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Free

The Chieftain

Gogebic Community College



GCC campus to endure much needed change



Geneva Cummons
Assistant Editor

This summer at Gogebic Community College, construction will begin to expand the campus.

However, the college will not build any new facilities.

Instead, according to Dean of Business

Erik Guenard, "they will be renovating inside a building." The auto-shop as a whole has two stories and only about one third is being used.

The plan is to take the remaining two thirds and construct two 50 seat classrooms that can be made into one 100 seat lecture hall by removal of a divider, two 35 seat classrooms, one large conference room, and three offices.

The renovations are estimated to cost about \$1.5 million; the state will fund half of the project while GCC pays the other half. GCC will be using the expertise of a local for the addition's construction.

Local contractor, Angelo Luppino, is expected to begin the construction process once cleared by the state.

Nevertheless, the time and cost will be worth it once the renovations are complete.

By providing more instructional and faculty space, GCC will be able to "offer more programs, [which will] expand the curriculum and increase the educational opportunities for students," said Guenard.

The new classrooms will also be equipped with updated technology helping students and faculty stay current with the times.

Guenard is excited about the upcoming renovations and says he is looking forward to the project.

"We are adding space [to the campus] which hasn't been done for a long time," he said.

The construction is expected to start May 13th, the Monday after graduation, and is projected to end August 26th so students will be able to use it for the next academic year.

Overall, the addition is anticipated to be a huge benefit to the college and its students.

GCC responds to recent drug bust



Miranda Anderson
Editorial Editor

At the end of January, word spread about a drug bust on the Gogebic Community College campus in Ironwood. McKenzie Galvin, 20, was arrested on charges of possession of marijuana and intention to sell marijuana.

According to GCC Dean of Students Jeanne Graham, the GCC staff has been in cooperation with the Gogebic County Sheriff's Department.

In January, the college had suspected

illegal activity taking place in the dorms so they immediately handed to situation over to the Sheriff's Department.

Though similar situations are a rare occurrence at GCC, the college has always turned the matter over to the police.

There is a zero tolerance policy on campus firmly in place.

A press release from GCC regarding the drug bust clearly states, "The College does not tolerate illegal activities and strives to maintain an academic setting in all buildings on campus, including Campus Suites, to allow students the best learning environment possible." Graham responded to the bust by saying,

"The student violated existing policies," and there is no need for stricter regulations as long as GCC students obey the current policies.

Where has our spring gone?



Well spring has officially sprung, but here we seemed to have missed the memo. Hopefully we can soon put away the plow trucks and bring out the grills. I tip my hat to you winter, but it's time, get the heck out of here!

Photo by Mark Marley/Staff Photographer

The Easter Bunny: How did this begin?



Geneva Cummons
Assistant Editor

Easter is almost here! There'll be candy, baskets, and rabbits! Wait, rabbits? Easter is the Christian tradition of honoring the day Jesus Christ rose from the

dead, right? But the Bible doesn't mention anything about an Easter bunny, so where did it come from?

Easter dates back to pre-Christian roots in 13th-century Germany. The holiday was originally a pagan celebration that worshipped Eostra, the goddess of spring and fertility; her earthly symbol being a rabbit. Thus, they worshipped the rabbit believing it to be Eostre's earthly incarnation.

These legends were brought to the United States in the 1700s, when German immigrants settled in Pennsylvania

Dutch country. The pagan holiday, which occurred around the same time as the Christian memorial of Jesus' resurrection, was combined with the Christian celebration and given the name Easter.

Today, Easter is largely commercialized, with majority of the focus on the Easter Bunny.

Now that you know what you have always been wondering, have a great Easter.

Enjoy all the chocolate bunnies!

GCC Student Senate update

Brian Dary
Chieftain Columnist

How many times have you come up with an idea you think would benefit all the student body at GCC? Or you think there is something boneheaded about an administrative procedure you think should be changed. Where does one go to address an issue?

The answer is: Your Student Senate. They are your representatives to present your views, ideas or suggestions. Although the Student Senate could have a lot of ideas and things students would like to see, there are currently fewer than a half-dozen active members. There should be many more senators representing student issues, but like most entities of representation, youth seems to be wasted on the young. Few wish to be involved in the politics of student affairs and or administrative forums. What a shame.

