

ZONE | Pickler Memorial Library has a new center aimed at decreasing student stress levels

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three options: three minutes for \$1, 15 minutes for \$5 or 30 minutes for \$10.

"Students listen to students very differently than they listen to old fat 40-year-old guys," Holcomb said, "It's mostly going to be peer support."

The Wellness Zone is run by trained student attendants, Holcomb said. These attendants teach students skills from progressive relaxation to yoga. The attendants are chosen by on-line job forms and are selected by interviews. He said training took one week, and topics such as customer service and de-stressing techniques were taught. Each attendant had to file a report about different stress-relieving techniques they had researched, and also had to have a basic knowledge of yoga.

"Our biggest problem is that people just don't know about us, and once they do I think we're going to have a lot of good experiences for the students on campus," sophomore Sam Blonstein, a Wellness Zone attendant, said,

Blonstein said the most ex-

citing part of the Wellness Zone is when people come in and talk to the student attendants when they're stressed about tests, homework or exams.

Holcomb said the idea of the Wellness Zone came from the President's Wellness Committee, made up of 13 faculty members, and was made possible by a state-funded grant as part of the Higher Learning Commissions Pathway Project.

The Higher Learning Commissions is an independent corporation and one of two commission members of the North Central Association of Colleges and Schools, which is one of six regional institutional accreditors throughout the U.S., according to the HLC's website. The Pathways project is a new program of maintaining accreditation.

Freshman Tanner Chrisler said he had to visit the Wellness Zone as part of a class requirement and thought it was an excellent idea.

"The library in and of itself is already sort of a quiet place to be able to do work, but to have this here allows you to still, even in this area where people



Ashley Jost/Index

Sophomores Rosemary Truman, left, and Madison Cowart, right, try the Wellness Zone's massage chairs in the new during its grand opening last Thursday in Pickler Memorial Library 108. The massage chair costs \$1 for three minutes, \$5 for 10 minutes and \$10 for a 30 minutes.

are studying, calm down a bit and relieve some stress of the day," he said.

Sophomore Shawna Shepa-

rson said the massage chairs took some getting used to for her, but said it is a great opportunity for students to de-

stress.

The Wellness Zone is open 12-8 p.m. Monday through Thursday, and 12-4 p.m. Friday.

TRUMAN STATE UNIVERSITY
Welcomes
Gov. Jay Nixon



Submitted Photo/ Truman State Public Relations

Nursing department chair Stephanie Powelson speaks to students, faculty and administration in front of Governor Jay Nixon. Nixon was at Truman State presenting the nursing program with a \$150,000 grant last week.

NURSING | Governor Jay Nixon presented the Truman State Nursing Department with a \$150,000 grant to start a new accelerated-learning program

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to pursue the program during the coming year, according to the press release.

Powelson said students who haven't taken the prerequisite classes — Pharmacology, Human Development and Lifespan and Human Nutrition — will be able to take those courses online during the summer and academic years. This is the first time the University will be offering this opportunity, she said.

"We'll be doing the start-up this summer with a few of the courses," Powelson said. "They're harder courses to find for students who are off-schedule [from the normal nursing track], so we're going to offer them online in addition to in-class."

Powelson said she thinks it shouldn't be hard to find the 10 to 15 interested students among the 6,000 students on-campus, though the school also will be searching statewide for applicants.

She said getting Truman's name out there with publicity for this new program will be an exciting opportunity, because many of the bigger universities, such as University of Missouri-Columbia, already

have accelerated BSN programs.

Powelson said the tuition gained from the online classes should help pay for the some of the costs after the first year.

"We're grateful to the Governor, grateful to the Board of Nursing and the President, provost and dean who said they'd help sustain the program once we get it going," she said.

Joan Poor, provost and vice president of Academic Affairs, said she thinks the addition of this program is an excellent way to address the growing demand of health care professionals and she looks forward to seeing the program take off and as it grows during coming years, possibly become self-sufficient, she said.

Senior Teresa Vodopost said she realized during her sophomore year that she wanted to pursue nursing.

"My mom is a nurse, so I've been around nursing in my family," Vodopost said. "The biggest thing that pushed me into doing this is I'm a cancer survivor."

Vodopost said she was diagnosed with Hodgkins Lymphoma when she was 16-years-old, and has been working with Children's

Hospital on and off ever since. She said it was her health care team that gave her a new perspective about the industry, leading her to eventually want to become a nurse.

"I love Truman and have done really well here," she said. "The most exciting thing is, I've been looking at other programs at other schools, but now Truman is an option."

Aside from familiarity with the University and professors, cost is another benefit Vodopost said makes Truman rank high on her list of prospective programs. She said she also is applying to University of Missouri-Columbia, William Jewell University and Creighton University, some of which cost \$40,000 per year.

"The cost is really high for some of the schools," Vodopost said. "Especially considering you're graduating from another school with loans already."

Powelson said many of the program details are being fine-tuned by an implementation committee to ensure all nursing faculty are comfortable with the guidelines of the program. The program isn't accepting applications until the committee finishes the details.

DEER | High temperatures during the summer cause an outbreak of EHS in deer across the state

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there less than a month, they can report it to the Conservation Department and give us an idea of where they were at on the area so we can put it in our database," Jones said.

Symptoms of deer with EHD include swollen tongue, fluid-filled lungs, cardiac hemorrhage, congested rumen, ulcers in tongue, eroded dental pad and a scarred rumen lining, Jones said.

If a hunter shoots a deer with the disease, she said, the meat still is safe to eat, because the disease is not transferable to humans.

Jones said by the middle of October the Kirksville area should experience below-freezing temperatures and the disease will no longer be a problem because the bugs will die.

"The important thing that hunters need to be aware of is that this disease typically lasts until we have a hard freeze,

which is under 32 degrees and about 20 degrees," she said.

Professor Bob Jones, who teaches "Hunting In America," said he thinks EHD will not harm the deer population as much as Chronic Wasting Disease, another deer disease, did because EHD is dependent upon the weather conditions, whereas CWD has no cure once the signs develop.

B. Jones said his understanding is that EHD has been around for a long time, but not in the numbers that recently have been reported in the wake of this summer's drought.

He said anytime there is an outbreak of any disease within a game animal population, hunters tend to become concerned, especially those who hunt primarily as a food source.

"Some who don't believe that the disease can't be passed to humans will not hunt deer because they're afraid that they might become affected by the

Symptoms of Epizootic Hemorrhagic Disease

- high fever lasting 24 to 72 hours
- swollen tongue
- fluid filled lungs
- cardiac hemorrhage

*according to the Missouri Department of Conservation

meat," he said.

Sophomore David Holzknecht, who hunts regularly, said he has not encountered a deer with the disease during the few times he has hunted this

season.

"I don't have too much concern for the disease," Holzknecht said. "It's one of those things that happens that is really annoying, but it will get sorted out."

Hit-and-Run | DPS investigates after a student is hit by a car

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said. "No matter how minor it might seem, they should bring it to us. A lot of times the minor pieces of information are what we need to determine what happened."

Whittom said DPS will follow up with Arif as the investigation continues.

So far all of the trucks Arif said she has been asked to identify haven't been the correct one.

The driver is described to be a white male, about 30 to 40 years old, with a muscular build, last seen wearing a lavender-colored sleeveless undershirt and smoking a cigarette, according to the DPS press release. The release describes the truck to be an older model, unknown make with metallic gray paint.

Anyone with more information can contact DPS at 660-665-5621.

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