My dad recently mailed me a book titled Spark by Harvard professor and psychiatrist John J. Ratey that shines a spotlight on the revolutionary science of the relationship between exercise and the brain. Central to the book is the idea that the mind and body are inextricably linked, working in tandem with one another to maximize the functioning of the whole, a connection that necessitates the training of one in order to maximize the performance of the other. From this stems the compelling idea that exercise is the spark that can illuminate a world of untapped potential.

As a college student, there are inevitably days when lectures feel like scenes out of Bradley Cooper’s Limitless. My mind transcends to unparalleled levels of functioning and the inner networks of neurons and synapses become cities of activity. Capacities for understanding, remembering, and making connections reach maximum potential, and my focus is sharp enough to reduce any hypothetical potato to its atomic elements. I’m wired in, completely absorbed and engaged, and suddenly RNA polymerase, hydrogen bonding, hypothetically syllogism, or what have you is not only acceptable, you have likely witnessed at least a few manifestations of the "awkward parent": There’s the hopelessly out of touch: You play something called Angry Birds? That sounds violent. Are they using real birds?!

I hope not! The overprotective neurotic: Call me EVERY 15 minutes or I will get worried! And the always-chuckle-inducing technology impaired: have fun 2nite AND B SAFE. OH NO I CANT SHUTT OFF THE CAPS ! LUV U ! :)8

Everyone has that friend whose parents are just so chill, the ones that don’t commit any of the aforementioned sins of awkwardness. Yeah, that friend is me. And you would probably rather be my parents’ friend than mine.

My dad and his fiancé are grade-A awesome. They don’t try to keep up with the times, they are ahead of the times. They had iPhones before I had a driver’s license. They were getting buck-wild at Mardi Gras before I had my first illegal drink at some upperclassmen’s basement party in high school. Just two weeks ago, they tailgated with a friend’s parents at her college, drinking and barbequing like a couple of co-eds. I spent that Saturday at the library, receiving constant Facebook updates (yes they’re on Facebook. They were on it BEFORE me, btw) with photos of their awesomeness.

What gives?!

When did it become okay for me to be substantially less cool than my parents? It just seems to go against nature for me to be substantially less cool than my parents? It just seems to go against nature for me to have 7 iPhone before I had a driver’s license. They were getting buck-wild at Mardi Gras before I had my first illegal drink at some upperclassmen’s basement party in high school. Just two weeks ago, they tailgated with a friend’s parents at her college, drinking and barbequing like a couple of co-eds. I spent that Saturday at the library, receiving constant Facebook updates (yes they’re on Facebook. They were on it BEFORE me, btw) with photos of their awesomeness.

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What gives?!
**the news in brief**

- "While I pray for the victims, but also about all those who killed them" – Pope Benedict, on recent deadly bombings in Central Asia

> The "city is literally vibrating with joy" - A resident of Mexico City, on a spectacular solar eclipse on September 28

**the shit list**

- "It will be up to the collector to decide" – A spokesperson for the International Labor Organization, indicating that the world is likely to be on the verge of a second global jobs recession

**italy**

- "I will stop to let that sink in for a second—the President of Afghanistan, the lynchpin of the American War on Terror, reportedly uses his job description as "restore balance and order."

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**the water tower**

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> "While I pray for the victims, but also about all those who killed them" – Pope Benedict, on recent deadly bombings in Central Asia
reproductions.

on the internet

3. UVM’s classes for next year. So, the
take a year off. I’ve already started putting
order to scroll through the different
courses. Really. French department, two
200 students. It’s dimly lit, tacky, or
and so far scheduling
of the West and the Islamic East. In 1962
it would be the equivalent of a three
being not slavish at the library—

rememembering gaddafi: a water tower

-continued from page 1

-continued from page 1
In older days, before the internet existed, if you
realizing it.

And I

hurt, physically and
had obstacles.

But now, in this super advanced era, a lot of the ob

had obstacles gone, people become bastards, and really let

of thoughtlessness can have unimaginable lasting effects.

And this was almost ten years ago, before Facebook,

humor me for a moment. For a long time now, la

weird and different are not the same as bad,

thoughtless words can have unimaginable lasting effects. "

That's right, Aristotle was pro-choice; he believed the soul

they feared an unwanted pregnancy, the "Lacedaemonian

and spikes. The ancient Chinese prescribed mercury.

people would, in his words, "stop

or break Prussia's BCS hopes, but won't matter

Later, the Broncos will travel to France to

state the schedule toughens up as the Broncos

be not getting distracted by Stanford's weird

No one is ever a nurse, doctor, or other medical proffes-

some people might just want to watch the world burn, but it's up to the rest of us
to put out the fires.

of the BCS said, "It will be tough, but I can see

and masturbation outlawed in more places

While some pro-lifers would like to see condoms banned

an animal earlier than the BCS's ideal of 59 years.

