

REALationships 101:



Why am I worried?

Is this what we have become?

Have we thrown it all away?

BY ERICA SPALTI | Online Editor

Dear Erica,

My boyfriend and I have been dating for a year and I know I have nothing to worry about; however, I feel that I am being overbearing and suspicious about what it is he is doing and who with. I have brought it up to him that I feel vulnerable and insecure and how he feels about our relationship and it gets worse and we have little arguments. I just don't know what I am supposed to do or if I have a reason to feel so insecure about the relationship? I feel like he is going to dump me any minute and I am just going to be replaced with the next best thing.

Thanks,
Troubled girlfriend

Dear troubled girlfriend,

We have all been in your shoes. In fact, I was standing there this past weekend. Let me answer your question in two parts.

It is okay to feel vulnerable; however, it is unhealthy to feel like that all the time. It is good that you two have talked about it and that he knows how you feel – it shows that you two can communicate. As for the arguments, I believe that you cannot have a relationship without arguing at some point. I'm not saying fighting – I'm saying arguing. If you are in a relationship and you don't express your feelings and talk about your differences, then you are ultimately lying to your partner. If you hold in your emotions for so long, you will end up exploding with anger, sadness, and fear one day. Your differences are what contribute to a working relationship.

You can't keep worrying that he is going to dump you, or you are going to ruin your relationship. It's okay to feel scared from time to time because you really like this person. However, try not to worry about it too much. I was feeling how you are this weekend and I finally let my boyfriend know all my worries. He put it in the best way, "I loved being single till I realized that I wanted you in my life and I don't want you to not be in my life, so why would I ruin it?" Great advice from a guy huh? Since you two have been dating for quite some time, I don't think you have anything to worry about. Keep communicating your feelings and you'll be fine. And if it turns out he breaks up with you anyways, he is not the guy for you.

X.O.X.O.

Erica

Got a relationship problem and you need some outside advice? Send me an e-mail at cwuobserveronline@gmail.com.

Ask Tina Sparkle:



Dear Tina,

How do you know when a relationship is coming to an end? I feel as though my boyfriend is losing interest but when I ask if everything is okay and if we are okay, he says we are good and we are fine. But I feel so insecure about myself and that I am just not good enough for him right now. His friends have a predisposed opinion of me being a bi**h but I am not like what they say I am. I feel so though I may be letting what they say get to me and affect what I feel about the relationship. I have attempted to talk to him about this and he says he is not going anywhere. Do I need to worry? I feel insecure and worried. What do I do?

Thank you, Insecure

Dear Insecure,

You are probably feeling this way because of the word choices your boyfriend is using with you. When a man says to a woman, "fine", or "good" they register as "I'm not fine" or "nothing is good about this", but your boyfriend seems to be counter-acting this by saying "I'm not going anywhere". This means exactly what he is saying. That is one reason that you could be torn between what he is saying.

As for his friends, they are just trying to watch out for their friend, and sometimes they will put a new relationship through a blender, and if you can survive it you are worthy. It's totally cliché but sometimes you can't let the sticks and stones break your bones. If this boy is someone you want to be with, then girl, you go get him, because like he's told you "he isn't going anywhere".

Some advice for when you are feeling insecure, from my experience, is to sit or lay down in a quiet room, close your eyes, take four big deep breaths (not normal either, make them big and make them count), then with your eyes still closed count backwards from 10 to zero. Finish it off with another big deep breath, open your eyes and continue on with your day.

I hope this helps you, and remember to relax and just live in the moment, be happy and laugh often.

LOVE ALWAYS, *Tina Sparkle*

If you think I care, WRITE IN and see!
asktinasparkle@yahoo.com



Deep Thoughts

BY QUINN EDDY | Thinker

My friends,

I'm relieved my hamburger can be helped.

Now that I own a Carhartt jacket, I feel the logical next step would be to change my Xbox live name to BigCountry.

The idea of a magic carpet is pretty out of hand. They probably wouldn't be very safe for dogs.

Some people have goofy names. I have a buddy whose last name is Buffalo. On Easter Sunday I drove out to his house to get my Xbox and his entire family was there. I couldn't come up with anything funny to say other than that I got to meet the entire herd.

