



Krista Goodman/Index
Amie Shahan, owner of Color Me Red salon, cleans a tanning bed Tuesday afternoon. Sufferers of seasonal depression often lie in tanning beds because the UV light mimics sunlight.

Dreary days might bring depression

BY KATHLEEN MEYER
 for the Index

In Kirksville the weather is snowy and cloudy, rainy and icy. The low temperatures and bitter wind chills might make days miserable for some, but they are not alone.

This winter weather might have an effect on students' mental health and cause what is known as seasonal affective disorder.

Sophomore Katy Ward said she discovered one way to cure her winter gloom.

"My roommate and I had been talking, and we both kind of had a case of the winter blahs, so we thought something like eight minutes in the warm tanning bed would simulate sunlight and would cheer us up," Ward said.

Although this was Ward's first time tanning, she said she noticed some improvement in her mood.

"Not long-term, but for a few days after it was kind of pleasant because it felt like I'd gotten some sun," Ward said. "It was kind of like being outside."

Students at the University might be more susceptible to seasonal depression than in other areas of the country because of Kirksville's location in northern Missouri. According to the 2007 National College Health Assessment, 14.6 percent of college students said they experienced some form of seasonal depression.

Brian Krylowicz, director of University Counseling Services, said seasonal depression is something students should be aware of, especially in the colder months.

"It's typically represented when someone does not usually have depressive symptoms except during the winter," Krylowicz said. "In the winter people get cabin fever, more or less. They just don't do the same activities. They're not as engaged in things outside of themselves. The world becomes smaller during the winter."

Krylowicz said he thinks the removal of sunlight has a role in this type of depression during the winter and that tanning might help students mentally.

"If someone believes tanning will help them, then tanning will help them," Krylowicz said. "The mind's a funny thing."

Phyllis Moore, owner of the local salon Sunspot Tanning, said she thinks tanning might help boost people's moods during the long winter months.

"One of the main reasons that people tan is to not burn in the sun," she said. "... Another reason is because it makes them feel better."

After being in business for 22 years, Moore said she has noticed customers tanning to reverse seasonal depression.

"Some of them would have a weekly appointment for winter depression and others would say, 'We know when we need to come in,' and so they would just come in when they felt the need to get more sunlight," she said.

Moore said she has heard many people say they feel better after tanning. She said that although she understands the risks, she thinks tanning can have some benefits.

"The FDA will not let us say that tanning is safe," she said. "They won't let us use any medical terms for tanning. All we can do is to say that we know you can get vitamin D from the sun."

Krylowicz said students who experience seasonal depression often might not think their depression is severe enough to go to University Counseling Services, and many students feel depressed but not to the point of being miserable.

"For most people it's not severe enough that they want to come in for it," Krylowicz said. "It's more like, 'I don't like winter.' It's not to the point where they are crying or they can't focus. I'm not saying they couldn't get to that level, but for most people the seasonal component is just, 'I don't feel happy.'"

There are several ways people can deal with seasonal depression on their own. Krylowicz said one of the most important things for people to do is be aware of their mood, focus their attention on positive things and stay active. Other activities that might help are exercising, being outside, socializing, journaling and staying focused on the positive aspects of life.

"When there are nice days, enjoy them," Krylowicz said. "When there are bad days, don't focus on them. Whatever you think, you become."

Bill would grant DPS freedom to pursue

BY CHRIS REID
 for the Index

State representatives are tired of college students fleeing from university police.

House Bill 1775, a bill that would authorize state college and university police to enforce traffic regulations on campus and pursue fleeing offenders beyond campus grounds, has been approved by the Crime Prevention and Public Safety committee in the Missouri House of Representatives. Tickets given by campus officers would carry the same fines and consequences they would if given by any other state police officer, including appearing on a student's criminal record and possibly affecting insurance costs.

The bill has come before the House committee three times, and Tom Johnson, director of the Department of Public Safety, has spoken in favor of the bill before the House committee several times since 2005.

The bill was drafted in 2005 after a court case involving a DUI incident at Northwest Missouri State University, Johnson said. The offender committed the crime on campus but was apprehended off campus, out of the jurisdiction of university officers, he said.

"The [offender] was able to get his conviction overturned in an appeals court because there was no proven statutory authority to allow the campus officers to pursue the [offender] off-campus," Johnson said.

The state gave the University of Missouri-Columbia board of curators the ability to establish regulations to control traffic on any thoroughfare owned or maintained by the university at any of its campuses. Johnson said the Board of

Governors at Truman also now has that power but that it falls under a different statute.

The bill seeks to expand that authority to officers at all of Missouri's public universities.

Johnson said DPS already has the authority to pursue offenders off campus for all crimes other than traffic violations.

"There is a doctrine of fresh pursuit that allows officers to pursue a [violation] off campus if they see something going wrong on campus," Johnson said. "The bill would just expand that authority to cover traffic violations."

The bill passed unanimously through House committee this year and is on track to come before the general assembly, but it has had

trouble getting through the assembly in the past.

State Rep. Mike Thomson, R-Maryville, the bill's current sponsor, said the bill has had several difficulties during this process.

