

ALCOHOL | Excessive consumption can result in uncomfortable situations

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alcohol dependency or prescribe how to confront a roommate or friend with an alcohol dependency problem.

Several resources are available for those who want to try, however.

Watch for Signs

Brenda Higgins, director of the Student Health Center, said that if a student fears his or her friend or roommate is struggling with alcohol, he or she should look for specific characteristics.

"[Look for] changes in behavior, declines in performance [or] destructive behaviors," Higgins said.

Higgins said especially with college-aged students, there always are possibilities of problems resulting from alcohol abuse.

According to the Department of Alcohol and Drug Education and Prevention at Colorado State University, characteristics of students with alcohol problems include drinking until passing out, drinking before classes, missing classes, not studying, switching peer groups and having a family history of chemical dependency.

"It's really hard [to introduce the idea of alcoholism]," Higgins said. "People aren't always ready or interested in hearing from us about this issue. If they're here [at the health center] for a completely unrelated issue, and we bring up the issue of drinking, they may not want to deal with that."

She said students come into the health center with gastritis, which is an inflammation of the stomach, as a result of the irritation alcohol causes to the digestive tract.

The health center might not even mention alcohol abuse on the first visit, Higgins said. She said that if there is any discussion about alcohol, it usually occurs during the follow-up visit.

Higgins said students don't have to discuss drinking habits at the health center.

"If they say, 'No,' then really all we can do is say, 'OK, when you're ready,

know that we're here,'" Higgins said. "We're not here to lecture you, and I'm not here to be your mom. I'm here to help you when you need help and direct you to resources that can help you."

Prepare for the Confrontation

Phil Jom, a counselor for the University Counseling Services, said it is normal for students to be afraid to address alcohol abuse issues, but students should get support if they are concerned about a roommate or friend.

"I think it's appropriate to step in when it's affecting your life," Jom said. "Being able to have an accurate assessment of how is this person's drinking affecting their life and being able to present that to the person is the first thing I'd want to do."

Students should try and talk to their roommate or friend first and see how that works out, Jom said. He said that if the roommate puts up a wall, he or she should consider talking to a student adviser.

"You want to confront the person and challenge them," Jom said. "But you also want to provide support for them."

Jom said he understands it is much harder for students who live off campus to confront a roommate or friend because they do not have the easy accessibility to the resources the University offers. He said that if a concerned student is living with more than one person, it might be beneficial to discuss the problem with the other roommates so everyone has a similar understanding of the problem before the actual confrontation occurs. It is much more difficult for a student to deny the problem if the same argument is coming from more than one person, he said.

But students also need to be careful of being too direct because a direct confrontation might result in putting up a wall, Jom said.

"You want to be able to present your concerns in an objective way," Jom said. "If you present it in an objective way,

then you are able to present it in more of a dialogue as opposed to if you go into that situation, and you're being judgmental."

Jom said he is aware that even confronting a roommate in an objective manner, the alcohol problem might not be solved.

"Consider contacting the student's parents," he said. "Not as a way to discipline the student but as a way to help challenge them to get treatment to make some change."

He said this does not always work because sometimes the family members have alcohol problems themselves.

The University has significantly less power to regulate drinking if the student is living off campus, Jom said. He said unfortunately a lot of times students' hands are tied in terms of what they can do because they are not living on University property.

"The next thing I'd want to do is know about the resources," Jom said. "You want to follow up with the resources where this person can get help."

Jom said offering resources will empower the person to be able to take control of the situation. He said that if the person is willing to receive treatment, going with him or her to the counseling services or health center could be beneficial.

"If you can't give that support, then try and find someone else who can," Jom said. Having someone to lean on in this difficult time makes the treatment much easier, he said.

An Overall Difficult Situation

Brian Krylowicz, director of counseling services, said confronting a friend or roommate about alcohol abuse can be a challenging situation.

"It's such a challenge because when you're trying to get anyone to change their behavior, you can't do it," he said. "You just have to create an environment and encourage it."

He said the best time to talk to someone about his or her alcohol problem is after a

Worried about alcoholism? Know the warning signs...



Source: Dept. of Alcohol and Drug Education and Prevention at Colorado State University

Design by Marissa Sharkey/Index

natural learning moment, like failing a test or sleeping through an important class.

"There is never going to be a moment where you go, 'You know, now is a good time to bring up my roommate's alcohol problem,'" he said.

Krylowicz said there is no perfect time or 10 words to say to fix a roommate or friend's alcohol problem. The primary concern should be creating a safe environment for discussion and making sure both parties are sober.

He said alcohol abusers trying to get help usually have to make changes in their social lives, which makes things more difficult.