In any event, your Student Senate has been somewhat busy addressing some

issues brought forward to a concerned administration. Here are some of the things being looked at for implementation at GCC.

Because the snack bar is not always open for the convenience of all students at all hours, we are looking into a deli-style sandwich vending area. This vending area would be available in the lounge area and would be stocked by an outside source. With the usage of microwaves, hot service would be available for a quick meal for busy students. Hot coffee and cocoa vending machines are in the works as well.

Pool tables: There is only one pay-per-use table available currently, and that one does not even have a cue-ball available. I am procuring one from a local gaming house. We have addressed that many students wish to have more than one table available for tournaments and such. These tables are to be non-monetary usage (free use) as opposed to the fee for use currently in operation. We are also trying to procure a foosball table.

Beautification Projects: We are looking for student input on how to improve the look of the grounds. One current idea is to get help from the Master Gardeners of the area to help with flower beds, flower boxes and maybe even some student gardens in the atrium. Your input on these projects would be most appreciated. I am sure that there are green thumbs not only within the ranks of the students, but the faculty and administration as well. It might even bring on some competition.

Some students have expressed an interest in starting league bowling. I know that the Hurley Legion will be more than happy to help start an intramural league. I have it on good authority that the Commander of the Hurley Post is offering reduced flat rates for all GCC students and staff. Just mention my name, and Manager Matt King will provide his expertise and special rates.

These are just some of the things we are working on in your Student Senate. Come on and join us for the betterment of all of GCC.

The Chieftain is Gogebic Community College's student newspaper is published several times throughout the academic year. The newspaper aims to uphold the traditions of The Chieftain providing the GCC community with news and perspectives from students at the college.

The Chieftain provides coverage primarily of campus events but also includes events from the Gogebic Range in its coverage. The Chieftain strives to be more than just a place for campus news. It is a place for debate on a variety of issues. The Chieftain is the voice of students at GCC.

Anyone interested in submitting an article or letter for publication should contact Advisor Ryon List at **Ryon.List@gogebic.edu** or **(906) 307-1283**

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GCC's satellite campus in Houghton, MI

Photo by
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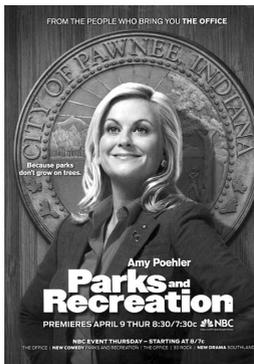
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Shows worth watching



Sheena Trepanier
Editor

I understand everyone has different opinions when it comes to what they enjoy watching. However, I am hoping after reading this that you try at least one new show off this list, they are worth watching. Its time to try something new, be adventerous, and have some laughs.



1. Parks and Recreation on NBC, Thursdays 9:30/8:30c
Parks and Recreation is a hit show on NBC, filmed in a mockumentary style, that during its seasons has evolved to many different camera angles and frequent jump cuts. When you watch Parks and Rec at first you might find yourself disliking the main character

and thinking its a bit to much like The Office. However after the show was almost canceled after its first season the main character and the atmosphere of the show has changed, and become much better. Currently Parks and Rec is in its 5th season and going strong. There are some very strong characters you will come to love *cough-Ron Swanson-cough*, characters you will root for, and characters that while they aren't as important you become totally invested in. The show takes place in, you guessed it, a Parks and Recreation Department, in a little town called Pawnee, Indiana. The storyline follows Leslie Knope (Amy Poehler), who works in the Parks Dept., Ann Perkins (Rashida Jones) her best friend, Ron Swanson (Nick Offerman), and many other characters. This show is a comedy, its very funny, especially Mr. Ron Swanson. He will become one of two things to you; 1. Your favorite character or 2. Tied for your favorite character. Not only is Nick Offerman who plays Ron Swanson, hilarious, the similarities between the character and the real life man are very similiar. If you don't believe me check out Nick Offermans AMA (ask me anything) on Reddit, you will be laughing forever. Check out this show, you won't be disappointed if you see it through, plus the first 4 seasons stream on Netflix so its very accessable.

