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THURSDAY, FEBRUARY 26, 2015

EXCELLENCE SINCE 1909

THE UNIVERSITY'S STUDENT-PRODUCED NEWSPAPER

tmn.truman.edu

Health and behavior survey results released

BY CLAYTON BERRY
Staff Reporter

The 2014 Missouri College Health Behavior Survey results now are available and offer insight on student health and habits at Truman State and other Partners in Prevention-21 schools.

The MCHBS is published yearly by a coalition of 21 Missouri higher learning institutions that are members of Missouri Partners In Prevention, forming PIP-21. Truman's report, which can be found at trumanpip.truman.edu, compares Truman State with the other PIP-21 institutions on topics regarding student behavior and physical and mental health.

Joe Hamilton, assistant director of the University Counseling Center, said trends regarding mental health in MCHBS reports have been relatively constant during the past few years. Hamilton said although MCHBS might appear to show slight differences in mental health trends among Truman students, Truman's mental health trends are not significantly different compared to many of the other PIP-21 member Missouri institutions when additional variables, especially in regards to demographic differences, are taken into account.

For example, Hamilton said other possible causes for higher depression rates being reported among Truman students include a higher percentage of traditional college-age, 18-22, students than other PIP-21 colleges, which is reflected in the 2014 MCHBS report. Hamilton said some students in this age bracket might experience higher rates of depression than other age groups because they still are developing their personalities and identities while trying to find their own directions in life. However, he also said these statistics should not be dismissed because significant trends might be found when looking at several years worth of data.

Hamilton said Truman students have a more direct access to mental health resources compared to PIP-21 universities with higher student to faculty ratios. He said many of these larger universities are not always able to keep up with student demands and have to put students on month-long waitlists. In contrast, he said Truman's University Counseling Services waitlists are typically much shorter and the staff is able to see a higher percentage of the student body during a given year. Although Truman State's UCS had to implement its first spring waitlist to keep up with student demand, he said this should not discourage students from seeking support when they need it. Students always are encouraged to seek UCS support when needed, as well as staying informed with what our administration is doing to address common student mental health issues.

Dr. Michelle Cannon-Breland, facilitator of Truman's Partners in Prevention Coalition Committee, said she has been working See SURVEY, page 3

Student awaits preliminary hearing

BY BETHANY BOYLE
News Editor
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The Truman State student facing rape charges was released after his bond was paid in full and now awaits the preliminary hearing for his case March 18.

The student was charged with rape or attempted rape of the first degree, felonious restraint and tampering with a victim in a felony prosecution. The student was taken into custody after a young woman came forward last month to report she had been

raped by the defendant shortly before winter break. Attorney Mark Williams of Benson Law Firm will represent the accused student in court.

The Adair County Detention Center confirmed the student was released Feb. 9. The bond was set at \$150,000, which was paid in cash.

According to the court filing, the defendant has a list of restrictions he must adhere to while awaiting his hearing outside of custody. He must inform the court of any change of address and the defendant is not permitted to make contact with the al-

leged victim or to attempt to tamper with the victim or other witnesses, according to the filing.

The defendant is prohibited from purchase, possession or consumption of alcohol or other controlled substances and is forbidden from entering any establishment where alcohol is the primary product for sale, according to the filing. Consequently, the defendant must submit to be tested for drugs or alcohol at the request of any law enforcement officer, according to the filing.

