

Travelers give tips for break

BY NICK MCKNIGHT
For the Index

Senior Dave Shaw said he might have to down his margaritas quickly during spring break.

Shaw will be traveling to Cancun, Mexico with a group of his fraternity brothers. He said his friend began planning the trip in the fall and he jumped on board without hesitation. He said he couldn't pass up a chance to sit on the beach and enjoy drinks for a week but knows that there are some concerns when traveling out of the country.

"Cancun is a popular tourist spot, but I have heard horror stories about the local law enforcement down there, and I really don't trust them," Shaw said. "My other main concern is the drinking water in Mexico, which can ruin a trip. You can't trust the water, so you can't trust the ice. I won't be drinking any glasses of water, but I will have to drink my margaritas fast so that the ice doesn't melt."

Local law enforcement and unsafe water are not the only spring break safety concerns.

The sun is a serious factor, especially in places like Cancun. A severe sunburn can change a good trip into a miserable one in a matter of hours. It is important to use generous amounts of sunscreen during the early days of a trip. According to the American Academy of Dermatology Web site, sunscreen should be applied one half hour before going outdoors. The site also recommends the use of a Sun Protection Factor of 15 or greater and to reapply about every two hours, especially to sunburn-prone areas like the shoulders, neck, ears and face.

Airline regulations might make transporting sunscreen a little more difficult. According to the Transportation Security Administration Web site,

passengers who decide to take a carry-on bag must use the 3-1-1 rule. Each liquid or gel must be in a three-ounce bottle or less — it is likely that larger containers will be confiscated. All of the bottles must be put in one-quart-sized, clear, plastic re-sealable bags. This helps security view the items quickly and keeps the line moving. Finally, each passenger can only bring one quart-sized plastic re-sealable bag. Passengers who try to bend these rules might end up having to dish out money for a new bottle of cologne or sunscreen.

Baggage searches might slow down lines, so travelers should reach the airport early. Airliners will be busier than usual with all the spring break passengers. The Transportation Security Administration advises that passengers arrive about 90 minutes early for their flights. This allows plenty of time to check luggage and make it through security.

Spring break truly begins when the destination is reached, whether it is in the United States or

another country. Other countries have rules, regulations and customs that travelers should be aware of in order to prevent unwanted trouble.

Drinking ages and rules vary in different countries and can cause problems if travelers aren't aware of them. Proper identification is necessary for partygoers to gain access to different clubs or bars. An ID is only good if it meets the legal drinking age requirements.

Another important tip is to always know where drinks are coming from. The U.S. Department of State Web site reports cases every year involving date rape drugs, which can turn spring break into a nightmare. Watch where the drinks come from and make sure that several trusted companions are present so that everyone can watch out

for one another.



Photo illustration by Mayank Dhungana/Index
For airplane travelers, The Transportation Security Administration suggests to arrive early to make time for bag checking.

For junior Gergana Stoyanova and her three traveling companions, the buddy system will be helpful. She said she will begin her trip in Miami and end it in Los Angeles. She said she plans on seeing the sights and having a good time and knows that her friends will be around for support.

"I will be traveling with my best friends, and we usually look out for each other," she said. "We take care of each other in Kirksville, so we will be especially careful in new places."

The buddy system also should be used when it comes to driving after a party. Partiers can choose someone to be the designated driver or take a taxi. There is no point risking a DUI, or even an accident because the driver is impaired.

Disease can be something to consider when traveling abroad, particularly in less developed countries. Chances for contracting a serious illness like tuberculosis are low. According to the Centers for Disease Control and Prevention Web site, there were 14,093 recorded TB cases in 2005. University of Iowa Dentistry College student Philip Pattee tested positive for TB after a spring break trip to Honduras in 2006.

"I was tested for TB several months after I returned home and it was positive," Pattee said. "After a six-month drug regimen the TB was considered cured. There wasn't anything else that I could have done because I took precautions. It was just an unfortunate occurrence."

BIKE | Student pedals for charity

Continued from Page 9

donating gift baskets and gift certificates to be bid on in the auction. Some items set to be auctioned are an hour at a Dyed-Hyde Tattoo shop for a free tattoo (worth about \$100) and a gift basket of gourmet food and chocolates from Sugar. Bell said he is also working on acquiring "Guitar Hero III," "Rock Band" or "The Office" seasons on DVD for the auction.

During the past five summers, Bike & Build has donated \$1,114,231 to housing groups to fund projects planned and executed by young adults. In the summer of 2007, Bike & Build raised and donated \$391,327.

"The program's mission is two-fold," said Brendan Newman, Bike & Build program director. "It's conducive to donating money and raising awareness, but we also try to foster a life-long service commitment in our participants."

This summer, Bike & Build will send seven groups of about 30 young adults on different routes across the country between May and August. Newman said participants in the program get to see the country from a unique perspective. Moving from town to town, the participants have an opportunity to educate people and raise awareness for their cause. Newman said it's also an opportunity to see firsthand the problem that Bike & Build is trying to combat.

"You'll see nice neighborhoods, and you'll see not as nice neighborhoods," Newman said. "We'll also stop and build with different organizations."

Once he gets on the road, Bell said he expects a few days of elation before fatigue sets in. He said he is particularly excited about biking across the Midwest.

"We'll be able to look all around [us] and see as far as our eyes will allow," he said. "Unfortunately, the wind has the same kind of roaming freedom."

