

Our fears should be unlearned



Staff Reporter encourages readers to face their fears

BY EMILY WICHMER
Staff Reporter

My alarm clock goes off. It's 9:35 a.m., and I'm late for my final. I run to the classroom while still wearing my pajamas and receive the exam from the teacher. After skimming it for a few seconds, I realize that I haven't studied for this at all, and I'm going to fail.

This situation happened to me during my dreams every night during finals week. Maybe it was because of stress. Maybe it was something I ate. Whatever it was, I was afraid I was going to miss my final or forget to study the night before.

Luckily I learned everything I needed to do well on my finals, but more importantly, I learned how to overcome my fears.

Fears are nothing to be ashamed of. I have a fear of snakes, a fear of sleeping through my finals and a fear of tight spaces. Even though I love dogs now, I used to be so afraid of them when I was younger that I would tell people I was allergic to them so they would keep dogs away from me.

My roommate is a psychol-

ogy major, and she told me fears usually are learned from either a traumatic experience or through stories you hear from others. I was bitten by a dog when I was 3 years old, so I probably was afraid of them because getting bitten made an impression on me when I was younger.

My roommate also said fears are set off by a "trigger," or something that causes the fear. If you're afraid of heights, a trigger could be flying in an airplane or standing at the top of the Empire State Building. If you're afraid of dogs, your trigger could be your neighbor's Labrador Retriever barking at you when you go outside.

The first step to "unlearning" your "learned" fear is to identify your trigger. Whether it is a spider or a snake, figure out what causes you to be afraid.

Most people try to avoid the "trigger" that sets off the fear, but the best way to lessen a fear is to face it. Do you typically avoid crossing the street because there is a dog in someone's backyard? Start slowly crossing the street and have confidence that you can do it. Do you scream when you see a spider? Squish it with a shoe, or if you're brave enough, release it outside.

Once you realize you can do what you want despite your fear, you will realize you can overcome it.

Another way to overcome a fear is to be prepared. When I had nightmares during finals week, I triple-checked my alarm before I went to bed. I studied hard during the day, and I went to bed at a reasonable time every night. I made sure what happened during my dreams didn't become a reality.

Face your fears and be prepared. Unlearn your fears and be confident.

Students learn medieval dance



Calli Lowry/Index

Local musicians play medieval music while members of the Society for Creative Anachronism teach dances of the time period Feb. 9 in the Ryle Main Lounge. The group wore homemade costumes typical of medieval times.

Mental absence is detrimental



Editor-in-Chief reflects about the time wasted by being unaware

BY KATHLEEN BARBOSA
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I've started to notice something. Whatever I do, wherever I go, I seem to constantly be drifting off to somewhere else.

I sit in class, and I start to worry about work and what must be done at the office. Once

I get to work, I start thinking about what I can do for fun tonight after work, and hoping I can squeeze in some time for a movie with friends after dinner and before homework.

Once I get to the movie, I start worrying about homework, and what I have to get done that night before I get a few hours of sleep. Then I finally start homework, which I struggle with, because as I was drifting off in class to worry about work, I missed some key instructions.

When I give up and go to bed, I am kept up by the thoughts of what I have to do at work the next day, and what homework I didn't get done.

The truth is, if I had been able to focus on what I was doing, and be more present at where I am, my life would be much more efficient.

And it's starting to scare me. I really am wondering, what am I missing? Did I miss a concept in class that would have helped me land the interview for my first job? Did I miss an oppor-

tunity for one of those lifelong memories when I'm with my friends but worrying about my homework?

To be aware of what surrounds me and to participate in whatever situation I'm in wouldn't just help me, but it could make a difference in the lives of those who surround me.

Did I miss noticing that my friend was having a bad day because I was too preoccupied worrying about homework? Did I skip over a part of my reading that would have changed the way I look at the world? Or am I simply not getting everything I could get out of college and my life?

Part of the problem is our obsession with multitasking. We don't just study, we watch TV, and we don't walk, we walk and talk. We twist and shout, and because of it, we miss out on appreciating the moment to the fullest and we don't fully devote ourselves to anything.

From now on, I'm going to try to live and be conscious of each moment so I don't waste another.

