

Collaboration creates childhood fun



Angel McGee and Raishelle Johnson wait for their next direction for Twister. Stedman Harold and Marriam Lin play speed during the Old school game night.

BY STEPHANIE HALL
Features Editor

Diving for spoons and becoming entangled in Twister brought out the child in many Truman students last weekend.

The first Friday back from school can lack in excitement, but the Association of Black Collegiates and Lambda Chi Alpha hosted "Old Skool Game Night" — a night of childhood fun for college-aged kids.

"We thought it would be something new since nobody has anything to do this week since everybody is coming back to school," said Kapris Clark, social chair for ABC. "It was something we could do that was fun and different."

Clark said ABC really wanted to make this project a combined effort, so they called other organizations.

"The Lambdi Chis were the first group to respond," Clark said. "They were wonderful to work with."

President of ABC Dainielle Fox said members

of the group wanted to branch out and work with new organizations to get their name out and make connections. She said members of Lambda Chi helped with everything, including bringing games and people to the event.

"You never know how much you have in common with an organization until you actually sit down and do something with them," Fox said.

The event had a slew of childhood favorites including duck duck goose, musical chairs, Twister, spoons, Taboo, Connect 4, Guess Who?, Candyland, Monopoly, Apples to Apples and Nintendo 64 games.

"We had every game you could think of, and even then people made up their own games," Fox said.

Fox said that along with the variety of games there also was a variety of competition associated with certain games.

"Musical chairs was hilarious — people were bum rushing each other to get into the chairs," Fox said. "You didn't win anything, but it was

definitely serious."

Along with individual games, several spontaneous tournaments took place, including a Nintendo 64 tournament of "Goldeneye."

"When we played Taboo, almost everyone that was there played," Fox said. "We kind of split half and half. We had twins on my team, and they knew everything about each other, so they ended up scoring like 11 points."

Raishelle Johnson lost during a game of Twister but said that singing Alicia Keys' song over karaoke with some of her friends made up for it.

"It was really fun because people weren't afraid even though they didn't know anyone else in the room," Johnson said.

After some games of Twister and Guess Who?, Johnson said she sat out of the massive Taboo game.

"Some people didn't know how to play, and I'm really competitive," Johnson said. "It was really funny because they had two huge teams."

At snack time, Juicy Juice boxes and a supply of candy took the sugar high to a new level for the gamers.

"The Juicy Juice was a real throwback," Johnson said. "I hope they have this thing again. It was really cool to talk to people you normally wouldn't have talked to."

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Dainielle Fox
ABC President

Winter brings SAD times

Each year, more than one million people spend the winter months trapped in winter-onset Seasonal Affective Disorder, a form of depression. SAD affects sufferers in cyclical patterns, most often beginning in October or November, with depression lasting through early May. During this period, those afflicted with SAD might experience mild, moderate and sometimes severe levels of depression.

Professionals warn that SAD can severely impair daily life. Those who are experiencing symptoms should not disregard their emotions as simply a case of the winter blues.

Symptoms of seasonal affective disorder are:

- Depression
- Hopelessness
- Anxiety

- Loss of energy
- Social withdrawal
- Oversleeping
- Loss of interest in once-enjoyed activities

- Appetite change, specifically craving carbohydrate-rich foods
- Weight gain
- Difficulty concentrating or processing information

The cause of SAD is said to be linked to a combination of genetic conditions, such as prevalence of depression in immediate family members and restricted sunlight exposure. In fact, evidence suggests that people living in the northern hemisphere are more likely to be stricken with SAD because of significantly longer winter that provides less sunlight. Moreover, SAD symptoms also might

reappear in those affected when the weather is overcast and sunlight is restricted or when indoor lighting is decreased.

Research suggests that long winter nights might lead to SAD by affecting:

- The body's internal clock that controls sleep, known as the circadian rhythm
- The body's production of melatonin, a hormone that controls sleep
- The body's mood-affecting neurotransmitter, called serotonin

All of these changes to the body can result from reduced sunlight exposure and could lead to depression if left untreated.

SAD more commonly is found in women, but men also are susceptible to this wintertime depression. SAD



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with
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is more prevalent in those over the age of 20.

Currently, light therapy is used in an effort to combat SAD. The National Alliance on Mental Illness (NAMI) recommends light bulbs between 3,000 and 6,500 degrees Kelvin for the greatest effect with the light stand placed at eye level or higher.

"Such arrangements illuminate the lower half of the retina, which is rich on photoreceptors that are thought to mediate

the antidepressant response," according to NAMI.

If you feel a little more down-in-the-dumps than usual and are experiencing the signs of SAD, consult your physician or Ms. Peissner at Northeast Missouri Health Council Behavior Health at 627-3621. These symptoms should not be overlooked — if left untreated, SAD might result in a very serious form of depression that could severely impact your life.

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