2. Sherlock on BBC One currently not airing until Fall 2013
There are many things I love about Sher-

lock, I will list a small portion of them for you; Sherlock is based and shot in Cardiff, its SHERLOCK HOLMES, each episode is 1.5 hours long, and Benedict Cumberbatch and Martin Freeman have amazing chemistry. Seriously I could go on listing for hours but if you just watched it you would see what I am talking about.

Now please don't confuse this show with Elementary, America's horrible attempt at capturing the sucess of Sherlock. This show is fabulous. Benedict Cumberbatch plays Mr. Sherlock Holmes, who most of us know is an eccentric genius who considers himself a "consulting detective". Cumberbatch is nothing like you would expect Sherlock to be, and because its based in modern day London his differences make it all the more convincing.

Doctor John Watson is played by Martin Freeman, a rather well known English actor. Freeman is a superb actor, he style is very different from Cumberbatch but they play so well off each other that you can actually see them as both modern and victorian Holmes and Watson. The modern day twists of technology and science add to the show without betraying Conan-Doyles legacy. You are also introduced to modern day Jim Moriarty, played by Andrew Scott. Moriarty isn't just some villian in this series, he is a genius to rival Sherlock, he is terrifying in his passion, he is the most ideal of nemesis for Sherlock. Currently both series (same as seasons in



America) are available for viewing on Netflix streaming so again another show thats fairly accessable.

3. IT Crowd no longer airing
IT Crowd is another British show that is just great. It follows the lives of three people who work in the IT department of a big coorporation. This is a comedy hands down, and its very funny. Not only will those in the IT business enjoy it, gamers, nerds, and geeks will love it too.

The three main characters are Roy (Chris O'Dowd), Moss (Richard Ayoade) and Jen (Katherine Parkinson). Roy is shy, a bit unlucky with the ladies, and in many cases the person who bad things tend to happen to. Moss is a quiet genius, he's funny, lives with his mom, and invents crazy things. Jen wanted a good job, she got stuck in IT, which she knows nothing about, seriously.

The three of them together make a great show. Both O'Dowd and Ayoade has since made their American movie debuts. Again this show in its entirety is available on Netflix. Well the list of shows that you should be watching could go on and on, but I will stop there. Enjoy and I hope you try at least one of them, they are worth it!

More microwave desserts! Nutella Smores

For another fast, easy, and delicious dessert you can just make right in your dorm room microwave.

Ingredients:

2 graham cracker
a handful of mini marshmallows (here is the exciting part.... are you ready for it?)
Nutella
(or premade store frosting)



How To:

1. Spread Nutella (or frosting) over one graham cracker.
2. Place the marshmallows on the other graham cracker.
3. Heat for about 15 seconds in the microwave, or till the marshmallows double in size, top with the other half and enjoy!



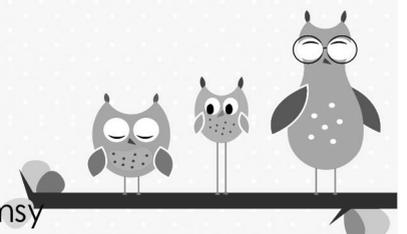
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Opinions

Editorial: GCC needs to utilize Art Space

In past editorials, we have mentioned the need for art displays at GCC. We have all the space, equipment and talent necessary to make that happen, yet we are still left with empty rooms like the Art Space in the Lindquist Center. Many of us are unsure what the room is being used for. It is usually locked and left with the lights off. We believe that the

Art Space needs to be put to better use. The walls should be covered in sketches and paintings; sculptures should accent the corners of the room; it should be a center for art appreciation. Why not use the space for what it was reserved for? To start the process of decorating the Art Space, GCC should hold a competition with divisions for different types of

art (sketches, oil paintings, sculptures, photography, etc.) and give the winners the benefit of putting their art on display in the room.

Once the Art Space is decorated, GCC could hold poetry readings and frequent art shows. Art classes could explore the room during their downtime. It would also be beneficial for GCC to leave the

room open from 10 a.m. to 4 p.m. Monday through Friday.

It's time for GCC to support student art. If anything, we can survive decorating these plain, colorless walls. If students spend so much of their time and money to create a piece of art they are proud of, the least GCC can do is give it a little fame in the Art Space.

GCC should cut ORI



Melanie Howard
Chieftain Staff

Freshman seminar at GCC is meant to prepare new students for the challenges they are inevitably going to face during their time in college.

