

Similar faces appear in same class and dorm

Sophomore twins venture to same college, still work to create own paths

BY JENIFER CALANDRA
Staff Reporter

When sophomores Theresa and Joan Williams see each other on campus, it is like looking in a mirror.

Theresa and Joan are just one pair of fraternal twins who attend the University.

According to the National Center for Health Statistics, there were about 132,000 twins born in 2004. In recent years, the occurrence of twin births has increased for two reasons: Mothers conceive at an older age and use fertility enhancing methods more frequently.

The women did not try to live in the same hallway in Dobson last year. Joan said she assumes it was because their answers to the housing questionnaire were so similar. The women didn't initially want to live together, and they try not to act the same, she said.

"We didn't try to wear the same colors," Theresa said.

"We just did it [by accident]," Joan said.

Similar to many twins and the majority of siblings, neither woman wanted to go to the same college.

"We both didn't want to go to the same school, but we both wanted

to go to Truman," Joan said. "We were both dissuading each other from going to Truman."

Theresa said she knows why that didn't work: Their similarities got in the way of the pair splitting up.

"We're both pretty stubborn so we wouldn't let the other get our choice school," she said.

Coming to the University from St. Francis-Borgia High School in Washington, Mo., was a change for Theresa and Joan.

"I'm not used to [being confused with Joan]," Theresa said. "At [high school], everyone knew we were twins. They think there's only one of us [at Truman]."

Theresa said she and her sister purposely do not take the same class sections.

However, last year they took the same class taught by the same professor but in different sections, Theresa said. The professor for the class was confused when Theresa and Joan turned in similar photographs for an extra credit assignment, she said.

The Williams sisters, much like other sets of twins, triplets and sometimes even siblings at Truman, often get confused by friends and professors.

Joan said her twin sister's professors often wave at her, thinking she is Theresa.

"I just wave back, but I don't know who they are," she said.



Phil Jarrett/Index

Sophomore twins Theresa (right) and Joan Williams prepare for Halloween in their Missouri Hall dorm room. Joan planned to dress up as a super-hero woman, while Theresa had no idea what she's going to be.

Co-Director of Admission Melody Chambers said Truman does not keep hard numbers on how many sets of twins or triplets apply to and attend the University.

"We do see a decent number of applications," Chambers said. "My guess is about 20 sets of twins ... on the high end."

She said she thinks siblings like the Williams sisters wanting to attend different schools is common.

"There's always an element of when [siblings] go to college, they want to break off on their own," Chambers said.

She said sometimes parents call the

Office of Admission to ask if the University offers a twin discount if both siblings choose to attend the school. Chambers said some schools offer such a discount, but Truman does not. The Office of Admission flags the applications for correspondence purposes so its officers are aware that siblings are applying simultaneously, she said.

Chambers said this is useful for her when she writes personalized notes on acceptance letters.

"I'll try to write a different note on their sibling's acceptance letter," she said.

Although Theresa and Joan said

they were apprehensive about living so close to each other last year, they decided to room together in Missouri Hall this year. I don't have to worry about getting on her nerves," Theresa said.

However, the two said they didn't think they would be affected if they lived far apart.

The twins said they would like to study abroad this summer, and once again, they have similar ideas on where they would like to travel — somewhere in the United Kingdom.

"If I found something else, and Joan wasn't here, I wouldn't be upset," Theresa said.

Study reveals futures can depend on birth order

Family birth order can influence a person's IQ, height, even job

BY ABBEY SNYDER
Staff Reporter

Research in the field of birth order might help explain intelligence and personality, among other things.

Professor of psychology Mark Hatala said birth order in families could help predict what children will be like in the future. Hatala said birth order stereotypes usually are broken down into oldest, middle and youngest child.

"One of the arguments is that one of the best predictors of personality are genetics, environment and birth order," he said. "Birth order becomes a type of destiny."

Hatala said the study of birth order, which argues that the sequence in which a child is born into his or her family can predetermine certain future traits, originated from psychologist Alfred Adler, who

founded psychoanalysis along with Sigmund Freud.

According to a Time Magazine article from October 2007, birth order might determine a variety of factors, including IQ, height and what kind of job a person might seek.

"Children seek a niche within their family, and it's always in the interest of oldest children to align their interest with the parents," Hatala said. "It's in the youngest person's interest to rebel."

Hatala said oldest children take on the most dependable role of the brood because the oldest child has to carry more weight than his or her younger siblings.

"Oldest children are always given more responsibility," he said. "They're total suck-ups with the parents because they try to do ... their will."

Youngest children usually are the revolutionaries and comedians, and they often possess more artistic skills than other children, Hatala said.

"Youngest children tend to be the entertainers of the

family, and they often tend to get the most resources from their parents," he said. "That's where this idea of youngest children being spoiled comes from because youngest children ... get that level of parental investment."

Hatala said middle children are unique because they've played the role of both younger and older sibling, and they often end up being the peacekeepers of the family.

"M a h a t m a Gandhi was a middle child, and Martin Luther King was a middle child," he said.

"Middle children ... tend to be the great conciliators, the mediators, the ones that just want everybody to get along."

Senior Alexander Nord is the fourth in a family of six chil-

dren. He said he's not sure he agrees with the stereotypes that come from birth order research.

"I think the whole idea of birth order is kind of silly," Nord said.

"There's probably a little bit of truth in it, ... but as far as determining a great majority of your life, I don't think so. There are way too many factors that go into it."

Senior Dale Pahls, the middle child of three children, said he probably fits the stereotype of his birth order.

"I think I probably have middle child syndrome," he said.

Like Nord, Pahls said he's not sure he believes many of the stereotypes about birth order because they're too general.

