

Students don't use summer as rest

Three students train, travel and work during summer break

BY BETHANY COURY
Assistant Features Editor

Truman students, known for their academic ambition, cherish the summer for its much-needed re-charging allowance. However, prevalent in Truman's dynamic are the go-getters, who never take too long of a break before undertaking new challenges.

Junior Becky Nunnikhoven spent her summer under the harsh orders of drill sergeants and sweating through physically and mentally strenuous challenges. An exercise science major looking to contract with the National Guard through Truman's ROTC program, she was advised to attend the Leadership Training Course in Fort Knox, Ky. this summer.

"It's basically a program for students who are just joining the ROTC program or are going to join," Nunnikhoven said. "So it's a bunch of uncontracted cadets, and this course is just to catch them up on basically the first two years of military science."

Nunnikhoven said this program serves as an introduction to what ROTC looks like. Most students who go are not contracted and will decide afterward whether to join ROTC. Nunnikhoven said the month-long program gave her a chance to work with second lieutenants and drill sergeants.

"We knew it was coming," Nunnikhoven said. "As soon as you got off the bus, they're yelling and screaming at you to get your bags ... You feel you can't do anything right, but it's just part of what they're trying to do — teach kids discipline."

A typical day had the cadets getting up around 4:30 a.m. for physical training and not resting until 9

p.m., when they had 45 minutes to shower, call home or pack for the next day. Nunnikhoven said the program was a lot of fun for her, though, because they participated in many outdoor activities, such as a high-ropes course, rock-climbing and an alpine tower.

"For me, it wasn't as much learning, but it was a lot of fine-tuning what I knew," Nunnikhoven said. "It was a lot of fun for me because I'm an outdoors person."

While Nunnikhoven went all the way to Kentucky to improve her skills, senior Katie Tolle spent 10 weeks in Kirksville completing and refining a research project — a literary analysis of an Argentinean epic poem from the 1800s — through the McNair program. McNair, a national, government-funded program, helps minority and first generation college students to get into graduate school.

Tolle said due to the competitive nature of graduate schools, McNair considers completing undergraduate research vital.

Tolle, a first generation college student, said she's grateful for the program, which financially substantiates what her parents have sacrificed for.

"They've made a lot of sacrifices and have encouraged us to go to college and to get a degree, because it's really important to have control over your life and for them, that's what education is," Tolle said. "It's having the ability to choose what you want to do ... to have some sort of control over your job and your financial situation."

McNair's efforts to prepare Tolle for applying to graduate schools were thorough. McNair funded Tolle's Graduate Record Examination prep class and visits to graduate schools. They also paired Tolle up with a faculty mentor, Sergio Escobar, who equipped her with valuable resources, Tolle said. She worked tirelessly on her



Photo courtesy of LTC PAO
Cadets from Becky Nunnikhoven's company participate in the stream-crossing exercise at the Leader's Training Course in Fort Knox, Ky. This summer, Nunnikhoven spent 29 days on the army base, fine-tuning the skills necessary for participation in the ROTC program.

project, which will be published in McNair's yearly journal, and will present it in a conference during the fall semester. Tolle said she feels lucky for McNair's guidance this summer.

"Right now I have more confidence about my application and that I do know what I'm doing, and I know how to present myself in the very best possible way," Tolle said.

While Tolle experienced a Kirksville summer, spring 2010 graduate Julia Curran went out into the world ... literally. Nearly two weeks after graduating from Truman, Curran toured France, Italy, Spain, Portugal and Greece. However, it wasn't a "Bon voyage Kirksville," trip as much as it was an ode to the

doors Truman had opened to her: Curran went to each country, visiting friends she had met somehow through Truman.

Curran studied abroad in 2009 in France and met what would become her overseas "family": friends from Morocco, Spain, Mexico and Italy. When she returned, she missed the diverse cultures and became involved with Truman's international organizations, meeting the exchange students whom she'd visit this summer from Greece and Spain.

"One of the coolest things was I got to meet the families of all my friends, which was amazing," Curran said. "Because all my friends have these wonderful families and I got to really get to know them

better by staying with them in their homes."

Curran was abroad for four weeks, but her summer didn't end in Europe. After returning home, the printmaking major began her job as a shop manager for Evil Prints, a St. Louis woodcut printmaking studio where she had interned previously.

"In exchange for working for him, I get to have studio space and use all the equipment there," Curran said. "It's kind of like learning more by working there as an artist. It's an academic thing ... like a tattoo artist's apprenticeship."

Curran is currently preparing for the Southern Graphics Council, a printmaking conference where she will be showcasing her work.

University and county offer sexual health services

BY BRENNA MCDERMOTT
Editor-in-Chief

Without parents, curfews or bedtimes, sexual health is often a concern for college students. But when things start feeling itchy 'down there' or there are questions to be answered or pregnancy tests to be taken, there are both campus and community establishments that can help address and explain sexual health issues or questions.