During this class, students will learn to study, take notes, manage their time and overall become better acquainted with GCC. It's not a bad idea. However, it costs time, as well as money, and is quite unnecessary for those already doing well in school.

In fact, this class should no longer be in existence here at GCC, at the very least, it should no longer be made a requirement for all students. For those students who have already gone through high school, this class is redundant. The whole point of high school is to prepare students for college. Students who have gone through high school don't need to learn how to study and take notes. They already know how to do this.

Also for the non-traditional student who has had a fair amount of life experience this class is not very helpful. Those students who have been in the real world already know that in order to succeed in college they are going to have to work hard at it. Also, this class is costly. Students spend \$139 on this class and \$20 on the book required for it.

There are many costs that students need to worry about, gas, food, insurance, classes at GCC, and much more. Many students plan on transferring out

to universities, once these students make this move their expenses are going to skyrocket. \$160 may not pay for much in that regard, but it's a start.

Many students including myself agree that this class did not help them at all. GCC student Jennifer Markowski told me that she found the class to be pointless. She told me that everything taught in Freshman Seminar she had already learned to do in high school. On the other hand, there were many students who I interviewed who told me they found this class to be useful.

GCC student Christina Hellen told me that she believed that the information she got out of the class was helpful. She also said that having this class helped to boost her GPA. However, Hellen did mention that most of the material consisted of information that can easily be figured out using common sense.

I also asked these students if they had to pay for this class with their own money, or if they paid for it with grant money. All those whom I interviewed who thought that this class was helpful were grant recipients.

The suicide prevention aspect of this class should be made into a talk that everyone may attend if they so choose. It should also be free for those invited. This could be done with almost all of the topics covered in this class.

The "how to use Blackboard" aspect of this class is not very effective. I believe the remedy to this confusion is to have one class, on campus for every online class, to go over how to use Blackboard. This first class could also be made optional for those who are already well-versed in how to use BB. If this class isn't completely eliminated, at least make **See ORI, page 5**

Proposed gun laws will affect residents of Michigan



Brandon Ingham
Chieftain Staff

free zones would make for very poor decision making.

Another flaw with the bill in my opinion is the entire concept of it. I completely understand wanting our children to be protected in light of recent events but what kind of example would be set to children having people in their schools carrying lethal weapons at all times.

I for one do not believe this to be the environment for healthy intellectual and social growth of a young person's mind. I would instead propose our public schools have state funded and trained security to prevent sick individuals like the one who committed the recent atrocities in Connecticut for ever setting foot on the campus.

I do however feel that the security in schools be outfitted with firearms in case of a crisis but that be securely locked away until there is a need for them.

My proposition is certainly not perfect, and would of course be a drain on state resources but I wholeheartedly believe it to be a better alternative to this proposed bill.

There is too much risk in having firearms brought into our schools like this and it is not the appropriate environment for kids, prevention is a far better method for handling the safety of our young.

In the recent past there have been various new gun laws proposed in Michigan and across the country, one in particular that has really caught fire with many people both positively and negatively is a bill allowing certain people to obtain carry and conceal permits for what are now so called "gun free zones" such as schools or churches.

This bill was vetoed by Governor Rick Snyder (R) after being passed through legislation. In my opinion Gov. Snyder did the right thing.

The proposed bill would make the local sheriff the sole person in control of who obtained said permits for gun free zones and if denied a permit the potential holder could fight it in district court wherein the sheriff can be fined for not issuing the permit.

This is more than one man should bear, knowing you could be fined for not issuing conceal and carry permits for gun

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for the latest
in GCC news!**

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prerequisites for skipping the class. For instance, if a student is non-traditional or has a 3.0 GPA or higher he should not need to take this class unless he wants to. As another possibility, just to cut down

on costs, don't make the book a requirement, or keep a stash of them in the library. This class takes 16 hours out of students' lives; 16 hours that they could be working to make money, or getting

their homework done. To be blunt, this class is merely a collection of slightly helpful tips, an easy A, and a "free" T-shirt. It is not worth \$220 and 16 hours of time. By requiring Freshman Semi-

nar to be taken by all students, GCC is causing students to spend money that they may not have or may need for the future, and time that they could be putting towards other work.

