



Murder Mystery | SAB member senior Chris McKinney talks to junior Emily Dahmer during the SAB Murder Mystery in the SUB Georgian Room on Wednesday night.
Photo by Chris Waller

AMBULANCE | Members resign for personal reasons but have confidence in the district's future

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the board since its inception more than 22 years ago but said Wednesday's meeting was her last.

She said she had known she was going to resign for a while. Doctors diagnosed her with cancer in August, and she now is in remission. She said her husband's health also is fading.

"I've done a lot of thinking, and I'm going to give up a lot of my volunteer positions because my husband needs me right now more than anyone else," she said.

Although she said the timing of her resignation had nothing to do with either Crosby's resignation or the tax, she said she takes comfort knowing the ambulance district will survive and improve.

"I'm very glad that the tax passed because we just didn't have the money we wanted or needed before," Lyons said. "I've been at the district to help through bad times, and now that we're

in good shape, I think it's time to let someone younger take control and make sure Adair County gets the ambulance services they need."

But the Adair County Ambulance District will not be the only organization missing Lyons. She has volunteered for the American Red Cross for more than 60 years, served as an election judge supervisor and helped the Area Agency on Aging.

The list goes on, but she said one civic engagement she has no plans of forgoing is her right to vote.

"I haven't missed an election since my 21st birthday," she said. "My one vote counts. It makes a very big impact. It's a privilege, and I think you should certainly use it."

That philosophy is reflective of her overall regard for civic duty.

"I'm involved in my community because it is my community," she said. "It's my responsibility, ... but the time has come for me to pull back."

"I'm very glad that the tax passed because we just didn't have the money we wanted or needed before."

Audrea Lyons
Chairwoman of the Board of Directors

CURRICULUM | Faculty, administration consider student feedback, graduation rates while pondering changes to University curriculum

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service learning, an internship or study abroad prior to graduation, which could be more likely if certain curriculum requirements and changes are carried forth.

"These are experiences that students tell us are pivotal experiences in their lives," she said.

As far as a timeline is concerned, Dixon said that this summer, Gordon will offer some type of incentive to motivate faculty, staff and students to create spe-

cific proposals for curriculum change.

"If we really make up our minds to do it, we could do something in two years or even less," she said.

Dixon said the plan is to appoint a task force or committee at the start of the year to explore ideas that have been put forward.

"Any change in curriculum will go from the body, or whoever's doing it, to the Undergraduate Council and ultimately to the [Faculty] Senate for approval, and then it goes ultimately up through the vice president for

academic affairs and through me," she said.

Dean De Cock, assistant professor of mathematics, belongs to one curriculum exploration committee that formed this year and said faculty feedback he has received originates mostly from the committee.

"The people I've been on committees [with] on are fairly open to change, but I don't know if that represents the community as a whole or not," De Cock said.

Patricia Burton, professor of philosophy and director of the General Honors pro-

gram, said the University always should be reflecting on course offerings and the overall impact of Truman education.

"I am always actively involved in making changes to curriculum, but I think that the current LSP is much better than people are giving it credit for," Burton said. "It really is much smaller than most general education packages, and depending upon your major, it is wonderfully flexible."

She said she is not sure if major changes are necessary for the University at a time

when so much other change is occurring.

"I've heard diverse opinions," Burton said. "I don't think there is a consensus about change or no change, which makes me think that perhaps this is the time for refinement rather than upheaval."

Dixon said she, Gordon and Alberts still will visit the division meetings of science, business administration and human potential and performance before the end of the semester to discuss curriculum with the remaining divisions.

OBESITY | Small lifestyle changes can help lower obesity rate

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that maybe sit around a lot watching movies, playing computer games and aren't getting out and doing the normal physical activities that will help prevent obesity."

She said students with this kind of sedentary lifestyle are at risk for obesity and complications that come with it.

"The biggest [complication] is the type-2 diabetes, what formerly used to be known as adult-onset diabetes," Freeland said. "We have kind of moved away from that [term] because we are seeing more obesity in young people, children and adolescents."