"Last year it was voted out of committee and attached to an omnibus bill and got stalled and did not get through the process," Thomson said. "Hopefully this year the bill will be put on something that will go through [the House assembly] easily, or go through as an individual bill. It's up to the committee how that's handled."

Being attached to other, less popular legislation is only one of the stumbling blocks the bill has had since 2005. Representative David Pearce, District 121, said the bill ran into trouble two years ago when an amendment was added to it that would affect private colleges as well.

"When you start talking about pri-

vate property, that makes things more problematic and you run into some constitutional challenges, so my thought is to keep it for the public institutions," Pearce said.

Sophomore Austin Underhill said he isn't in favor of the legislation.

"I feel like we have the Kirksville Police Department for Kirksville and we have the DPS for Truman campus, and I feel like they'd be overstepping their boundaries by leaving campus and pursuing students," Underhill said. "That sounds more like the job for the Kirksville police."

Underhill said DPS might be able to handle moving violations without necessarily pursuing offenders off campus.

"They could take down license plate numbers and whenever the car parks on campus again, they could put a ticket on the windshield," Underhill said.

He also said he isn't a big fan of the possibility of on-campus moving violations appearing on students' insurance records.

"I feel that a campus violation should affect only University records and not spread out to things like your insurance where you would cause a person to be paying more for something that probably wasn't that big of an offense," Underhill said. "I feel that only city policemen or state patrolmen should have that right."

Johnson said traffic laws are state laws, and a violation of a state law must show up on a student's criminal record.

"There are some things that are just violations of campus policy, but if someone breaks a state law, there's no way to just keep it on a campus record," Johnson said.

Pearce said the main purpose of the bill was to increase campus security.

"In order to make our campuses safer, the University police need the ability to make arrests if they see something going wrong," Pearce said. "This bill will basically just give them the tools necessary for that task."

"I feel like we have the Kirksville Police Department for Kirksville and we have the DPS for Truman."

Austin Underhill
 Sophomore

Legislators review A+ program

BY JULIE WILLIAMS
 News Editor

Students who qualify for the A+ Program soon might be able to take advantage of added benefits.

State Rep. Vicki Schneider, R-O'Fallon, who is sponsoring the legislation, said House Bill 1577 would allow students to use A+ grant money at four-year colleges, expanding the program from two-year public and technical schools. She said another part of the bill would allow students who qualify for the A+ Program also to receive grant money at a technical school if that school is a member of the North Central Association and is accredited by the Higher Learning Commission.

Schneider said the funds currently are not available from the state to expand the A+ program to four-year schools and that colleges and universities throughout the state would be responsible for getting that money set aside for the expansion.

"Once this comes into law, what will happen is the colleges will lobby to try to get the funds available so that way more students are able to go to four-year colleges," she said.

The part of the bill ranking technical schools already has been passed four times in the House of Representatives, but Schneider said the scholarship part of the bill was only added last year. She said the bill has been sent to the Senate and currently is scheduled to be heard on the floor.

Schneider said colleges throughout the state have been pushing for this bill and that she thinks it is important for students.

"It keeps our students here instead of going outside the state," she said.

Regina Morin, associate vice president for enrollment management, said both students and the University could benefit from the bill.

"If students were able to choose us and have two years of tuition paid for by the state of Missouri as the only highly selective institution in the state, it would be a double benefit for us because many of those very strong students are now earning the A+ grant, so they're choosing to take advantage of that for the first two years," Morin said.

Morin said expanding the A+ program to four-year institutions has been discussed for some time, but the timing of HB 1577 is good for the University because a specialized group recently was formed to focus on attracting more transfer students to the University and working on transfer processes and issues. She said the committee was organized as a result of the Art & Science report.

"Transfer students bring an element to a campus that's really very rich because they come with a set of experiences at another higher education institution, which they can bring then into the classroom," Morin said. "... It's challenging, but it's also very enriching."

Currently, Morin said about half of the high school graduates in Missouri will start out at a two-year school. She also said incoming classes at larger institutions in the state, such as the University of Missouri-Columbia, generally are about 20 percent transfer students, and about 10 percent of Tru-

man's incoming classes are transferring from another school.

"We don't have a large group [of transfer students] compared to our sister institutions," Morin said. "The primary resources have been funneled to beginning freshmen, which is as it should be. Now it's time to really shine a light on the transfer student."

Morin said she thinks most potential transfer students really care about how their courses will transfer and how they will count toward the program they're interested in studying, so improving services for transfer students will need to start with those two questions.

Senior Katie Jeannin, who transferred to the University from Johnson County Community College in Overland Park two years ago, said she didn't have problems with the transfer process. Because Jeannin

is from Kansas, the A+ program did not apply to her. She said she chose to attend a two-year college out of high school because she was mainly looking for an academically strong school where she also could play softball.

Jeannin said the transfer process was smooth, and she didn't encounter any problems with Truman accepting classes she already had taken.

"My classes all transferred really well," she said. "... I had a good counselor at Johnson County, and she worked with me, and she was very good at contacting Truman's registrar's office, and they were helpful with her."

"It keeps our students here instead of going outside the state."

Vicki Schneider
 State Representative,
 R-O'Fallon



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