The pros and cons of unions in business

Brian Dary

Political Columnist

Let's flashback to this fall, when the union debate in Michigan really became heated.

It is Thanksgiving morning, the day before the busiest shopping day of the year. The dreaded Black Friday has arrived with much fanfare. The stores have had advertising all week with their special deals, and newspapers were chalked full of the sales flyers. Great competitive pricing, capitalism at its best. It's a madhouse at many stores on this Friday. Bargain hunters eager to find the best deal for their hard-earned bucks. Always most notable is the world's largest retail store, Walmart. Because this is the busiest day of the year at Walmart, some union supporters have decided this would be a great time to protest against what they consider unfair labor practices. Moveon.org (George Soros) has declared war once again on the fact that no unions are formed at any U.S. store (there is only one store in Canada that has unionized). I used to work at Walmart. I consider them a great company, with plenty of incentives to work there and have a decent career, if you like that kind of work. My son has worked for Walmart for many years and has advanced himself quite well. Starting at the McDonald's in the store, he has worked his way up to an assistant store manager. This is not unusual as most of their management people have come from the bottom and worked their way up. All this without any union assistance.

Walmart is vehemently opposed to unionization citing cost control measures. We like lower prices, so we shop at Walmart more than any other chain. Their claim is that if they unionize, it will drive up costs, making them less competitive. That is a good argument. Walmart pay does start better than minimum wage, and if you are experienced, will pay more. If you work full time (more than 30 hours), there are other great incentives included, like stock options, retirement plans, insurance

programs, etc. Everyone gets a profit share from his or her store, depending on hours worked. Therefore, by the national standards that all Walmart stores are supposed to abide by, this is a good company to work at.

Now for the rest of the story. Walmart is in fact anti-union. When I worked there as a department manager, if we heard even a whisper of any unionization talk, we were to report it directly to upper management for appropriate action. That appropriate action is meant to squelch any attempt to unionize. Walmart has had a long history of unfair labor practices aimed at them. From working overtime without overtime pay (which Walmart paid out millions to settle), to forced extra hours in addition to regular scheduled hours. "Requesting" that you take a longer lunch hour, so as not to go over regular scheduled time. Scheduling at odd hours so you cannot have a consistent work schedule in order to get another part time job. Threatening your job if you support unionization.

I want to be upfront on my feelings toward unions. I despise them for the way they manipulate the system to protect worthless employees. Being in management for most of my life, unions have been a thorn in my side, throwing grievances for no reason other than to get themselves out of trouble or upset the work schedule needed to do business.

That being said, I am for unionization of Walmart. The problem is not at the national management level. It is at the store level. They do abuse their workers. Walmart is the nation's largest employed private organization (second only to government employees), but they also have the largest turnover of personnel. Why would that be if they provide such excellent incentives to work there?

Because most Walmart stores are located in communities that are dependent on them for jobs, groceries, and goods, they have an advantage in that most of the employees are too scared to unionize due to job threats. Some Walmart stores have threatened to close when employ-

ees begin the process of unionization. Therefore, employees back down, preferring to keep a job rather than no job. The fact is that Walmart needs a union just to keep them honest at the local level. Prices may increase slightly, but the needs of the many outweigh the needs of the few. They do know that unions are in their near future, and have adjusted job descriptions to cover most of their labor concerns without much turmoil.

Here is the flip side. Do you know anybody who does not like Hostess products? Twinkies, HOHOs, Dingdongs, Wonderbread, and many other baked products are on the chopping block. For several months, Hostess management and employees were in negotiations for a new labor contract. Because of higher overhead and employee expenses, Hostess pled with their 18,000 employees to take an 8% cut in pay. The union wanted a 5% increase, which Hostess said they could not meet. The union, as a whole, voted to reject the offer. Hostess management said if you don't accept the offer, we'll be forced into bankruptcy proceedings. The union took another vote to flatly reject the offer. They were both ordered into arbitration by the bankruptcy court. The union again rejected the offer, and Hostess is now being liquidated for bankruptcy. This is where I think unions have gone stupid for themselves. So instead of taking a pay cut to save jobs, 18,000 employees in several states are now unemployed. I do not know how that solves anything.

