

THE TOILET PAPER

"It's only when we wake up that we realize something was actually strange



KCECH, WEDNESDAY, 11/7/2012

IN SLEEP: LUCID DREAMS



Have you seen Inception? (If you're answer to this is no, then go watch it immediately!)

Just in case you haven't, I'll give you a quick overview. The movie is about lucid dreaming, the ability to control your dreams.

Did you think it was fake? Just part of the movie? It's not. It's real. And you can do it too. You just need to know some tips and techniques for how.

The most important thing is to keep a dream journal. Find a notebook and pen and put it right by your pillow. Whenever

you wake up with a dream in mind, write it down.

Learn the various signs that you are in a dream. Common ones include: light switches not working, digital timepieces not working, and not knowing how you got where you are. Some signs may be specific to you. If something alerts you to the idea that you're dreaming, write it down.

Look for these dream signs during the day as well. This trains your mind to look for them when you are asleep.

Interrupt your sleep after a few hours and then go back to sleep. While falling asleep again, think about what you would like to dream about.

Looking for more information? Check out the links below.

bit.ly/lucidlaberge

dreamviews.com

U.S. DREAM ACADEMY BY ELI BERNSTEIN



COME GET TO KNOW US! GET INVOLVED: BECOME A MENTOR TO A CHILD IN NEED!

FALL INTO MENTORING: NOVEMBER 17th 1pm – 4pm

LOCATION: THE BISTRO (Houston Hall)

Consider becoming a positive role model to a child who is looking for a caring adult to be their friend.

ONLY A 1-HOUR PER WEEK COMMITMENT

FREE FOOD AND DRINKS will be provided! PRIZES, GAMES, AND FUN



SAVE THE DATE (iPhone)!



SAVE THE DATE (Android)!

Oasis Product of the Week



HANK'S ROOT BEER AND **BIRCH BEER**

On sale starting today the 7th at a low price of \$1.50 (was \$1.75).

DEAR TP

I received no suggestions for the advice column that was posted last week. (Where is your heart?)

What I did receive however was a response to the letter. I was asked to post it in the TP for all to see so here it is.

"Baby, I am so sorry. I love you so much, you are the love of my life, I have been crying every day because I miss you. I would do anything to make it up to you. Just give me another chance, I only need one more. I promise I will make it up to you. I just can't stand the thought of losing you.

Not after the most incredible couple months of my life. Just take me back sweetheart, just remember our song."

Heartbroken

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
Calendar Key	5	6	7	8	9	10
KCECH	Monotypes and	Election Day	The First Crusade	Philadelphia,	StrengthsQuest	Biosphere Tree
Penn	Stencil Printing	Study Break		China, Chinatown	Workshop	Planting
Philly & Beyond	When I Grow Up					Acoustic Africa
11	12	13	14	15	16	17
Bands of Brothers Benefit Concert	Blood Drive	WiCS Workshop	Beyond PennLink Dinner Discussion	Election and Fact Check Discussion	Semi-dormal	Biosphere Morris Arboretum Trip
18	19	20	21	22	23	24
UNICEF Hunger Banquet	Gaming Night	Smokey Robinson	Thanksgiving Eve Party	Thanksgiving House Dinner	Black Friday	Looney Tunes Shorts

Character of the Week



CAROLYN BAVINGTON

is the Special Events Manager. When she's not planning formals, semi-dormals, or trips to Philly's most notable attractions, she enjoys singing in Atma, UPenn's allfemale South Asian fusion a cappella group. She also loves to speak Spanish (her major), dance, and play guitar. So, if you happen to see a girl singing and dancing to Beyoncé, mumbling under her breath in Spanish, and so ethnically ambiguous that you must ask, "what are you??", it's likely her.

THE WEEK AHEAD: 11/8-11/14

11/10, 8am—Biosphere Tree Planting. Join Biosphere in their annual tree planting to help make the world a little greener. Email the Biosphere leader Nevin to find out more. 11/12, TBD—Blood Drive. Head to 1938 for KCECH's annual blood drive. Help those who need it and get some snacks in return. Sign up before hand or just walk in. 11/13, TBD—WiCS Workshop. Join WiCS for another amazing technical skills workshop. Sharpen your minds and your computers to prepare.

11/14, TBD—Dinner Discussion. Come to the PDR to hear from Dr. Kahn, an esteemed researcher at Penn's Perelman School of Medicine.

ANSWERS AND MORE ENIGMAS

Last week's answers:

A river A fire

Nothing

North Pole

Alone

The man who made it doesn't want it. The man who bought it doesn't need it. The man who needs it doesn't know it. What is it?

If you have me, you want to share me. If you share me, I no longer exist. What am I?

What belongs to you, but is used mostly by others?

The more there is, the less you see. What is it?

At night they come without being fetched. By day they are lost without being stolen. What are they?

Edited by Merlin Patterson

Email your articles, ideas, questions, or comments to kcechnews@gmail.com