

# Editorials

## America's Little Darling

Fantasia Evans, staff writer

Imagine this: an action-packed film based on the epic adventures of Lego mini figures. You read correctly—a film about Legos. At first, I thought this to be a hoax, but realized it was quite real. The film centers on a quest that the main character, Emmet Brickowski, is mistakenly thrust into. On his unexpected journey, he meets a variety of interesting and lively characters, such as Batman and Han Solo. One character in particular, Wyldestyle, is the vivacious female counterpart who accompanies Emmet through his series of mishaps. From their first meeting at Emmet's job on the construction site, this dynamic duo stick together and fight against the evil forces of Lord Business in order to save the universe while providing many comical moments in between.

Although the idea of having computer animation Lego figures star in a feature film seems a bit absurd, it has garnered serious cinema-worthy attention. The film has been popularized among children, teenagers and adults. Even cinema critics have given high

praise to the film, and with good reason. What seems to have captured the attention of such a wide audience is the ability to pull different themes from the film. One could say that the film is based on the tensions of capitalism, as Lord Business could represent the wealthy yet corrupt businessman whose plans of monetary gain are to be foiled by the common citizens (i.e. Emmet and Wyldestyle) who stand for justice and equality. Or it could simply be taken as a story of good versus evil, and good must triumph over evil. No matter what vantage point viewers take, it makes the film all the more interesting and entertaining.

I think I would be remiss though if I did not mention overall qualities of the film that make it worth viewing. From the great artistic features, the quality celebrity voice overs and the superb computer animation, this film has received numerous accolades. It even won third place for the Best Audio/Visual Technique at the 2013 Key Art Awards. So to add to the positive praise, I suggest you see the film and take a stroll down memory lane with Legos on the big screen.



via doyouremember.com

How are you liking this cold winter?

31.25% If it's going to be cold, it needs to snow more!  
37.5% LOVE it!  
25% I could deal with the cold at the beginning, but I'm over it now.  
6.25% NEED. SUMMER. NOW.

**Results from last issue's poll**

Vote at [themeredithherald.tumblr.com](http://themeredithherald.tumblr.com)

## A Day in the Life of Someone with Cystic Fibrosis

Noel Fox, contributing writer

**At 7:45 a.m.**, most college students are either asleep or dragging themselves to class. Katie Burkett, however, is just starting a thirty-five minute long process of taking her medication. Katie lives with Cystic Fibrosis. First she puts on an inflated medical vest that shakes her to loosen any mucus that has accumulated in her lungs overnight. After this has gone on for twenty minutes, she takes her pills and uses an inhaler. "I am indifferent to all of this because I've always done it. It's a habit. It's part of my day."

**At 9:00 a.m.**, she says that she makes a cup of coffee and takes a shower: "I shower in the morning because I can't shower at night. Sleeping on curls is a DISASTER." She cleans

her room, gets ahead on her school work, and fills up her water bottle to start out her morning. "I always keep it with me and drink throughout the day to help my mucus stay thin."

**At 11:00 a.m.** every day she heads to class. She usually skips lunch "unless I'm, like, desperately hungry." She says that she has to be careful with certain foods because of the way they are prepared: "Some foods are cooked in a special oil that doesn't sit in my system well because of Cystic Fibrosis. Mucus blocks the pancreas from releasing certain enzymes, and my stomach just can't handle it."

**At 3:00 p.m.**, Katie heads toward the gym after classes to keep herself strong. She usually starts off with 30 minutes of cardio "to keep up my lung capacity." This is followed by

a session on the treadmill: "I work out in front of the mirror so that I can convince myself that I'm not dying, I am enjoying this, and that I'll feel better." She does 30 minutes of weight lifting to keep up her bone density followed by another 30 minutes of stretching to cool off.

**At 6:00 p.m.**, she heads to get dinner: "I'll try to eat what's there. If not I'll get a pizza and a salad." She will spend her free time doing homework and playing candy crush. "I'm on level 100. It's terrible; I have a problem." After a quick dinner, she heads to dance from 6:30-9:00. She dances jazz and contemporary for Meredith's DanceWorks. While some people may think that her dancing would be hindered by Cystic Fibrosis or that her disease would hold her back, she says

it is quite the contrary: "The cardio in dance and all the moving around helps keep me healthy and in a better condition to handle my Cystic Fibrosis. Everything I do is centered around being healthy."

**At 11:00 p.m.**, she finishes her work for the day, repeats her morning routine of medicine, and heads to bed. Though her schedule is rigorous, Katie is focused on keeping herself fit and leading a normal life. She views her situation matter-of-factly: "As my mom put it, I spend every day fighting for my life. Everything I do is centered around being healthy and fighting to stay alive. Though I go through a lot having CF, I don't want people to see me as the girl who has a disease or needs help. I want them to see me as just me, Katie."

## Meredith Hacks: Life Hacks for Avenging Angels!

**This week:** Meredith Hacks: How Not to Get Sick When Your Roommate is Sick

Cody Jeffery, assistant editor

With every fall season comes the expected email or poster about how to stay healthy during the peak of cold and flu season. But what if you do everything suggested in those emails and posters and end up getting sick from something almost unavoidable—your roommate.

Almost every Meredith student who lives on campus will be faced with the roommate sickness dilemma at one point or another. How do you avoid getting sick when you live in the same area as someone who is sick? You breathe the same air, use the same sink, share a bathroom, have your food

in the same fridge, open the same door, and most of all, spend at least twelve hours a day together in a closed space.

In order to combat the almost-guaranteed passing of sickness, try these simple tips to avoid your roommate's germs:

1) Clorox wipes are your savior. Use them on common surfaces that you and your roommate touch everyday (door handles, TV remote, fridge door, sink handles, light switches, etc.).

2) Open the windows whenever possible. Fresh air is a wonderful weapon against airborne sicknesses because it allows the "bad germs" to air out and "clean air" to come in.

3) Don't share the same food. If you and your roommate have the habit of buying groceries together and splitting them, don't do that while one of

you is sick. If you have to keep your food together, such as places like the fridge, keep your food separate and sealed to prevent germs from spreading.

4) Keep your toothbrushes far away from one another. Try not to store your toothbrushes in the same area. Toothbrush holders can be the perfect breeding ground for germs (luke warm, damp).

5) Do yourself a favor and take a multivitamin, drink lots of liquids (vitamin C!), and use hand sanitizer. The primary defense against roommate germs is to keep yourself healthy. If you are not fully prepared to battle the bug, then the other tips won't have enough effect to keep you from catching your roommate's sickness.

6) If all else fails, flee the scene! If you can, stay with a friend or even

go home for a few days. Some serious airborne sicknesses can be bad enough that you may not be able to avoid catching it from your roommate. Once the peak of her sickness has passed, return to wash and sanitize everything!

Although the goal is to keep yourself healthy and sickness free, remember to be considerate of your sick roommate and help her as much as you can. As the Golden Rule recommends, "do unto others as you would want done unto you."

For more tips on escaping roommate sickness sharing, visit <http://www.fitsugar.com/How-Get-Sick-When-Your-Roommate-25003118> or <http://www.wiki-how.com/Avoid-the-Flu-at-University> for more information.