By the way, one of the reasons for higher overhead was their brother union, the Teamsters. Hostess was not allowed to have bread delivery trucks haul any other Hostess products. On top of that, the Teamsters would not unload their product, causing Hostess or their customers to unload their trucks. Now there's fairness in trying to keep prices reasonable.

Unions have done great things for this country, creating the middle class. Nevertheless, they have also done a great disservice to our country by not honestly representing workers in just

causes, where there are bad labor practices. They need to take a serious look at what they stand for, better working conditions, not handouts that eventually wreck the companies that those employees work for.

General Motors went toes up because they could not keep up with union demands and still sell their products at a reasonable cost. The sticker price on a vehicle includes 25% or more in labor costs. This makes the cars sell for more than the price of most homes in this area. That is one reason why there are older cars on the road today, especially in our locale.

This area was a great union area at one time. Again, because of poor or asinine representation, they lost jobs instead of holding on to them and making them better. Many people believe, "Right or wrong, unions are the best at representing my labor negotiations!" I do not agree. Union membership is at an all time low. There is a reason for this. People are realizing that unions do not always represent them. They have become institutions that represent only its own best interests. It's no longer an attitude of a decent days work for a decent days pay. It now about what can I wring out of the profits of this company to make my life better than it should be. This has become a way of life in this country and is leading to financial collapse.

What ever happened to the American way of life where people were willing to work harder for a better way of life? Organized labor is strangling the life out of companies with more and more demands on already meager profits. Add another kick in the groin with governmental regulations and you stifle growth and entrepreneurship. Who wants to give their life's work if there isn't some profit in it? The government has gone down this same slippery slope with entitlement programs. Look where that has brought us. The "I want more than my fair share" is bringing the economy to ruin with more people wanting free stuff without working for it. How much longer will the Great American Experiment last?

Staying Healthy

Info about heart attacks

Lynnea Laessig

Special to The Chieftain

Every 34 seconds, somebody has a heart attack. Approximately 313,914,040 citizens reside in the United States. Of these people, 935,000 have a heart attack, and 610,000 of them are first-timers. Often, the first heart attacks are deadly or disabling.

The heart needs oxygen to work, just like any other muscle. Oxygen is reduced when the blood supply is blocked. Plaque (deposits of fat and cholesterol) collects in the arteries, causing them to narrow. This is called atherosclerosis and has no symptoms. Sometimes a piece of plaque breaks off and gets lodged in a narrowed section of the artery, causing a block in blood flow, and leading to tissue damage.

Many factors increase the risk of a

heart attack, but you can control many of them. About 50% of Americans have high blood pressure, high LDL cholesterol, or smoke. Being overweight or obese is another leading controllable risk factor.

Factors that you cannot control are you're age, gender, family history, and race. You're risk of having a heart attack increases with your age and males are more susceptible than women. 25% of Caucasians who have a heart attack die, followed by 24% of African Americans. History of a stroke and diabetes increase you're risk, so it is important to prevent and manage these conditions as well.

The American Heart Association recommends starting heart attack prevention at age 20. Plan with your healthcare provider; get others involved in exercising and eating healthy. Quit smoking—people who smoke a pack of cigarettes a day have more than twice the risk of a

nonsmoker.

One year after quitting, the risk is cut in half. Meet with your healthcare provider to assess your risk, and to plan a heart healthy lifestyle, including diet and exercise.

A heart healthy diet includes low sodium and lean meats. 30 minutes of walking each day decreases your risk of heart attacks, but the more vigorous the exercise, the more beneficial it is) Signs of a heart attack include chest discomfort (squeezing, fullness, pain), or pain or discomfort in one or both arms, the back, neck, jaw, or stomach. Shortness of breath, cold sweats, nausea, lightheadedness, and palpitations also may indicate a heart attack. Men tend to have "traditional" signs like chest and left arm pain and palpitations.

Women often confuse their signs with the flu or acid reflux. They often experience shortness of breath, pain or

pressure in the lower chest or upper abdomen, neck or jaw pain, dizziness, lightheadedness, fainting, upper back pain, or extreme fatigue.

If you suspect a heart attack, call 9-1-1. Don't wait, even if you're not sure it is a heart attack. The amount of damage that occurs depends on the amount of the heart deprived of oxygen and the amount of time that passes without treatment after a heart attack happens.

If you have nitro treatment for angina, you should call 911 after your 3rd attempt at stopping the pain with the nitro.