Freeland said the health center is equipped to test for type-2 diabetes. She said some students have been diagnosed after experiencing symptoms, including vision problems and increased thirst.

She said it is important for students to seek medical help if they experience any of these symptoms.

"There is a big advantage to catching that early," Freeland said. "A lot of times, when you catch it early you can treat it with diet and exercise. If you catch it early, it can prevent some of the long-term effects because if somebody has diabetes and it is untreated for a long period of time, it can increase the risk for kidney disease and heart disease and eye problems."

Freeland said that before starting any sort of routine concerning weight, it is important to consult a health care provider.

"I think anytime somebody just feels like their health is being affected by their weight, I think anytime they feel bad about their weight, or if they feel like they need to go on a diet, it is probably better to talk to a health care provider before they do that, once again so the health care provider can maybe talk to them about healthy eating versus fast dieting," Freeland said.

She said there are some simple starter tips to losing weight.

"The first steps that I would recommend is to make sure that they are getting about seven helpings of fruit and vegetables a day in their diet, and they are cutting back on junk food, empty calorie foods, fast foods and soda," she said.

Brian Krylowicz, psychologist and director of University Counseling Services, said obesity can foster problems with self-esteem.

"One thing that we see all the time is people who beat themselves, and not physically, but emotionally, just rip themselves apart because they are like, 'I'm fat, I'm ugly,'" Krylowicz said. He said a contributing factor is that college-age students often are more concerned about appearance.

"I don't think people worry, at this age, too much about health per se," Krylowicz said. "I don't think people go, 'Oh man, my cholesterol is high.' I mean, I hope they are concerned or thinking about that, but the reality is they are not."

It is important to have a positive attitude about yourself before the steps can be taken to make a healthy lifestyle change, Krylowicz said.

"I think it is hard to lose weight in a good way without truly saying, 'I believe in myself, and I want to do this for myself,'" Krylowicz said. "I think you can do it in really negative ways when you don't."

He said it is important to realize weight is not the issue. It is health and actual percentage of body fat.

"I think everyone in the world should throw away their scales just because it is a number that doesn't mean anything," Krylowicz said. "If you don't feel good, why does this thing have to tell you you are not feeling good?"

Melody Jennings, instructor of health and exercise science, said

girth measurements are a better, more encouraging way to gauge weight loss progress.

"Before you ever will notice a change on the scale, which so many people use that as their way to assess progress, you will notice that your body is shrinking," Jennings said. "Your clothes start fitting a little looser, and over time the weight on the scale will change, but if you have done girth measurements, and say four weeks into your diet watching and exercise program, you'll start noticing, 'Oh gosh, my waist is smaller, and my hips are smaller.'"

She said the body mass index is a measurement of body fat based on height and weight, but it is not accurate. As for calculating the actual percentage of body fat, Jennings said there are many methods, including underwater weighing and, the most common, skin fold tests.

"I always emphasize that [the skin fold test] is an estimate," Jennings said. "It is not going to be your best measurement, but it is better than a BMI calculation that tells you nothing about body composition."

Jennings said she thinks that when students prioritize schoolwork, they push nutrition and activity aside.

"I think that students will tend to think, 'Well, I've got to get my studies done before I go exercise,'" Jennings said. "And the mindless snacking that might go on while we are studying. It becomes that they are more sedentary."

Jennings said these bad habits could be fixed with small lifestyle changes. "We are spending more time at the computer, more time sitting reading and less time being active," Jennings said. "... Intersperse it with some activity in between. Walking to campus instead of driving, taking the stairs versus the elevator, all of that adds up over time."

Senior Brynn Weimer said the amount of work that she needs to get done doesn't always allow for free time for exercise.

"I think it's hard because just with class and activities and other stuff to do, it is hard to fit a workout in sometimes when you have a stressful week," Weimer said.

DISORDER | College life can contribute to unhealthy thoughts

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or body shape, according to the National Institute for Mental Health.

Two main eating disorders are anorexia, where a person ingests far too few calories to maintain a healthy weight, and bulimia, where a person binges and then throws up, according to the NIMH. Another eating disorder is body dysmorphism in males, where a man is excessively concerned about an imagined defect in appearance, such as being muscularly small.