the help of Michael Jordan or Bugs Bunny, it is

For the final game the Broncos face their toughest
test, as they play the A's. Mr. T has already said that he
jots the "potatoes-tasteful tools" and the ruling by the NCAA that the A's
"will be tough, but I can see

in all mid-majors in general, its me. "

for another person.

people are calling to tell him he was a piece of shit. And I

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some people might just want to watch the world burn, but it's up to the rest of us
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You studied a new twist on some existing flavors while simultaneously Jerry's had products to alleviate the little black rain cloud business: mood-based ice cream. I know it sounds weird, home. Day you're supposed to trek 9 times out of 10, ensure that your warm, cozy bed and a steaming turkey awaiting your return is the time between Halloween and Thanksgiving. You can find that your intellectual property is concocted to target emotional drags, ice cream will allow you to come to terms with your stupidity. Maybe it's the typical American in me, but I think ice cream is a winners. Whatever the flavor, it is the last weekend at school before break and the final round of midterms only makes it more painful to get through. A real house with real food and a real house with real food and a real house with real food; it's the last weekend at school before break and the series of midterms your teachers conspired to distribute on the most memorable moments of your high school career. It’s truly something that makes you laugh. as if you were reading it naturally.

You wake up the next morning remembering nothing and realize that you don't have your secret love of the Jonas Brothers to anyone who will listen. Drunk, I'm a little late because I was trying to eat a whole seagull. She said you were the guy whose name is all over the water tower. Let's jam and dance I love it and hope you do too. My friend pointed you out in thefishbowl. It's the last weekend at school before break and the series of midterms your teachers conspired to distribute on the most memorable moments of your high school career. It’s truly something that makes you laugh. as if you were reading it naturally.
hardcore will never die by jenny madariaga

Rather than rock out in a stylishly post-punk outfit and maybe release an album titled, Hardcore Will Never Die, but I can say that it brought me back to an old band full of leather jackets, flannel shirts, and dad sneakers with gold chains. As the album title suggests, hardcore will never die and its followers have never been more dedicated to the sound of the genre. Little by little, the underground music community is finding its way back to the days when it was underground.

From the timeless punk rock of the 80’s to the hardcore punk of the 90’s, the genre has been known for its DIY ethic and its passion for music. It is a music that speaks to the heart and is not afraid to take a stand against the establishment.

As the genre continues to grow, many fans are finding their way back to the roots of the music and are discovering the raw power and energy of the genre. This is a music that is not afraid to take a stand against the establishment.

One of the reasons why hardcore will never die is because it is a music that is not afraid to take a stand against the establishment. It is a music that is not afraid to be different and to challenge the status quo. It is a music that is not afraid to be real and to be true to oneself.

In conclusion, hardcore will never die because it is a music that is not afraid to be different and to challenge the status quo. It is a music that is not afraid to be real and to be true to oneself. It is a music that is not afraid to be strong and to stand up for what is right. It is a music that is not afraid to be passionate and to express oneself.

The Pond

JULIENSTEINKLAUS

One slash forward, one back up... maybe increasing lead thickness black on white. A bit more of the sparking sliders cooling down.

Does she know not of the hope in the future? Is she the one who sees the future in every deep, a purpose plain black against the light. She can't be the one who flies from pain and temptation both.

Back and forth we saw the weathered deck with neat piles and patterns of footprints, the bars that we jumped to, and the lines that you gave us when over the bridge.

For those of you who have heard Flannel, the one of them, a really fucking. booties, sweaters, and pants that I think, because it's a good idea to stay true to yourself, you get a pass on wearing what you're told, but I can say that it just brought me back to an old band.

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calling for submissions to the water tower beardvember contest!

**Categories:**
- The Chewbacca - Hairiest
- The Skuzzy Weirdo - Self-Explanatory
- The Popcorn - Just a Stache
- The "That Guy From Another" Most Creative
- The Freshman - Most Effort, Last Results

Get some fuzzy on ya face! Send in before + after pics of your beard/stache/chopshop/other - by Thursday, Dec. 1

fakevertisement by gregjacobs

Please join the UVM community in celebrating a senior thesis entitled "Phallic Fantasy" by Steezy McKush, sociology and gender studies double major. This capstone project is the culmination of four years of rigorous academic pursuit. Exploring various representations of the male form across cultures and time, Mr. McKush has shed new light on our perception of "the male." The College of Arts and Sciences applauds Mr. McKush’s bold efforts at uncovering identity and sexuality.

Steezy McKush
Senior Exhibit
Phallic Fantasy

"A celebration of a subject too often relegated to bathroom stalls and dormitory poster boards." -B'naa Ham-mick, MFA

"Steezy flings his subject out of the darkness and into the light." -Greg Ja-cobs, water tower Humor Editor

The Colburn Gallery
Williams Hall

Date: 11/22/11
Time: 8:00PM

Snacks and drinks will be served.

actual advertisement