The heart recovers from a heart attack in about 8 weeks. Scar tissue may form in the affected area, resulting in ineffective pumping. After a heart attack occurs, it is important to focus on preventing another one.

Sources: Center for Disease Control; American Heart Association.

What are your numbers?

Denise Wagner

Special to The Chieftain

A lipid profile is a blood test that should be done every 5 years over the age of 20 to measure cholesterol levels. The profile includes low-density lipoprotein cholesterol (LDL—"bad" cholesterol), high-density lipoprotein cholesterol (HDL—"good" cholesterol), and Triglycerides.

LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. The lower your number, the lower your risk; less than 100 mg/dL is ideal. If you have multiple risk factors for heart disease your physician may want to have an LDL below 70 mg/dL.

The higher the number of HDL cholesterol; sixty or above is optimal to lower your risk. This cholesterol protects against heart disease by taking the "bad" cholesterol out of your blood and keeping it from building up in your arteries.

High triglyceride levels have been linked to a higher risk of coronary artery disease. The chemical form in which most fat exists in food and the body is called triglycerides. Less than 150mg/dL is considered normal.

Your total cholesterol should be under 200mg/dL. This is a measure of your LDL, HDL, and other lipid components. It is important to keep your cholesterol ratio 5-to-1 or lower; optimum is 3.5-to-1; the lower the ratio the lower the risk for heart disease. You can calculate your cholesterol ratio by dividing your high-density lipoprotein cholesterol into your total cholesterol. For example, if your total cholesterol is 175 mg/dL and your HDL cholesterol is 50 mg/dL, your cholesterol ratio is 3.5-to-1.

Some things that you can do to avoid medications to lower cholesterol or to improve the effects of medications are: weight loss, a heart healthy diet, exercising, quitting smoking, and only drinking alcohol in moderation.

Losing 5-10% of your overweight body weight can reduce cholesterol levels. Look at ways to eat healthier by preparing more meals at home instead of eating out and take the stairs instead of the elevator.

Eat less than 300 mg of cholesterol a day; choose lean cuts of meat and skim milk, whole grains, fruits and vegetables, omega-3- fatty acid foods such as: salmon, walnuts and almonds. Stop

See Numbers, page 8

Your heart and smoking

Penny Merz

Special to The Chieftain

One out of every five people dies from the effects of cigarette smoking each year. The chemicals in cigarettes damage blood cells. Cigarette smoking can lead to Atherosclerosis (building up of plaque in the arteries), Peripheral Artery Disease (plaque builds up in the arteries that carry blood to your head, organs, and limbs), and Coronary Heart Disease (plaque building up in the coronary arteries).

When arteries are blocked, oxygen rich blood cannot oxygenate your body properly. This can lead to chest pain, heart attack, heart failure, arrhythmias, strokes, and last but definitely by any means the least: death.

Risk factors such as unhealthy blood cholesterol levels, high blood pressure, and obesity, in conjunction with smoking, increases the risk of heart disease tremendously.

Imagine the impact you have on yourself. Now imagine the impact you have on someone else.

That someone else is someone's baby, a daughter, a son, a sister, a brother, a lover, a mother, a father, a spouse, a

friend, and so on.

Secondhand smoke in children and teenagers also increases their risk of Coronary Heart disease.

It does this by the following: lowers HDL cholesterol or "good cholesterol", raises blood pressure, and damages the heart tissues.

Save your life. Save someone else's life. Quit smoking. Help someone else quit smoking.

Here are few ways to do this. You have to be willing to quit. Every last cigarette you smoke only does damage. Write down the reasons why you want to quit or the benefits of quitting.

Know that it will take a lot of commitment and effort. Sure, you may fall off the wagon but I assure you the wagon is moving slowly enough that you can get back on. Nicotine replacement is also somewhat helpful in reduces cravings for cigarettes.

Take it one second, one minute, one hour, one day at a time. Take it as you can handle it.

Do your research. Find what works best for you.

Here are some other resources available to you 1-800-QUIT-NOW and www.smokefree.gov.

