

# Happiness is the best medicine



## Happy = Healthy

by Courtney Straub  
staff writer

The best way to stay healthy in the middle of a cold, Erie winter is to be happy. Research shows that happy people are healthier than those who are sad and depressed all the time. By allowing yourself to experience happiness you are allowing your body to be healthy. Don't be afraid if you've never had a happy lifestyle before. The following tips will help turn your life into one full of smiles.

1. Hang out with cheerful friends. If you are constantly surrounded by happy people, you won't be able to help but being happy.
2. Laugh a lot. Not only will it burn calories, it will also keep you in a good mood.
3. Surround yourself with mementos that are special to you. It may be pictures of your family or pets, posters, plants, or keepsakes. These items will make you smile every time you look at them.
4. Sit up straight. Good posture is great for your health.
5. Let your face be alive. Smiles are infectious and a great way to brighten someone's day. In turn, you will feel good for making someone else happy.
6. Move energetically. A fast walk to class will increase your endorphins and make you feel happy!
7. Read a book. Escaping into a fantasy world can relieve the pressures of daily life.
8. Call your best friend - just to talk. Hearing a nice, friendly voice will lift your spirits.
9. Focus on good memories. Although it may be hard, don't dwell on an unhappy past.
10. Tell someone you love them! Whether you tell your mother, brother, girlfriend, or pet, make sure you let someone know how much they mean to you.



Behrend students Adrienne and Alyssa smile for the camera (top); students Annie and Lauren share the joy of cookies.

## What Makes You Happy?

"My friends, my sisters, and my family make me the happiest in the world. There's nothing better in the world than knowing that no matter what, you're never alone in anything that you're going through and someone will always be there right by your side."  
-Bethanie Falletta, 6th Semester

"Happiness to me would be, sitting back with a case of Beast Light, watching the Steelers win the Super Bowl and getting that one for the thumb."  
-Ed Dearolf, 4th Semester

"Playing the piano."  
-Laura Paccosky, 2nd Semester

"Sleeping in on a Saturday morning and then you wake up and think, 'Oh god, I have stuff to do,' and then realizing you don't have anything to do."  
-Chuck Orton, 6th Semester

"Being surrounded by friends and knowing that I'm loved."  
-Amy Raslawsky 2nd Semester

Some websites to go to make you happy:

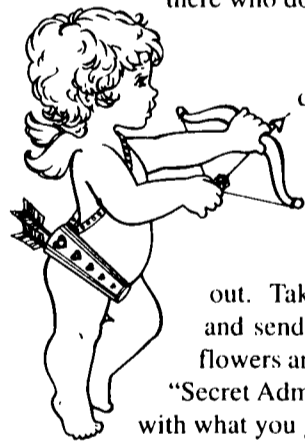
- Makemehappy.com
- Greetsomeone.com
- 123greetings.com

## How to be happy when you don't have a valentine

by Erika Jarvis  
staff writer

This year Valentine's Day falls on a Friday and for many people, this is an exciting time: flowers, candy, teddy bears and valentines! For others this isn't the best time of the year. For them, it is a bleak rather than a happy day. While there is a mystery behind the story of St. Valentine and why we honor him on the 14th of February every month, all we know is it is a great day to be happy and spend it with the one we love.

Yet, what if you don't have a valentine? Don't fret, and don't get depressed over it either. It is just a day that comes around once a year. One shouldn't be down on this day! So, here are some tips for you guys and girls out there who don't have a valentine this day:



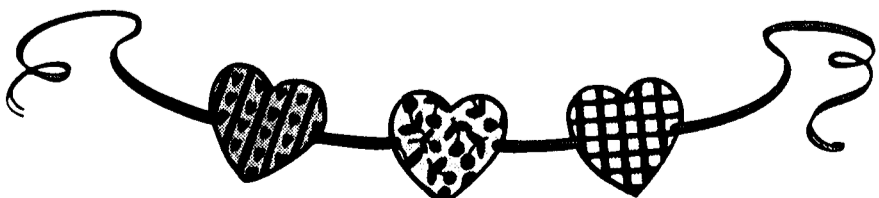
**Girls:** Don't freak out! Be proud to be an independent woman. It is much more attractive to guys to see a girl who is independent and okay with the fact that she doesn't have a boyfriend. Yet, if you are still feeling blue we have some things to help you feel better. First, the one gift we love to get on Valentine's Day is flowers, so don't feel left out. Take some tips from Alicia Silverstone in "Clueless" and send yourself flowers. No one has to know who your flowers are from, especially if you address the card from your "Secret Admirer." Or, better still, tell the florist to surprise you with what you get sent so there is some sort of mystery when they arrive.

If you're on a budget this Valentine's Day, then go the cheap route and treat yourself to a "spa" night. Stay in for the night and put on your favorite music and give yourself a facial. When your skin is clean, and your pores are tightened why not continue the spa night with manicures and pedicures? When it is all done, you'll feel relaxed and rejuvenated and in high spirits.

There are many things out there that you can do to be happy on this day, buy yourself something expensive, buy yourself a box of chocolates and feel free to eat the entire box! If buying yourself a gift isn't something you are into, find another friend who is also dateless and plan to be each other's valentine. Exchange cards, candy or even spend the night watching your favorite movies and pigging out on junk food. If you aren't down with staying in, round up your friends, get all dressed up and find a party and pretend this Valentine's Day is a Friday night, unlike any other.