At Fred Meyer one of the automatic door was slow and I saw someone run into it. YouTube videos get paid after a certain amount of hits – business partner anyone?

After my second million I plan on getting season tickets to every NASA launch.

My relatives deep in Minnesota would think

the Redbox video rental system is some sort of witchcraft.

Our parents are starting to get caught up with technology. It's disturbing when I get a text and get all excited thinking its going to be some hottie and it turns out to be my Mom.

She uses phrases like, "I'm pleased as punch."

As of now I'm starting the third quarter of Deep Thoughts with Quinn Eddy. In two quarters I've only had one person ever write in a negative thing about my weekly word snack. The other day I put on my creeper cape and found out where he worked.

Of course I had to introduce myself. He's surprisingly polite and has soft hands.

This week's vocabulary enrichment came from the way a buddy of mine described the recent Sandra Bullock blockbuster. Cozy (adj.) – term used to describe the movie The Blindside. Used in a sentence. "That movie The Blindside was just the coziest."

JEREMY'S JURISDICTION



BY JEREMY VIMISLIK
Opinion Editor

On March 23, all of our lives changed forever. What happened? President Barack Obama made a change!

For those who don't know, March 23 was the day that Obama signed the Healthcare Reform bill into law. Just two days before, the 111th congress of the United States passed the revolutionary bill in a 219-212 vote after more than a year of debate. All 178 Republicans opposed the bill, along with 34 Democrats. So much for his promise to forge consensus between parties. The bill also didn't make the

radical changes he had hoped for.

What other promises has Obama botched in the White House in his first 442 days in office?

Obama said he would close Guantanamo Bay the day after he entered office. Well, it's still up and running (although waterboarding is now code-named "bobbing for apples").

In February 2009, Obama gave us an economic rescue package at a cost of about \$825 billion, then he gave \$3 billion to the Cash for Clunkers program, and now he has unveiled the 2011 Budget Proposal which adds a whopping \$3.69 trillion to the \$12.7 trillion national debt.

Isn't the entire reason why we – well, **you** – all voted him into office was to see change? Well where'd all my change go? For one, I have none in my pocket, and for two I have no idea where all my campaign promises went, chief.

Obama got elected because he was charismatic and intelligent, and let's face it – not a war-happy Republican like 'Dubya.

Obama is the President of the Unit-

ed States of America. Now, if he is the most powerful man in the world, then why doesn't he get anything done?

Now, if you know your Tolkien, one cannot simply walk into Mordor - or easily bring Republicans to your side. But, couldn't he rally all of Congress behind something that would help everyone and the Earth too? How about in lieu of taxing car companies that make guzzlers, why not push Congress to require every American car manufacturer to produce hybrid-electrics or hydrogen cars that get a minimum of 70 miles to the gallon by 2020?

The technology is already here. On March 29, some Canadian students won Shell's Eco-Marathon by creating a car that got 2487.5 miles per gallon. Suck on that Prius owners. Albeit the winning car looks like a sardine, the technology is amazing in this day in age, and 70 mpg is easily attainable.

That would be a change that we could all see. Now, here is a list of how Obama's fared on keeping his campaign promises from our savior, Obama.

Obama's Campaign Promises:

Broken:

- Double funding for afterschool programs
- Urge states to treat same-sex couples with full equality in their family and adoption laws
- Support human mission to moon by 2020
- Reduce earmarks to 1994 levels
- Recognize the Armenian genocide
- Negotiate health care reform in public sessions televised on C-SPAN
- Tougher rules against revolving door for lobbyists and former officials
- Double the Peace Corps
- Stalled:**
- Restrict warrantless wiretaps
- Provide a path to citizenship for undocumented immigrants

In the works:

- Repeal the Bush tax cuts for higher incomes
- Invest in electronic health information systems
- Fully fund the Veterans Administration
- Begin removing combat brigades from Iraq
- End the use of torture
- Close the Guantanamo Bay Detention Center
- Seek verifiable reductions in nuclear stockpiles
- Centralize ethics and lobbying information for voters
- Secure the borders
- Secure nuclear weapons vulnerabilities in four years
- Strengthen antitrust enforcement
- Create 5 million "green" jobs
- Reduce oil consumption by 35 percent by 2030
- Create cap and trade system with interim goals to reduce global warming

Source: www.politifact.com