CREATIVE

Space

Standing Alone

Reba Kinnley-Haapala

standing there in the
center of the room
filled with Pain and Hatred
trying to hide the hurt
behind a smile or some joke
there she stands laughing on the outside
but dying on the inside
seeing all the stuff gone wrong in her life
the sadness becomes endless
the pain grows deeper and hate comes out
when fairy tales and true love become lost
her belief in them comes to an end
her end comes in the sadness way
her life
is that the price she willing to pay?

Red = gone

Bethanne Cadeau

The red tint is all I see.
It's like sunglasses.
I want to get it off.
I want to see clearly
Yet, this feeling is
Killing me from the
Inside out. I'm slowly
Losing my grip. I
Don't want to go. It's
Like death but I'm
Still on this Plant
Earth. I'm going now.
I can't hold on anymore.
This redness it taking over.
I don't know what this redness
Is but maybe I'll find out and
I can tell you later. If there is a
Later.

Common Strangers

Miranda Anderson

Every single thing I do
Now is for me, never you.
No longer is it my position
To put first your thoughts, intuition.
Though I wish we ended peacefully,
What ultimately unsettles me
Is after our mutual lifespan,
It is miles apart that we stand.
After our intimate embraces,
Tightened by amorous promises,
Pledges to protect me from danger,
We have become two common strangers.
So, go ahead and be a child.
Refuse to return my kind smile.
Be a coward and simply pretend
Pain doesn't sting and you aren't broken.
Understand I know the truth
And my eyes pierce right through you.

Black Angel

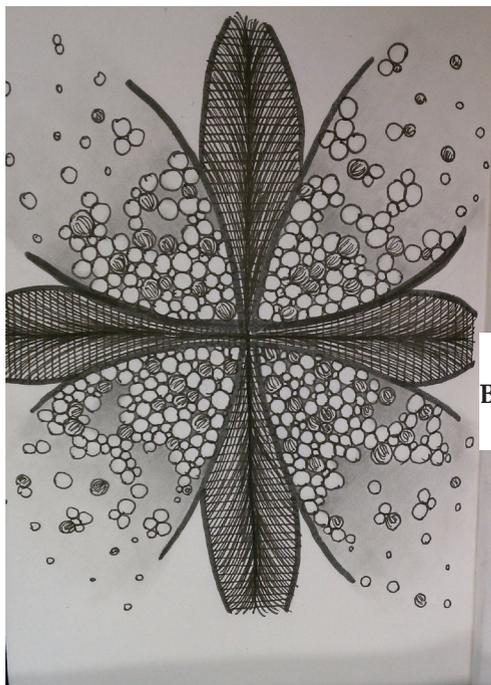
Reba Kinnley-Haapala

Why can't she just give up and die
Let the black angles take
Her to the gates of hell
Where her soul belongs
This hater and pain leads to only one thing
death
She can't picture her with the white angles
All of her life
she has thought about death
Death meant freedom to her
With both sides of the family fighting
The pain doesn't want to go away
all she wants
To do is disappear
from life
from this pain
The gun goes to her head
pulling the trigger
finally got what she wanted
DEATH
And now
she got to see her black angles

Window

Bethanne Cadeau

I'm sorry, My side of the window
Is almost cleaned off. I'm seeing
You more clearly now, but you're
Not seeing me the way I want
You to. I'm opening my eyes
And starting to look at you
With a new perspective. Yes, I
See you looking at me. Are you
Seeing me for me or as a
Young adult. You maybe wiser,
Even older but is age the factor
Or are you scared. I only want one
Thing. I want to clean your side of
The window. Have you seen me clearly
and reasonably. I'm cleaning off my
side.
Will you do the same?



By Sheena Trepanier

Numbers, continued from page 6

eating trans fatty foods-processed foods such as: cookies and chips.

Overweight or not, exercise is beneficial in increasing your HDL. Get your doctors approval for exercise before beginning an exercise regimen.

Quitting smoking may lead to increased HDL cholesterol in addition to many other benefits from not smoking, such as a decrease in blood pressure within 20 minutes of quitting.

Moderate alcohol consumption has been linked to higher HDL cholesterol levels; one drink for women, and two drinks for men. Too much alcohol can lead to other serious health complications such as high blood pressure and a stroke.

If these changes aren't enough medication is the best option to keep your heart healthy, but don't quit your new lifestyle changes.

The Bulge
By Sheena Trepanier



WE HAVE SPIRIT!

