

OUR VIEW

Health concerns take precedence

Snap, Crackle and Pop are part of a conspiracy theory to “heal” people with chocolate, according to an article in USA Today on Monday. Kellogg’s recently was asked to back up their claim that Cocoa Krispies cereal “now helps support your child’s immunity.”

This shameless plug to make money off of the recent health scares of H1N1 and the usual seasonal flu is one of many stories floating around targeting consumers who are freaking out about H1N1 and looking for the quick fix that will protect them from illnesses. A study by Pricewaterhouse Coopers revealed that even during a time of economic trouble, people are paying high prices for products that appear to prevent disease or increase health, according to the Associated Press.

The search for the “quick fix” is nothing new to our society. Many of us have bought a vitamin to increase metabolism or diet pills to help shed 20 pounds without ever going to the gym.

Maybe we’re all scared of H1N1. Maybe we’re scared of dying. Whatever the reason, becoming invincible to disease is the latest aspect of human life people are looking to fix easily and quickly.

The real problem is that while people waste millions of dollars a year on useless products, they disregard the basics of health, especially college students.

While we’re living in confined quarters, whether it’s four people sharing a room in residence halls or five people living in an old, leaky, moldy house, we’re under

massive amounts of stress and surrounded by germs. Some might never get sick, but there are others who inevitably catch every disease within five miles. We drink some “immunity boosting” drink instead of taking care of ourselves. We’re scared to miss a day of class to go home and sleep, so we spread our germs around to everyone else in class instead. We stay up late cramming instead of getting our eight hours. We eat pizza instead of fruits and vegetables. And it doesn’t matter. We’re young, right?

Wrong. Well, we are young, but how we treat ourselves and the healthy or not so healthy choices we make eventually will catch up with us. The one thing this disease-riddled season can teach college students is that grades aren’t always the most important things. In 40 years, will we still care whether we got A’s instead of B’s in our LSP courses? Will we care if we slept instead of studying for that one exam? Probably not. And maybe watching calorie intake isn’t necessary now, but eventually those habits taught in Health 195 will have to be put to use. As the saying goes, “At least you have your health.” Health is the one thing we are stuck with as long as we live. So it should be a priority, not the third thing down the list below school and boozing.

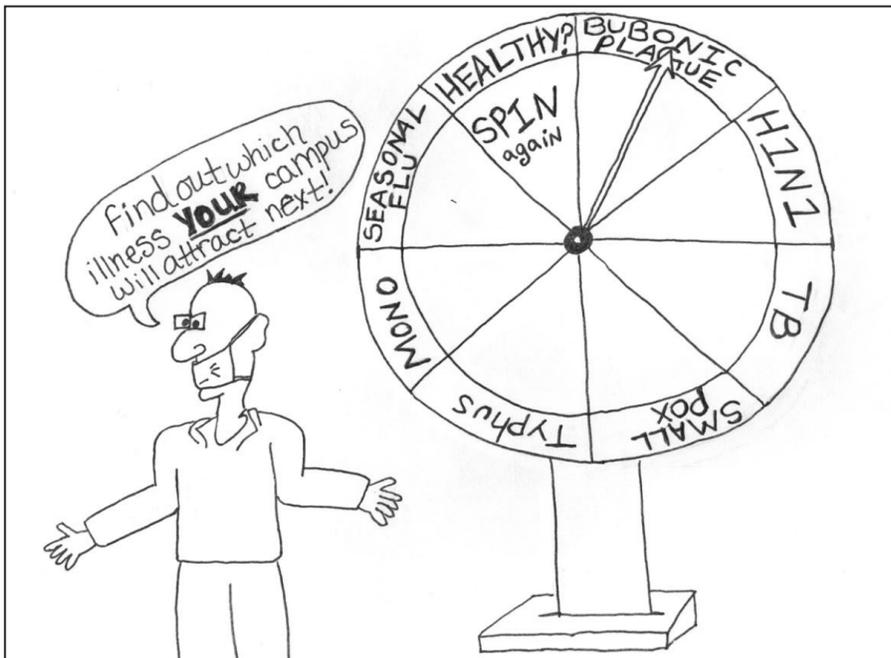
Getting a 4.0 but having a cold for all four years of college won’t be the thing that gets you to your 80s. Putting health and well-being first will. So Snap, Crackle and Pop can stay on the shelves. Instead, follow the food pyramid and drink plenty of water.

CORRECTIONS

To submit corrections or to contact the editor, please e-mail index@truman.edu, call us at 660-785-4449, or send a letter to Index, 1200 Barnett Hall, Truman State University, Kirksville, Mo, 63501.

• An article on Page 2 of the Oct. 22 issue of the Index said the Adair County Ambulance District is being sued by the county. The ACAD is actually being sued by the city.

