

Exercises defy gym tradition

BY ERIN MCKEE
Staff Reporter

Some people enjoy running. Some like lifting weights. But on and around Truman's campus there are a multitude of other options, including belly dancing, pole dancing and yoga.

Sophomore Marcy Anderson said she does not enjoy typical cardiovascular exercises like running.

"I don't like exercising ever," Anderson said. "I've only been in the [Student Recreation Center] for tours."

During Truman Week of her freshman year, however, Anderson and her suitemates discovered belly dancing, she said.

"We found that there was a class at Fitness Fusion on the Square, and then we found out there was a club on campus," Anderson said. "I was addicted."

Some might question whether

belly dancing provides physical strain, but Anderson said the dances use muscles she normally doesn't use while dancing.

Senior Ashley Tomten, owner of Fitness Fusion on Washington Street, said fitness isn't the only reason

people get into belly dancing, and it's not the reason they stay with it either.

"It's a really big confidence booster," Tomten said. "[Belly dancing] is more fun. It gives you a good butt."

Fitness Fusion also offers pole-dancing classes, a class that Tomten said is actually extremely difficult.

"Pole dancing takes a lot of strength," Tomten said. "Being on the poles, that's all arm strength and abs."

Although Tomten's free classes on campus only take place once a

week, Tomten said the skills learned could help those trying to lose weight.

"If you practice at home, also, and you really do everything full-

"College students don't often connect the mental and the physical, and I think to engage in any activity like yoga where you have to be very in-tune to your thoughts, it provides the ability to listen."

Brian Krylowicz
University Counseling
Services Director



Junior Katy Bauschke (center) instructs a yoga class at the Student Recreation Center on Sept. 15. Bauschke teaches the class four times a week as an institutional job.

Krista Goodman/Index

out in class, then [you can lose weight]," Tomten said.

Yoga also can function as a stress-reliever, said Brian Krylowicz, licensed psychologist and director of the University Counseling Services. Krylowicz said that despite the many benefits of yoga, many students regard yoga with a negative and mocking tone.

Krylowicz said yoga has more benefits than many students recognize.

"College students don't often connect the mental and the physical, and I think to engage in any activity like yoga where you have to be very

in-tune to your thoughts," he said. "It provides the ability to listen."

Krylowicz said yoga tends to be regarded as a female-dominated activity but that more males should give it a try.

"When I've seen males go into it, they get this moment of epiphany, like, 'Wow, this is hard,'" he said.

Yoga also has long-term effects that can help keep stress at bay, he said.

"The thing with yoga is that if you get good at it, you can get that feeling back," Krylowicz said. "Boom — it's there. And then you have it, when everything is getting out of control."

Junior Katy Bauschke, head instruc-

tor of yoga at the rec center, said yoga can be a calming experience while still offering an intense workout.

"Your body doesn't even realize how hard it's working every single muscle," Bauschke said. "The deep stretching also gives you the stretching part that your body needs to make your body more elastic."

Bauschke also said yoga affects lifestyles and helps some people get through the day.

"When you find balance in your body, you find balance in your life," Bauschke said. "That kind of symbolism is real."

Registration nearing deadline for elections

BY MICHELLE MARTIN
Staff Reporter

Before you go to the polls Nov. 4, make sure you are eligible to vote.

Every election year, some students attempt to vote but are hindered by problems such as deadlines, absentee ballot difficulties and incorrect registration cards. To make sure that nothing keeps you from having your voice heard in November, try to follow these guidelines.

Adair County Clerk Sandy Collop said she encourages voters to register as early as possible to prevent any problems. The registration process is not only a central component to making voices heard, it is also a very simple process, she said.

"It's pretty short getting their ballot and getting them all set to vote," Collop said. "We try to be as accessible as we can so that they can come in to vote."

To register, either visit <http://sos.mo.gov> to request or fill out a Voter Registration Application or visit the Adair County Clerk's office in the courthouse downtown. You also can register with one of the many registration drives around campus, run by organizations such as the College Democrats or College Republicans, Collop said.

"The main thing now is to get everybody registered," she said. "If you're not registered, you can't vote anyway. So that's the big drive now — to get everybody registered, whether you're Republican, Democrat or whatever."

Because most Truman students will reside in Kirksville while attending school, voting in Adair is especially important because local issues affect them, Collop said.

A candidate's forum will take place Oct. 1 at the Shrine Club, Collop said.

"We would encourage the Truman students to go," Chief Deputy Registrar Melissa Hudson said. "If they're registered in Adair County they should get involved in local politics because it does affect what goes on in Kirksville. Learn about the candidates. Don't just vote for one because they're the first one on the ballot or the last one."

