themselves.

Guilford senior Elizabeth Fisher has already been looking for a job for after graduation.

"My main concern is finding paying jobs," said Fisher. "I luckily have somewhere to live without paying for some time, but beyond short summer jobs and unpaid internships, I haven't been able to find paying jobs in the fields I'm interested in."

This, however, has much less to do with the actual job market than it does with the normal difficulties of finding a job without

SEE "EMPLOYMENT" ON PAGE 4

FEATURES

## Gluten-free living at Guilford and beyond

### REASONS TO BE GLUTEN FREE:

**Celiac's Disease:** a disease that damages the lining of the small intestine, which prevents the intestine from absorbing food. The disease is caused to a reaction to gluten. It can be caused by genetics or an environmental trigger.

**Dietary Choices:** some people believe being gluten-free is a healthy life choice.

By Ali Krantzler  
STAFF WRITER

Have you heard your friends talk about their gluten allergy?

Gluten itself is a protein composite found in foods processed from wheat and related grain species like barley and rye. It gives dough its elasticity and helps it rise to maintain its form. Basically, gluten is found in bread products, pastas, crusts, pastries and starches. It can even be hidden in sauces such as soy sauce.

Some people are allergic or sensitive to gluten. Some are gluten-intolerant

due to celiac disease, which is "a condition which damages the lining of the small intestine and prevents it from absorbing parts of food that are vital to stay healthy," according to PubMed Health.

There are many students at Guilford who are allergic to or intolerant of gluten, such as junior Virginia Shutler.

When trying to digest gluten, "I would feel my intestines swell, my body temperature fluctuate, blurred vision and severe muscle pains that ache and feel sharp," said Shutler

SEE "GLUTEN" ON PAGE 5

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