"The problem at the college level is that for people to change their drinking patterns, they have to change who they hang out with," Krylowicz said.

Krylowicz said alcohol abuse is a problem at Truman, and problems related to alcohol abuse do exist.

"If you look at stats, you compare us to other schools, alcohol is less of a problem at Truman than you would say most of the universities," he said. "But within context of that, is alcohol a problem on campus? Yeah."

He said he would love for Truman to start an Alcoholics Anonymous group strictly for college-aged students. Krylowicz said he would like to incorporate all the colleges in Kirksville, not just Truman, to offer more support for college students with alcohol problems.

Despite all of the effort a student might put into helping a friend or a roommate with an alcohol problem, sometimes there is nothing left for a helping student to do except throw in the towel.

Krylowicz said that at some point, students just have to take care of themselves and leave the situation in any way possible.

However, Higgins said a student's efforts to help a friend or roommate might pay off in the long run.

"Realize that the first time you talk to somebody, they may be defensive," she said. "Let it go. It may make an impact sometime when you don't even know about it. It may be five years down the road when that person has graduated from college, and they're still having drinking problems. So sometimes people don't even know that they've really helped someone, but they really have."

Admissions program promotes diversity

Eric Frazier for the Index

Several campus offices are attempting to "Make a Difference."

John Fraire, vice president for enrollment management, said about 500 Truman minority students were mailed a letter asking them to personally refer high school students of color to the University. The campaign is the latest minority recruitment attempt, bringing together the efforts of the Office of Admission with the Multicultural Affairs Center.

"I'm very committed to bringing diversity to Truman State, and also as a person of color myself," Fraire said. "... I wanted to create an outreach that took advantage of our own methods of communication."

Students who are referred to Truman through "Make a Difference" will be contacted and notified of the Truman student who referred the high school student to the University. Fraire said he would like the referrer to take an active role in assuring the student has information about Truman.

Fraire said Truman's level of diversity is average, but the school strives to go above the norm.

"In percentage of students of color on campus, it is approximately 8 percent, which is comparable to other schools of our size and complexity," he said.

Fraire said his goal is to increase diversity by up to 10 percent within the next few years, and the "Make a Difference" campaign might be a good way of achieving it.

"We're not talking about major numbers," Fraire said. "... If every upperclassman thought of just one student to refer, then we're talking several hundred names there."

Some students who received the mailing have been critical of the campaign. Senior Leslie Blanchard said she probably will not participate, and she compared the campaign to telemarketing.

"The program is a 'sell out your friends' program," Blanchard said. "If you feel like someone should be here, it should be natural, by word-of-mouth."

Blanchard said she does not think she could help with the campaign if she wanted.

"What can I do?" she said. "I'm a senior. I can't really think of anybody in high school right now, especially one that would actually do well here."

Fraire said he realizes upperclassmen might not be of help, and that aspect was not considered in the campaign's development.

"[When] doing things different and new, you test it," he said. "And it is true many of the current undergraduates, particularly juniors and seniors, are a bit removed from high school. I still think the program has merit."

Fraire said the solution to this problem might be to later focus especially on first- and second-year students, who most likely have ties with their respective high schools.

Bertha Thomas, assistant dean for multicultural affairs, said the center serves many roles in diversifying the University.

"Often, when underrepresented prospective students come to campus or come to visit days, our staff and the students who utilize the MAC are always willing to welcome prospective students, let them know what life is like in Kirksville and on Truman's campus," Thomas said.

Thomas said student participation is one of the best ways of really increasing Truman's appeal to prospective students.

"The current students, I think, are some of our best spokespeople for why an incoming student would be interested in Truman," Thomas said. "... They're our best allies."

Thomas said "Make a Difference" is a more formal way of continuing an established tradition. She said she hears concerns from minority students about lack of diversity.

"They'll say, 'But what we really miss is having more underrepresented students here on this campus,'" Thomas said. "They miss the fact that we don't have many underrepresented groups to our faculty."

Fraire said he doesn't think Truman's range of diversity lacks at all.

"I don't see the issue as Truman not being diverse, I see the issue that we have to continue to increase our diversity," Fraire said. "We need to be the leader among our peers on the issue of diversity. Truman can be the innovator of how to do that."

Donivan Foster, multicultural recruitment coordinator, said the response from Truman students has been slow, but the program is new.

"Hopefully we'll get a good response," Foster said. "We've only gotten a handful of referrals so far."

The deadline given on the mailing first was listed as April 21 but was pushed back to May 1.

CINGULAR | Lack of tower forces possible cancellation of cellular contracts

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"... There's a whole bunch of people up here. Why couldn't they work some agreement out with another company? It's a multi-million dollar company. They can afford to do something like that."