About 10 percent of clients at the University Counseling Services have eating disorders, said Brian Krylowicz, psychologist and director of counseling services. At about 40 people per year, he said this could be the tip of the iceberg.

Krylowicz said there is a difference between people with severe problems and moderate problems. Most people who develop severe eating disorders tend to be perfectionists and very intelligent. He said anorexic people tend to chew food for a long time. Sometimes they spit food out to satiate their hunger, and they also realize chewing equates to exercise and burns calories. This obsession interferes with daily life almost to the point where they cannot function properly in society, he said.

"A lot is about feeling thin," Krylowicz said. "A lot more is about control."

There are many theories about why people develop various eating disorders, said Jeffery Vittengl, assistant professor of psychology. However, he said the main problem is that no one really knows.

"There is some support that genetics now play a factor," Vittengl said. "However, it's a false dichotomy between genetics and environment because everything is a little bit of both."

The cognitive theory suggests the problem starts with irrational thoughts including fixed, distorted perceptions, such as when someone has an intense fear of gaining weight even though he or she is below normal weight, Vittengl said. One big issue with diagnosing someone with an eating disorder is that there is no

clear break with normality, he said.

"One key component is 'life interference,' which is a medical manifestation where certain thoughts or activities endanger one's health," Vittengl said.

Cognitive behavioral therapy, one-on-one between patient and therapist, can help fix irrational thoughts. He said it is important for the person to seek professional help rather than merely asking friends.

"If it's a real disorder, you're not going to be able to talk them out of it," Vittengl said. "Talking to them will not always work as well as seeking professional help."

The ideal situation would be to look at biochemical factors and prescribe an antidepressant, Krylowicz said. Because the main fear is gaining weight, he said health care providers also must educate the patient about what is healthy. Finally, discovering why the problem came about will help clients battle any other irrational thoughts that might reoccur.

"A lot of the behaviors and thoughts come back spontaneously," he said. "The psychology comes in so they can fight those bad thoughts and know it'll always be there, and they need to be diligent."

On average, it can take anywhere between three to nine months to see moderate changes in the habits of an anorexic or bulimic person, Krylowicz said. He said it can take years if help is not sought out before the thoughts and habits become permanent.

Shannon said that in her work as an SA, it is not difficult to spot residents with a problem because they brag about how few calories they eat and how much they work out. She said it is much harder to spot bulimic residents because they tend not to lose weight. Either way, confronting the issue and referring people to counseling services is vital, she said.

"Most of the time, someone has gained the freshman 15 or broken

up with a boyfriend or girlfriend," Shannon said. "You'd be surprised with what triggers these things."

Service sorority Alpha Sigma Gamma works to raise awareness about eating disorders and their impact on students. Senior Abbie Smith, who headed the event last year, said this year ASG will have speakers and panel discussions.

"The goal is getting information out and letting people know an eating disorder is not something to be afraid of, even though it controls your mind," Smith said. "There is help out there, and you are not alone."

Defining an eating disorder versus disordered eating also is important, Smith said. Not eating for the day and drinking all night is considered disordered eating, Smith said.

Smith said she finds the changes that come with college contribute to the problem. Students who were athletes in high school do not have time to exercise, and that can cause problems, she said. However, Smith said common sense can help, such as packing a lunch or a snack if there is not time to eat lunch.

"Everything in moderation is fine, just being knowledgeable about what you eat and do," Smith said. "Just being flexible when you come to school can help a lot of people."

Shannon said that if she eats a lot, the temptation always is there.

"I just think, 'I could get rid of all this food and all this guilt,'" Shannon said. "It is all about the guilt."

Avoiding that guilt becomes important, she said. As a dance teacher for The Society of Dance Arts, Shannon said she doesn't allow students in her class to talk about food or dieting. She doesn't want to hear it because it only makes her frustrated at the fact that a person thinks how he or she physically looks is more important than physical well-being.

"Just love yourself," Shannon said. "Love your curves."

"The goal is getting information out and letting people know an eating disorder is not something to be afraid of."

Abbie Smith
Senior

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