Bell said he expects to enjoy every landscape the country has to offer.

"The coasts will be absolutely beautiful, the mountains will be treacherous yet rewarding, the Midwest will need some patience and reflection," Bell said. "The Pacific Northwest will be ... piney."

Bell said he is the only student from a Missouri school participating in Bike & Build and that most participants in the program are from schools like Harvard, MIT, Stanford and University of Chicago.

Bell's girlfriend, sophomore Andrea Morris, said she will miss him during the summer but thinks what he is doing is admirable.

"I think this will be a great way for [Tony] to do something different," Morris said. "A lot of people have been very generous."

Bell is not new to biking, but he said he is no Lance Armstrong. Bell said he has been riding bikes for relatively short distances since his junior year of high school. This past summer, Bell said he completed his first big biking trip with a friend. He traveled from St. Louis, Mo., to Springfield, Ill.

One of Bell's residents in Dobson, freshman Nick Bitikofer, said he sees this as a unique opportunity for Bell.

"I think it's good because it's an experience obviously, and it's not something that you're going to have the opportunity to do [very often]," he said.

Anatomy of a tear explained in study

Vassar researcher and Truman counselor reveal the psychology of a sob

BY KANNA TAYLOR
Staff Reporter

For adults, a mix of emotion and salty tears can concoct a good cry.

Randolph Cornelius, professor of psychology at Vassar College, researches tears and edited the book "Adult Crying." He said he takes an evolutionary approach in his research, examining where crying evolved in humans to communicate vulnerability to others.

"I think it's good to cry," he said. "... We try to hide that because we don't want to show vulnerability."

Cornelius did a study with Dutch researcher Ad Vingerhoets on the differences in crying between males and females in 29 different countries. Cornelius said the gender difference in crying varied greatly.

"You can tell that American men cry more frequently than men in other cultures," he said. "It's a clue that culture is doing something."

Junior Chris Wilson said his older brother mentality reflects his crying habits.

"I've seen that she'll cry [when] some boy or some girl says something about her," Wilson said. "[If] some boy or somebody would say something about me, I'd

just shrug it off."

He said he thinks females have been raised with the mentality that it is OK to cry, but males are taught not to cry, and that state of mind is something he's carried with him. Wilson said he cannot remember the last time he cried, despite having been through five funerals, including his grandfather's.

Sophomore Jenna Osseck said she cries about once a month.

"It normally makes me feel better because I get it all out, and then I can better handle the situation after that," she said.

Osseck said she likes to be alone when she cries because when people like her mom are around, they usually just make the situation worse by asking her questions. She said her sister seems to be more understanding, however.

"I mainly talk to my sister about stuff," Osseck said. "I call her, [and] she's normally the one that can calm me down more than anyone."

Osseck said she thinks the way people are raised has something to do with how they deal with their problems. She said she has some friends who do not cry at all because they had older brothers and acted tougher because of them.

"I don't think you should put a label on who can cry and who can't because everybody does at some point in their life," Osseck said. "... They just have a different way of dealing with problems."

Brian Krylowicz, director of Univer-



Girls and boys cry just about as often until they reach the age of 12. By the age of 18, women cry on average four times more often than men — 5.3 cries a month compared to 1.4 times per month for men.

Only human adults experience tears of happiness, possibly because of an expectation that the feeling of happiness only will be short-lived.

The salt in tears helps to create an osmotic balance within the eye. The fluid in tears is rich in nutrients and has anti-bacterial properties which help fight infections.

Humans are the only creatures known to shed emotional tears, though it has been suggested that elephants and gorillas might, too.

The presence of the hormone prolactin is thought to be the reason women generally cry more than men.

Design and reporting by Andrea Bailey/Index

sity Counseling Services, said he sees plenty of students who have problems crying or, sometimes, with crying too much. A licensed psychologist, Krylowicz said he sees students on a regular basis to help them through their problems. He said crying in any form is good, even if the cries simply are tears of laughter.

"For the most part, crying is a very natural thing to do," Krylowicz said. "I think everybody should cry every day [because] when you cry, you're connecting your emotions. ... It's very meaningful, and you're washing yourself out. ... It's wonderful."

Tears are the body's way of letting us know something is not right, Krylowicz said. He said he compares crying to the red engine light in a car — when it comes on, the car is communicating that something

is wrong. Like a car, the human body has many ways of revealing what is going on.

Krylowicz said crying can be a problem when it is constant and continues through normal tasks such as homework. But he said there is such a thing as a good cry. After some people cry, they feel like they have moved past whatever it was that made them cry in the first place, Krylowicz said.

For those who have trouble dealing with problems on their own, Krylowicz offered some helpful advice.

He said people first should connect with themselves. They need to be alone and take time to reflect, he said. Krylowicz said writing could be helpful because it allows people to slow down their thinking. After they have connected with themselves, next they need to connect with family members

and friends, he said.

Then, as a last resort, he said people can seek professional help to work out anything they could not do on their own or with the help of those close to them.

"Therapy is horrible, [and] it's painful because I'm asking you to change who you are as a human being," Krylowicz said. "And no one likes that."

Krylowicz said having someone to share emotions with could be helpful when releasing pent-up emotions. He said tears help friendships grow, and it is beneficial to let someone else in.

"People put too much effort into building walls," Krylowicz said. "So many people are scared that if the walls came down what would people think? ... I think people would think you're human."

Additional reporting by Jessica Rapp



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