**Guys:** I know it's hard for you this Valentine's Day with the campus being low in the female department. I also know that you guys are pretty okay with not having a date on this day. Yet, if you are feeling a little upset about being left out by your guy friends who have dates and are going out, find your guy friends who don't have dates. All of you can go out to the mall, movies, or to dinner and try and find some girls to hit on. Pretty much do what you boys always do, hang out with your buds and go out to a party and have a fun time!!

So this Valentine's Day don't be upset just because you don't have a valentine. Remember, Valentine's Day is just one day but of the 365 days in the year, don't let it bring you down. Do anything you can to stay happy on this day. If these ideas don't interest you, do whatever works for you and have a great time. Maybe next year you'll be the one giving your friends advice on what to do when they're dateless!



## F.Y.I.

So you've read how you and others can happy here in dreary Erie and on Valentine's Day. We've given you lots of advice so we just want to let you know where you can go to buy flowers, send e-greetings on line and more!

**Flowers:** Here are the telephone numbers of local florists in the area and some not so local florists

**Forget Me Not Florist:** 453-6161, located on 1621 W 26St.

**Tillman Florist:** 455-2639 located on 3106 Peach St.

**American 800-Flowergram.com:** 1-800-315-0485

**Express Florists:** 1-800-453-5672 or expressflorist.com

**E-Greetings:** When you're low on cash and still want to send that special someone a card, why not send them an E-greeting? They're free, fun and you can personalize it, so it still comes from the heart

**Flavia.com:** This site has every kind of greeting card you could send to a girl; they're romantic and even musical

**Americangreetings.com:** There are so many cards you can choose from. There is a card for every occasion, everything from "Hi!" "Happy Grandparents Day" to "I love you"

**Bluemountain.com:** The same with this website, too many cards to choose from. Yet, the perfect one is on here somewhere for you

**Hallmark.com:** Need I say more? This site is for those of you who care enough to send the very best

**Everything else:** Whether you want to buy a card, or a box of chocolates or even a teddy bear there are plenty of stores in the area that can help you out

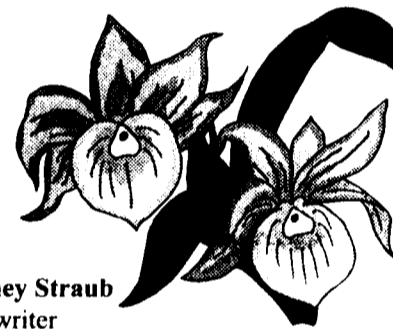
**Hallmark:** This store was created for Valentine's Day! They have candy, stuffed animals, cards and so much more

**Behrend Book Store:** Yeah, in case you didn't know, they actually have cards there for when you have forgotten to get off campus to grab one.

**Giant Eagle:** Sounds weird but this chain of grocery stores has everything in it. This would be the best place to hit up for a one stop shop! Here you can find flowers, cards and candy!

## Flowers are a simple way to increase a healthy lifestyle

by Courtney Straub  
staff writer



Flowers have a healthy, emotional impact on those who receive them. They create feelings such as pleasure, satisfaction, and delight. When people receive flowers, a smile comes to their face making them instantly happy.

"I feel special and loved when I receive flowers. It lets me know that someone cares," said Leacy Sauer, 2nd Semester.

People's well being is also increased when in the presence of flowers. Whether it is the color or smell of the flowers, people experience calmness when they see flowers.

Flowers help set a relaxed atmosphere in any room, which can lead to more intimate contact with family and friends. They can create a more homey and sharing environment to bring people closer together. This may be one reason that flowers are sent to funerals. It helps trigger the happy emotions and allows people to remember good things about the deceased.

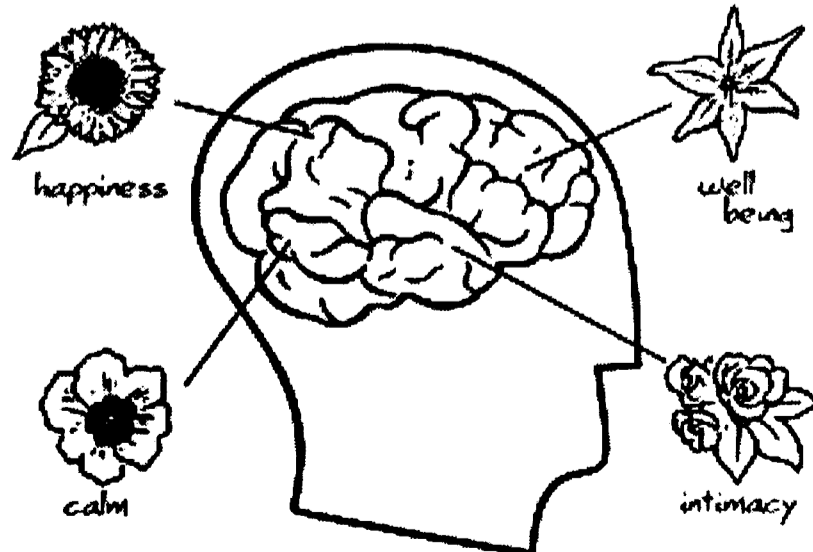
Instinct tells us that flowers make us happy but in reality they can do more than that. Instead of turning to medicine or therapy, make flowers a part of a your healthy, happy lifestyle.

"I love having flowers in my room because they bring the room to life. They also give me energy," said Patrice Stewart, 2nd Semester.

Sending flowers is a great way to show someone that you care. Whether the flowers are from your yard or florist, increase someone's happiness by giving one.

## The True Power of Flowers

Research conducted at Rutgers shows flowers have a positive impact on emotional health.



Source: Emotional Impact of Flowers Study, Rutgers, The State University of New Jersey