CARTOON
By Alex Boles



Letters to the Editor

Sex columns unnecessary

In general, reading the Index every Thursday is one of the pleasures of my week, but reading the Index this semester it would seem that many of you are taking at least a minor in sexual activity, if not a major course. That is if I can judge by the recent opinions featured in the TruLife section, specifically two columns from the Oct. 22 issue by Anne Rebar about friends with benefits and Elizabeth Necka about women in our age redefining sex. I am disappointed that such opinions are appearing with such frequency as of late. I certainly believe everyone is entitled to an opinion and the right to free speech should be protected. However, I feel that many students hold differing opinions of the proper place of sex in their lives than the two read recently.

I would like to thank Zach Vicars for his refreshing columns this semester, which offer an alternative viewpoint for those not wishing to focus extensively on sex with anybody available. I am of the mind, as are many I know of, that sex should be reserved for those who are married and have made a commitment to one another. Zach does a good job of speaking for others of this mind.

Jason Hull, alumnus

Our View on slate counterproductive

After reading a recent editorial in the Oct. 29 edition of your paper regarding the Student Senate’s rejection of the Board of Governor’s candidate slate, I must question the validity of your argument. Although I always support and

actively encourage highly critical analysis of all decisions made by or being considered by any government, the editorial published on Oct. 29 was unprofessional and rather counterproductive to the Index’s overall position on the issue. If you want the student’s legislative body to agree to your political position, with regard to the BOG slate, it’s probably not a good idea to personally insult (which is far from being analytically critical) the institution and the good intentions of the people involved in it.

Obviously, as apparent in the editorial, you desire Student Senate to simply “rubberstamp” the Board of Governor’s slate. To do such a thing would be undemocratic and would work against the important checks and balances of the student government system. Ideally, Student Senate represents the viewpoints of the students. Although that ideal is indeed in need of some refinement, the check Student Senate has on the BOG selection committee is needed. As evident in your editorial, this crucial role is severely under exaggerated. For example, the committee selection process is very secretive and takes place behind closed doors: How democratic would our system be if we did not openly question the results of this secretive committee? Should we simply approve of a slate based solely on the “good faith” of members involved in an invisible process? I believe it is important, and appropriate, for Senate to question these decisions based solely on the secretive and private nature of the committee.

Second of all, as a former intern who worked in Missouri State Government, I must question your reasoning concerning the assumption that a delay in bringing the BOG slate to the Governor’s desk after the deadline would result in a potential loss of funding for the

University. Being involved in Missouri State Government, I argue that this is a far-fetched assumption. Governors don’t make important financial decisions based on trivial things such as missing a deadline. Considering Gov. Jay Nixon’s unwavering support for higher education in the state, it’s highly doubtful that his Administration will make any cut in Truman’s funding level because of the BOG slate’s delay. I believe Governor Nixon would prefer Truman to miss an arbitrarily set deadline instead of sending a BOG slate of candidates that could potentially be riddled with concern and error.

Student Senate indeed has numerous problems, but I ask you what organization is absolutely perfect? Even the Index has to make admission to mistakes made in past issues. This organizational imperfection is pervasive and extends even to the secretive BOG selection committee. Because no one is perfect (and forgive the third grade logic here) it’s highly appropriate for us to check over each other’s work and send it back if there are serious concerns to avoid mistakes. As a Senator, I have no personal objection to the slate as it was before approval. However, I voted with the majority in rejecting the slate the second time purely because I believe the concerns of other Senators, who have experience working with the individuals on the current slate, should be addressed. The Index, having a representative on the selection committee, is in a unique position to compromise with these concerned Senators by proposing to make changes to the slate. I urge the Index to make the right decision when readdressing these qualms.

Chris Graham,
Voting Student Senator

INDEX

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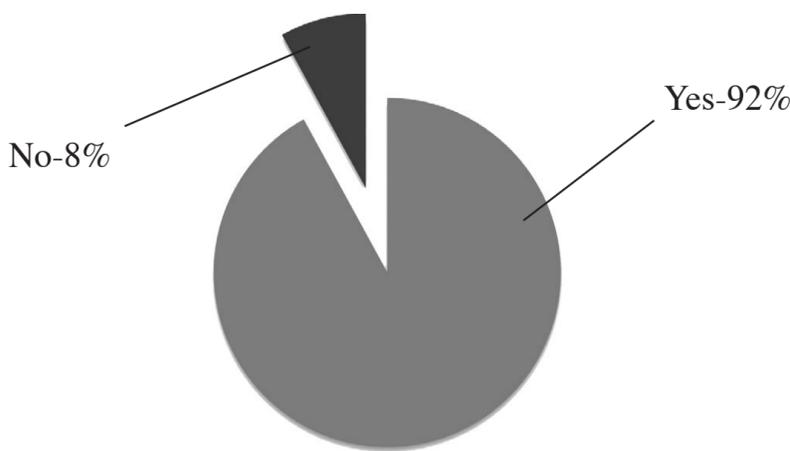
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WEB POLL

Is Kirksville a safe place to live?



This week’s question:

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