INDEX Classifieds

660-785-4319

For Rent

For Rent: Wagner Enterprises rental properties are available for 2013-2014 lease. New units with one to four bedrooms are all within two blocks of campus! Complete with washer/dryer in each, all electric, central heat and air, private parking and maintenance staff. For more information, call 660-341-5538 or visit www.wespaces.net

For Rent: 3 bedroom house for rent near Truman and A.T. Still. New carpet, laundry, dishwasher, central air, 90+ furnace, plenty of off street parking. Available immediately. \$960.00/month. 970-318-8902 or 815-519-6509

For Rent: Spacious 1 bedroom apartment with character one block from TSU. 505 S. Davis #1 has perfect location, living room, large bathroom. \$300 KPM 665-6380

For Rent: Multiple high quality 2 and 3 bedroom apartments available for May, June, and August 2013 leases. A quiet and safe environment. CALL ONLY 626-7695.

For Rent: 1 bedroom apartment, stove and refrigerator furnished. Located at 314 N. Florence, rent \$325 a month plus deposit. No pets or parties or smoking. Call at 660-341-4989.

For Rent: Missouri Riverside Development still has 2, 3, and 4 bedroom houses for the 2013-14 school year. Locally owned and managed. Newly renovated properties close to campus. Call today. Only a few left. 660-216.1292

For Rent

For Rent: Several nice 1-2-3 bedroom apartments in the Water Works, Boardwalk, St. James, States Avenue, and New York Avenue apartments. All within walking distance of Truman. Call Four Horizons Realty, Inc. (660) 665-3400 or e-mail us at 4horizonsrealty@comcast.net.

For Rent: HIGH QUALITY MODERN 2 AND 3 BEDROOM APARTMENTS NOT CLOSE TO CAMPUS BUT IN GEOGRAPHICALLY SAFE AND ATTRACTIVE AREAS. (CALL ONLY) FOR DETAILS: 660-626-7695

For Rent: Two bedroom duplex, two blocks from TSU, total electric, includes stove, refrigerator, dishwasher, washer and dryer, outside storage area, off street parking \$585.00 rent, \$585.00 deposit. Call 660-341-4627

For Rent: 5 bedroom, 2 bathroom and 2 kitchen house for rent. Character and charm. Located near downtown. Call today for your showing. 660.216.1794

For Rent: Two 1- bedroom apartments. Total elect. Stove, Refrigerator, off street parking. Close to TSU. One \$265/month, other \$285/month with washer/dryer. Tenant pays all utilities. Available May 1 or August 1. Call 660-216-1952 Broker/ Owner.

For Rent

For Rent: NEW COLLEGE HOUSING! The Landing at Kirksville. 6 different 4 bedrooms for rent. 1/2 mile from Truman! Pricing varies. Contact DVRA Development Group at (660) 988-3885.

For Rent: Nice 3BR 2BA townhome located between TSU and KCOM. All appliances including washer and dryer. Attached garage. Low utilities. Available now or for next school year. 909 Sundown. KPM 665-6380.

For Rent: 3-4 Bedroom 10 yards from campus. 601 E. Patterson is spacious and has great character. Washer and dryer. Won't last long at \$900. KPM 665-6380.

For Rent: 4 bedroom, 2 bath apartment for rent, available Spring 2013 semester, central heat/air, washer/dryer, fridge, garbage disposal, large rooms, off-street parking. No smoking, pets or loud parties. \$615/mo. 660-341-7121

For Rent: 4 Bedroom 2 Bath Apt. Available August 2013. Newer Kitchen and Baths. Stove, Refrigerator, Dishwasher, Washer, and Dryer. Call 660-341-7529

For Rent: Ground floor studio apartment available March 1st; \$350/mth including ALL utilities; walking distance to Truman; call (660) 988-2781; adamj2004@hotmail.com

For Rent: One-bedroom apartment with stove and refrigerator, off street parking. Water and trash paid. \$285/month. Available May 1 or August 1. Close to TSU. Call 660-216-1952 Broker/Owner.

For Rent

For Rent: Newer, well-maintained, duplex apartments near downtown and 4 blocks from campus. 2 bedroom, 1 walk-in closet, washer, dryer, dishwasher, refrigerator, range, central air, garbage disposer, and outside storage included. May and August availability. Call (660) 665-2796 M-F 8-5.

For Rent: Kirksville Rentals has available a clean 2 bedroom house 1 block from TSU campus. Available May 15th, 2013. Includes stove, ref, washer and dryer and a/c. Call Jeff Behrmann owner-agent at 660-626-7598 or Mike LaBeth owner-agent at 660-216-7144.

Miscellaneous

Do you have spiritual questions? Are you bewildered at all you hear about "spirituality"? Learn from the Bible online—for FREE! Learn, at your pace. Enroll today: ReachGod.worldbibleschool.org