Teri Tucker, APRN-BC, women's health nurse practitioner at the Student Health Center, said the health center provides many services for students, including testing for STIs, pregnancy tests, pap smears, breast exams, dispensing birth control and simply discussing safe sex practices.

The most common STIs seen at the health center, Tucker said, include Chlamydia, genital warts and herpes. She said sometimes students come in with the symptoms of an STI, like burning during urination or itching, but don't know they have one.

Tucker said the health center does some counseling of patients but works closely with University Counseling Services to help patients deal with

health related issues and coping strategies.

"We use them for counseling and support system for students, whether it's problems of depression or anxiety, just the whole change of moving away from home and trying to find a new group of friends and fitting in," Tucker said.

Joe Hamilton, assistant director of UCS, said sexual health and sexuality concerns are topics that are commonly addressed in counseling.

Hamilton said UCS counselors explain confidentiality to students and build a working relationship with them to establish trust.

"We work to make sure that students understand that our services are confidential and [explain] the rare instances that we might have to break confidentiality, the kind of extreme cases," Hamilton said.

One issue that brings many students to the health center, Tucker said, is when students are considering sex or a sexual relationship for the first time. In this case, Tucker said the staff focuses on abstinence and tries to focus on "talking to them about abstinence, of course, is the only way to 100 percent prevent any of these problems that can occur, but if

they are going to be sexually active, how to protect themselves with limiting partners and condom usage."

Tucker said as a whole she finds the student body to be well informed about their sexual health.

"They come prepared and knowledgeable about what could be going on with their bodies," Tucker said. "So we can explore those things and come up with a diagnosis and treatment."

Tucker said it is important to discuss all options concerning sex.

"You think of these kids that come in here as your own, they could be your own child," Tucker said.

"And I think we all want them to know everything there is to know about it to make an informed decision. And then to decide on their own if that's a behavior they want to get into or if they want to wait."

Considering the consequences of sex is important too, Tucker said. Whether it is a physical or emotional issue

that arises, deciding to have sex is a serious decision to make.

Services at the health center are insurance-based, but Tucker said when students have financial restraints the health center often refers students to the Adair County Health Department, where many services are free.

Lori Guffey, RN and clinic supervisor at the health department, said they offer a full range of family planning services, from physical exams to birth control to pregnancy testing to STI testing.

In addition to these services, Guffey said the staff tries to educate patients who come in with sexual issues or questions.

"If they can't abstain, then they need to use condoms at all times," Guffey said. "Then, the other part to that is they need to seek health care advice from the provider of their choice."

We're very open to giving them the information that they're needing to help them in any way we can," Guffey said.

"If they can't abstain, then they need to use condoms at all times."

Lori Guffey
Adair County Health Department
RN and clinic supervisor

Adair County Health Department STI Testing Hours

Monday, Friday	8 a.m. - 4 p.m.
Wednesday	8 a.m. - 6 p.m.

STI testing, which is currently free of charge, is available Mondays, Wednesdays and Fridays (see above infographic for hours), while an appointment must be made for a physical exam. Guffey said pregnancy tests are also free.

Guffey said the health department, located at 1001 South Jamison, offers completely confidential services for those who might feel hesitant to utilize them.

For students who might not need physical examinations but are just looking for ways to protect themselves or to talk to a peer about sex, the Women's Resource Center, located in the lower level of the Student Union Building, is another available service. Senior Virginia Rice, staff coordinator at the WRC, said besides their annual free condom campaign during February and March when the WRC hands out up to 500 free condoms, the WRC always has male and female condoms available for students.

The WRC, which is entirely student-run, is a safe place for students to come and talk to their peers, who aren't trained counselors, but who will always listen, Rice said.

"If a student came in and was dealing with something

and wanted to talk to somebody, we are definitely there at all times," Rice said. "They can come in anytime they want, they don't have to have an appointment at all, and can just have another student there who's just there to talk to them or just sit with them."

Rice said the WRC provides a relaxed atmosphere with the opportunity to talk to peers about any problems or experiences.

"I think that anytime there's silence or inability to communicate about something that's such an important part of everybody's life is not a positive thing," Rice said. "I think that sex is a huge part of any person's identity and interaction with other people, and it's something we should have an open dialogue about."

Rice said she sees sexual health as a big issue for male and female students. She said the WRC encourages everyone, not just women, to utilize their services.

"I think that the priority of any person should be their health and well-being in every sense of the word, including their sexual health," Rice said. "College is an important time in your life and you want to take care of yourself."

Hamilton Street Baptist Church

Welcome Students!

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8:30 a.m. Traditional Worship
9:45 a.m. Bible Study and College Class
11:00 a.m. Contemporary Worship led by HSBC Praise Team

Join us for **Worship in the Park**
Sunday, August 29th at Rotary Park
11:00 A.M. Worship
Noon — Free Lunch
1 — 3 P.M. Swimming
Indoor Pool @ Aquatic Center (\$1 per person)
Shuttle Bus service will be provided to and from campus in front of the SUB beginning at 10:30 a.m.

HSBC is just a few blocks west and south of the campus.

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