

Senior finds solace, friendship in pranking wars

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In my second year of college a war began between two groups of close friends.

To clarify, this war would best be described as a few alternating punches of practical jokes between friends.

What started out as hypothetical laxatives in brownies, turned into the possibility of smelly objects in vehicles.

These practical jokes, while gruesome, have been some of my favorite memories from college.

The first time I pulled a prank was long before my collegiate years.

However, it was in college that I met my matches in pranksterdom, formed a team and pranked like a pro.

Although I would like to say that some of our pranks went down in history as The World's Greatest Prank, they were far from worthy of such a title.

Nevertheless, to know and be loved by us, was to be tricked by us.

Life can be immensely boring and predictable, especially compared to the dramatic interpretation of life in the movies.

So, however trivial and small our tricks turned out to be, they always made life more interest-

ing. Our practical jokes connected our small pranking force and united us with new pranksters.

To put it simply, pranking is fun!

As a rule, pranks are usually received in a shocked yet fun and vengeful manner.

After the first prank is initiated, the victimized party should retaliate.

This is what is called a prank war.

A prank war is a fun bonding experience for all involved. Rule number one of pranking: You must prank back.

Unfortunately, some of the victims of practical joking will not be too fond of the trickery.

Rule number two of pranking: You must be a good sport. There is no crying in pranksterdom!

Practical jokes are expressions of love.

You should be honored if you are an object of such affection.

Rule number three: You must dress appropriately. The best part of a prank is the adrenaline rush that comes with the potential of being caught in the act.

Remember, pranking is a game, so you must play the part.

Wearing all black makes you feel stealthy and unstoppable. Rule number four: Be prepared for flexibility in the stra-

tegic prank plan.

You and your team may have the perfect strategy, but you never know what scenarios might arise.

What would you do if you heard the door to the house you were toilet papering creak open?

The fifth and final rule: Do not get caught (or at least don't do anything that may cause irreparable harm to the pranked or horrific consequences to the pranker).

If you do get caught, refer to rule number four.

Furthermore, refer to rule number three and you will not get caught.

Nonetheless, if you are caught mid-act, it makes the experience that much more memorable for both parties.

Pranking can be a unique and rewarding human interaction.

Do you want to have fun and live life to the fullest?

I invite you to join in on interacting with your friends, especially the ones who take themselves too seriously.

Practical joking has the ability to make life less heavy.

If pranks could talk they would say, "You are fun. I am fun. Life is hard, but life is fun. I want to have fun with you."



BRE LOVE/COURTESY PHOTO

Some pranks can be considered relatively innocuous, but some are borderline questionable. A popular prank is "clothing" the Dr. Scales statue; some may consider this disrespectful.

Dietary supplements to be used with care



KATIE GILBERT/THE BISON

Many students across the nation use dietary supplements to achieve health and weight loss goals. Experts advise users to research each product and live a healthy lifestyle.

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Summer is around the corner.

The next thought may very well be how is that New Year's resolution to lose weight coming along?

During that first week in January, anyone who walks into the gym will notice the ubiquitous hip blender bottles—and that they all have some kind of supplement in them.

Everyone's heard that supplements help produce results, but what about all the negative connotations associated with taking them?

Some people think that these supplements are just placebos, having no affect, or they assume that they all contain steroids.

Fortunately, all these supplements are very natural and are a good addition to a workout.

"At first, I was extremely hesitant before using supplements, because I was uncertain if they were safe or not," said Hunter Rials, junior physical therapy major at Oklahoma Baptist University and a frequent supplement user.

The ability to know whether a certain product is reliable is hard to ascertain, because there are several brands sold everywhere.

Rials said it was easier for him to find the "right" supplements, because he had actually received some

good advice about the topic.

"A good friend of [his] had been taking supplements for years, and he explained to me that all of the supplements such as protein, and pre-workout were made of natural things that we find in our everyday diets," Rials said.

It is easier to find what supplement to use when you don't have to worry about the ingredients and you know what you put in your body is beneficial.

Progress is key, Rials said.

"After working out with [a knowledgeable friend] for a couple of weeks, I was able to witness the incredible progress he was making from taking these supplements, and I believed that there could be nothing wrong with these supplements," he said.

What several people seem to forget is that these products are designed to help improve workouts and produce results, and that is what the users expect from these supplements.

Perhaps the most confusing elements about dietary supplement is deciding what supplements to take and what affects you receive from each one.

"There have to be hundreds of different products that claim to have different effects when you work out," said Cody Humes, junior strengthening and conditioning major at Oklahoma Baptist University.

For someone to know what he or she needs to take or what provides him/her with the best results takes a lot of trial and error.

The best advice for a beginner, is to start small.

"You would probably start off with taking multi-vitamins, fish oils and Whey protein," Humes said.

"What the vitamins will do is make sure they are getting all the essential vitamins in their body they are probably not getting from their food; the Whey protein will help with muscle recovery," Humes said.

Weight room goals can be met by just by using these simple products.

Some users may consider simply adding basic nutrients if they are hesitant about introducing unfamiliar compounds into their diet.

"[You can add] the same vitamins and protein, but add a basic pre-workout and Creatine," Humes said..

"The basic pre-workout will provide energy, focus and endurance (if Beta Alanine is included in the pre-workout, because it prevents lactic acid). The Creatine will help increase muscle and decrease fatigue," he said.

Some people dislike Creatine because of the increased water intake needed.

"When using the product you have to drink about eight glasses of water daily if not more, because all that water is being drawn into the muscles making them increase in size, so sometimes it makes you feel bloated," Rials said.

However, water is never a BAD thing to add to a daily routine, he said.

When starting or continuing a workout lifestyle the way we eat is always an important issue.

"For the most part your diet does not have to change dramatically," said Ryan Guthrie, junior Biology major at OBU.

"The only thing you should probably pay special attention to is the amount of water you drink," Guthrie said.

Guthrie suggested any muscle-mass program increase water intake.

"When you take these supplements they help you gain muscle mass and improve your workout, so the amount of water you need will dramatically increase," Guthrie said.

We all cherish our favorite's food and it is hard to let them go, but when working out and using supplements you just have to remember to eat clean and drink water to be able to get the results you want.

An issue that seems relevant is the difference between male and female.

"When you break it down between guys and girls, there is not much of a difference," Guthrie said.

Girls are often scared to take many supplements, because they do not want to get too muscular or they believe that the supplements are too strong for them.

"The only thing I would tell them not to take is Creatine; they probably would not want to this supplement, because of the water weight they would gain and the intense increase of muscle mass," Guthrie states.

Guthrie also explained that females probably would not "bulk up" because of their diet.

"Girls usually lean towards the non/low fat products, because they are usually trying to lose weight," Guthrie said.

If toning up, building muscle or losing weight is the goal, then many students agree there is nothing wrong with the use of supplements.

Healthy ones, used wisely, will only help reach the desired goals and achieve the body wanted.