Hudson said many students make the mistake of confusing their voting location with their mailing address, which prevents applications from being processed correctly.

"On the registration card, number five should be where they're living now, if they want to be registered here," she said. "By law we have to register them where they are."

Another obstacle to student voting is absentee ballots, Hudson said. She said if students can't make it out on Election Day, many simply abstain from voting instead of filling out an absentee ballot beforehand.

"If you can't make it to the polls on November 4, you can come in here and absentee vote starting September 23," she said. "We're getting several Truman students wanting to request a ballot by mail, and if we send it to them that's not a problem, but we have to have their signature notarized. It can be a little bit more of a problem."

Having a signature notarized entails finding someone with a notary to fill out part of your ballot, she said. Hudson said many fail to follow these instructions, so their ballots can't be processed.

"It has to be back in our office by 7:00 on election night or it doesn't count," Hudson said.

"So really, their best bet is to come in here if they can't make it to their polling place."

Deputy Clerk Wanda Sizemore said students should check with the Adair County Courthouse to make sure their registration applications were processed.

"If they think they're registered and they haven't received either a letter from us or a notification card saying they're registered — they should have received something either a week or two weeks after they're registered — in the mail before Oct. 8, they need to get up here and call us and double check because once that date's passed it doesn't matter whether they thought they did or not," Sizemore said.

Sizemore said that if students have changed addresses within Kirksville recently, they should register again.

"If this is [their] address and [they have] moved, they can't vote there and they are going to have to go someplace else," she said. "We want to make sure things run smoothly so students don't have any problems and find out they can't vote."

Students who have any questions about how to properly register should contact the County Clerk or Deputy Clerk at the Adair County Courthouse at 660-665-3350, she said.

"The main thing now is to get everybody registered ... whether you're Republican or Democrat."

Sandy Collop
Adair County Clerk



Health

with Laurence Miller, DO

Talk

Northeast Regional Medical Center

Tears aren't just for sappy songs and side-splitting laughter. Healthy eyes produce tears all the time. The tears that are produced throughout the day become the film that covers the eyes and makes clear vision possible. When tears are not produced properly or when the film is not evenly distributed across the eye, the result can be dry, itchy, irritated eyes. Frequently, the diagnosis is Dry Eye Syndrome.

Experts estimate that Dry Eye Syndrome affects between 30 and 60 million Americans, about 3 million of which are considered serious cases. The condition affects more women than men. This might be due to hormonal changes brought on by

menopause and the use of hormonal contraceptives such as birth control pills and patches. Other medications that can cause dry eyes include antihistamines, sleeping pills and certain antidepressants. Although mild to moderate cases of dry eyes can be treated with a few simple lifestyle changes, severe cases may require medical intervention.

The lubrication of the eyes depends not only on the amount of tears produced but also the quality of the tears and the performance of the eyelid. The film on the eye consists of layers of water, fatty oils and mucus, all of which contribute to healthy eyesight. If these layers are not in balance, dry eyes can result. The eye-

Frequent tears, lubrication contribute to optical health

lids are responsible for distributing tears across the eyes, so dry eyes can also result if a person does not blink often enough or if the eyelid does not cover the entire eye.

A person with Dry Eye Syndrome might have tears streaming down his or her face. This seems strange, but it is not uncommon. When the eyes are not fully lubricated, they alert the brain. As a result, more tears are produced, but these watery emergency tears are no substitute for the complex film that eyes require.

When a patient first receives the diagnosis of dry eyes, several treatment options are available. Initially, physicians may recommend that the patient:

- use eye drops or artificial tears
- avoid exposure to strong or persistent winds and/or
- use a home humidifier.

If symptoms persist or become severe, more aggressive treatment may be required. One common procedure involves plugging the channels by which tears drain out of the eyes in order to preserve tears for a longer period of time. Topical steroids generally are prescribed as short-term solutions but can have undesirable side-effects in long-term use. Cyclosporine, currently prescribed under the brand name Restasis, is an FDA-approved prescription eye drop that can improve tear retention and production in

patients with chronic dry eyes. If dry eyes are caused by incomplete eyelid coverage, the physician might refer the patient to an eye surgeon for a corrective procedure.

Dry Eye Syndrome affects millions of Americans and can be painful and frustrating. Many cases of dry eyes are treatable, and even severe cases can improve over time. If you are experiencing a burning or itching sensation in your eyes, sensitivity to light, eye fatigue or the feeling of a foreign substance in your eye, you may be suffering from Dry Eye Syndrome. For more information about Dry Eye Syndrome, please contact Dr. Miller at 660-665-1223.



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