Bullying, something that every person has seen, been impacted by, or heard of, but what is bullying? Bullying includes teasing someone, talking about hurting someone, spreading rumors, isolating peers, physical violence, like hitting or punching, and verbal insults, like screaming, calling names, etc. People get bullied for many different reasons, but usually, it's the people that are “different”, or that are already alone that have to deal with the bullying by themselves. Bullying can result in mental disorders, including depression and even suicidal ideation or attempts. That is why it is important to stand up for people that may be having trouble doing it themselves. If you see people dealing with this, whether on campus or elsewhere, do something. It is time to take a stand for those who cannot.

Lung Cancer: What you can do now to prevent it

Lung cancer, why would it be necessary for a college student to worry about a cancer that usually only shows up at age 77? Because lung cancer is a very serious cancer, that in quite a few cases, can be prevented. As of January 1, 2012, there were 412,230 men and women living in the US with a history of lung cancer. The survival rates are very low even though technology has improved greatly. The most common cause for lung cancers is smoking. So in honor of Lung Cancer Awareness Month, here is some information. Smoking is the leading cause of lung cancer, but environmental factors, such as pollution, can also increase your risk. Also when dealing with old buildings, it is known that people should be very careful of asbestos and other old building materials because they can cause specific lung cancers. 

Happiness is the Key to Success

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” ~ Albert Schweitzer