Boatright said Cingular allowed him to keep his contract because of his sister, who is on the plan with him. She uses her phone in Springfield, Mo., which is in the Cingular network.

"Fortunately for me, she

uses more minutes than I do," Boatright said.

Not all users on a FamilyTalk plan are safe, however.

"It's done by line, ... so it's by individual phone number, is another way to explain it," Frairney said. "... What some families have looked at doing is maybe getting a [different provider's] local plan for their student and keeping some of the rest of the FamilyTalk plan that works for other members in their family."

Frairney said she encour-

ages anyone who receives the letter to call and discuss options with Cingular.

"Gosh, there's just so many different options," Frairney said. "It's hard to even go into all of them. It may be that they're about to graduate and move back to an area that is primarily covered by Cingular. It's always worth calling so that we can talk to the individual user."

Keaven said she was not using an overabundance of minutes, but half of her min-

utes weren't used in the coverage area.

"I have tons of minutes that I don't use, like I have tons of rollover minutes, so it's not that I use up my whole plan every month or anything," Keaven said.

Keaven said Cingular has agreed to extend her plan until May 10, when she will have to find a new carrier.

"I've heard good things about U.S. Cellular, so probably them," Keaven said.

SENATE | Students elect new president, pass provisional United! membership

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Kappel proposed a resolution objecting to how the University notified parents of students. The resolution failed after a petition asking a similar question was certified.

Kappel said that with the result, Students for a Sensible Drug Policy will sponsor a forum May 2, where students can propose ideas for new a policy or ask for its repeal.

Gilchrist said she encourages students to come forward with a sensible policy.

She said that students need to be clear if her office should treat drug offenses the same as alcohol.

Crawford said the ballot question should not have been placed, but she thinks the administration will continue to work with students on this issue.

"I'm disappointed that the referendum went on the ballot because the administration would have been more willing to work with us on the policy," Crawford said.

Crawford, who previously served as academic affairs chairwoman, said a large part of her presidency will be devoted to pursuing curriculum reform.

"We're using [Senate's vision document] Arête as a base," Crawford said.

"We want a curriculum that gives students more opportunities for experiences that we might otherwise not fit in."

In addition to Kappel, students elected four Coalition candidates to Senate. Kappel said both Coalition candidates who were not elected last week have expressed an interest in running again.

Kappel said the Coalition plans to run candidates in September's election.

"One of the Coalition's ideas is to lead student organizations to complete their missions and have Student Senate be that catalyst for them to accomplish their goals," he said.

ACT | Discussion of the removal of ACT admissions requirement prompts concern

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project what the possible changes in enrollment would be.

"I do know that several of the schools that have made standardized testing optional, the number of applications at their institution has increased significantly," he said.

Candy Young, professor of political science, said she has heard a lot of concern about

the possibility of removing the ACT requirement both at Strategic Planning Advisory Committee meetings and from talking with other faculty members and students.

"I would say that the planning committee was pretty adamant that we retain our current admission standards that are aligned with the state's highly selective requirements," she said.

Young said she thinks Fraire's interest in removing the ACT requirement has made this part of the University's agenda this year.

She said Truman is the only public institution in the state that has declared itself as highly selective.

She also said the state allows the University to have 10 percent of each incoming

class as exceptions and that this would be the place to test different criteria for admission to Truman.

"We created a gem in Missouri higher education here, and to talk now about lowering admission standards as a way to temporarily ... increase head count would be a huge mistake in the long run," she said.

MYTHBUSTERS | Urban legend debunkers both educate and entertain

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three-month process because SAB had to work with their filming schedule.

"They're very difficult to get ahold of, so we're very fortunate to be able to bring them," Spiegel said.

Spiegel said the event involves clips from the show, a question-and-answer session and the busting of a myth. However, Spiegel has no idea what myth they will bust.

He said a MythBusters event at the University of Missouri-Rolla sold out, and

he hopes for a similar situation at Truman.

On the other hand, Patterson has one clue about the myth.

"I know it won't be the penny off the Empire State Building myth," he said.

Patterson said he has heard students talking about MythBusters coming to Truman.

"I'm excited just to hear everyone else on campus be so excited about it," he said.

MythBusters was students' second choice in a recent event survey, but the first choice, Frank Abagnale, Jr., decided that he will no

longer perform at colleges, Patterson said.

As for Sumner, he has yet to pick up his ticket.

"[The event is] falling in right here near finals and paper work and everything," he said. "I just hope that I don't have to miss it because of that."

Tickets, which are free for students and \$5 for the public, are available from the SAB office on the third floor of the Student Union Building. Doors open for the event at 7:30 p.m.

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