"The normal person in ev-

erything doesn't exist," he said. "While families will have parts of it ... no family is the stereotypical American family."

Professor of Counseling Christopher Maglio said it's hard to analyze birth order nowadays, especially in the U.S., because the dynamic of the family has changed so much over the years.

"Those stereotypes were developed with two intact parents — mother stays home, father goes to work," he said. "That's not what we see anymore. That's not the reality of what a nuclear family is to us anymore."

Maglio said the stereotype of birth order alone actually is too general to characterize a person's behavior.

"It's just too generic to say everyone fits into that because there's too many other things going on now," he said. "I think we really have to look at what's going on in the family itself and its dynamics."

As a psychologist who frequently does psychological evaluations and assessments, Maglio said he still finds it use-

ful to look at birth order while considering other factors that might influence behavior.

"I think of it like a huge puzzle," Maglio said. "If I can find another piece of information ... that might help me get a better picture of that individual, I'm going to try to use it. One of the things I always look at is birth order. It might help me explain some of the other things going on because there are so many other things we're not going to be able to explain."

Whether the stereotypes hold true or not, Hatala said research about birth order is all a part of the ongoing quest to figure out why humans act in certain ways.

"It's trying to unravel the mystery of human behavior," he said.

But when it comes down to it, Hatala said no stereotypes have power over the human mind's ability to choose its own path.

"Birth order is not destiny," Hatala said. "In the end, you're responsible for the choices that you make."

Time Warped

Daylight-Saving Strangeness

1. Adding the entire month of April to daylight-saving time is estimated to save the U.S. 300,000 barrels of oil each year.
2. The new extension of daylight-saving time provides trick-or-treaters with an extra hour of light to help prevent pedestrian fatalities.
3. In 1965, St. Paul decided to observe national daylight-saving time while it's adjoining city, Minneapolis, observed the state law (of standard time), resulting in a year of turmoil.
4. In 1999, three terrorists were killed when the bombs they were smuggling from the West Bank to Israel detonated an hour earlier than planned.
5. Amtrak stops its trains for one hour at 2 a.m. for daylight-saving time in order to maintain its timetables.
6. Historically, violent crime rates in the United States fall 10-percent to 13-percent during daylight-saving time in comparison with standard time.
7. Prior to 2006, the western corners of Indiana observed daylight-saving time while the eastern corners stayed on standard time year-round.

Design by Dylan Herx/Index Source: Webexhibits.org

Change in daylight-saving time alters clocks, circadian rhythms

Recent conservation act extends DST four weeks, throws off body patterns

BY VALERIE SPENCER
Staff Reporter

On a dark, cold Sunday morning in November, students walking across the Quad or back home after a long night might be lucky enough to watch the hands on the clock tower move back an hour.

But they're not time traveling. They're just witnessing a change in daylight-saving time.

The measure first was enacted nationwide during the first and second world wars. Initiators turned their clocks back from 1:59 a.m. to 1 a.m. as a means to conserve energy. Over time, DST has undergone various changes since then.

The most recent change, part of the Energy Policy Act of 2005, lengthens DST by four weeks. This year DST began the second Sunday in March, as opposed to the first Sunday in April, and will end the first Sunday in November, instead of the last Sunday in October.

Steve Smith, associate professor of economics and business, said DST also was altered during World War II.

"I think it was designed somehow to save fuel, initially," he said. "And in the second world war, I think they did a double-dose and moved it two

hours ahead, a special war daylight-savings time."

When daylight-saving time first began, states and localities had the option of beginning and ending the measure whenever they chose, keeping the entire U.S. from being on a uniform time schedule, Smith said.

"In some areas of the country, you've had weird situations," he said. "... The city of Detroit at one time was on a different time than the rest of Michigan. It either did not go on daylight-savings time when everyone else did or they did not go off it when everyone else went back to standard time."

Many clocks made before the Energy Policy Act of 2005 are still orchestrated to adjust themselves to DST on the previous schedule, causing problems.

Freshman Kristofer Buhalog said he has a clock that automatically sets itself, and it did so last Sunday.

"Earlier that night, around midnight, my roommate said he thought my clock was wrong, so I thought I changed it," Buhalog said.

However, he said the clock was wrong when Buhalog woke up for Monday classes causing him to miss class.

"I woke up and thought, 'Why is my clock screwed up?'" Buhalog said. "But at least I have a good excuse. ... I didn't even realize daylight-savings time was coming up or that there had been a change to it."

But alarm clocks aren't the only reason people might be off schedule

after DST ends.

Chad Montgomery, assistant professor of biology, said the one-hour shift in time caused by DST might have a small effect on individuals' circadian rhythms.

"Circadian rhythms are primarily set by photoperiod," he said. "Diurnal organisms are active during daylight and nocturnal animals are active at night. Keeping time is a human concept to help us organize our lives. However, we use time as a representation of photoperiod. Therefore, adjusting the clock one hour forward or back does not in itself affect our circadian rhythms that much. ... It would essentially be the same as instantaneously moving to the next time zone."

Even though the change is small, Montgomery said it still might have an influence.

"That one-hour change between time and photoperiod would take 10 weeks of natural seasonal progression, which could alter sleep patterns and activity patterns," Montgomery said. "The fall daylight-savings time change seems to be easier for humans to adjust to than the spring change based on current research on circadian rhythms."

Nonetheless, Smith said he's looking forward to setting the clocks back an hour and gaining more sunlight in the morning.

"Three days a week I walk to school for a 7:30 class, and I have a 35-minute walk so I'm leaving my house about 6:30. And it's dark," he said. "For about the last two weeks, I've been walking in the dark for most of the walk. And when they shift back, it'll be daylight by the time I leave."