

Stressed Out

Aaaagh!!! Oh . . . that feels much better. Sounds familiar, doesn't it? Friends, let's talk about the big S-word; STRESS!! You can't hide from it! It's everywhere. From your halfway done term paper due next period, to the big sporting event you're favored to win, to the girl/guy in your fifth period class who you'd love to talk to but agonizingly can't, stress is there. As leading scientists on the study of stress and fellow sufferers, we have listed here its most prominent symptoms:

1. Irritation
2. Exhaustion
3. Darting, suspicious eyes
4. Pulling of the hair
5. Having stubs of flesh where nails used to be
6. Listening to classical music at high speed
7. Having a heart attack at the age of 16

If you or anyone else you know is suffering from any of these symptoms, go straight to the refrigerator and discover a whole new, chunkier you!! Good Luck!