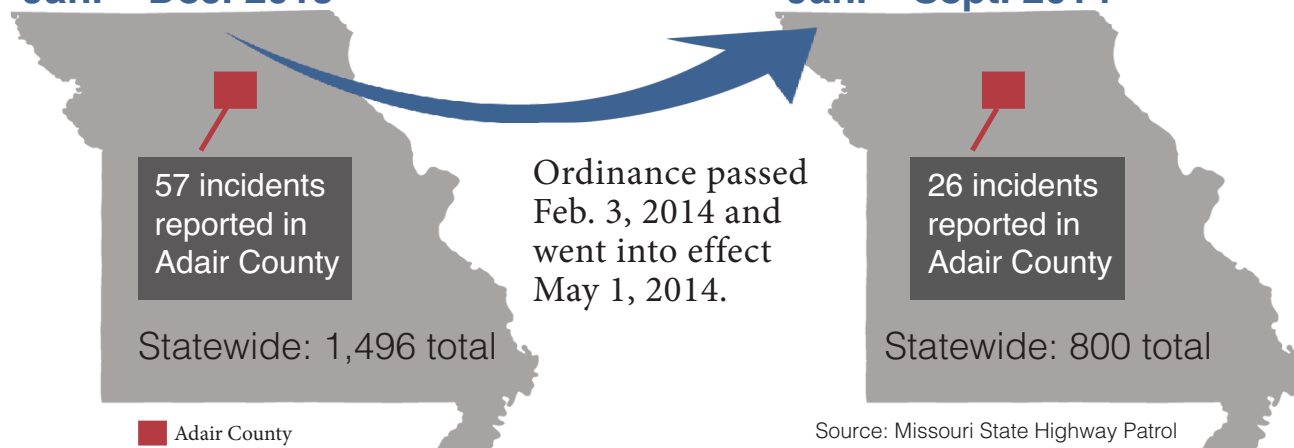
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Meth reports decline throughout Adair Co.

Reported Adair County methamphetamine incidents decreased after city ordinance was passed

Jan. – Dec. 2013

Jan. – Sept. 2014



BY AUSTIN HORNOSTEL
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During the year since the Kirksville City Council passed an ordinance banning the sale of over-the-counter drugs containing pseudoephedrine, the number of reported methamphetamine incidents in Adair County has decreased.

Pseudoephedrine is one of the key ingredients in methamphetamine production, according to methproject.org. While the number of meth incidents reported in Adair County during 2013 was 57, the number of reported incidents in the county was only 26 as of September 2014, according to statistics from the Missouri State Highway Patrol.

Adair County Sheriff Robert Hardwick said the implementation of the pseudoephedrine ordinance

last year has made it more difficult for individuals to manufacture methamphetamine by the "shake and bake" method, which he said explains the numbers reported by the State Highway Patrol.

Hardwick said the sheriff's department issued 15 search warrants last year and made numerous drug arrests. He said these warrants ended up being very successful.

"We are adamantly pursuing the drug activity in this county," Hardwick said. "We work on [this] all the time, and we will continually work on situations in regards to the methamphetamine problem here."

Hardwick said adopting the pseudoephedrine ordinance changed the playing field. He said criminals in the community used about 60 percent of products containing pseudoephedrine sold in the community See METH, page 3



Submitted photo
A bottle holds meth made using the "shake and bake" method. Reported meth incidents declined after a pseudoephedrine ordinance was enacted in Kirksville.

Truman to ban tobacco on campus

BY TAYLOR LAY
Staff Reporter

The Truman State Student Affairs office will offer a smoking cessation program to prepare for the campus smoking ban effective July 1, 2015.

The Student Smoking Cessation Program is a free service providing one-on-one coaching programs, nicotine replacement therapy and habit-reducing products to all Truman State students, faculty and staff during the spring and summer semesters. Products include nicotine gum, nicotine patches, nicotine lozenges, flavored chewing gums and toothpicks. The cessation program currently is available and students can contact any of the six coaches located at the Student Recreation Center, Student Affairs office or the Student Health Center.

Lou Ann Gilchrist, Dean of Student Affairs, said Student Affairs worked with Missouri Partners in Prevention on a number of health-related initiatives. Gilchrist said this was the program MOPIP recommended and indicated they could provide training for a low cost. She said the program does

Tobacco-free Truman: Effective July 1, 2015

The following products now longer will be permitted on campus

- cigarettes
- smokeless tobacco
- electronic nicotine delivery systems (e-cigarettes)

According to the Student Health Center, and University Counseling & Disability Services

Do you use any of the following tobacco products?

- Other (e.g. hookah) 2%
- Tobacco pipes 2%
- Smokeless tobacco 2.2%
- Cigars 4.7%
- Cigarettes 17.7%
- I do not use any tobacco products 73%

not cost anything for the University, with services and products available for free.

Gilchrist said the ban will be enforced through the Student Conduct Code because it is based on University policy. She said enforcement will be based on complaints the University receives about violations of the

policy. Gilchrist said if someone reports a student, Student Affairs will e-mail them with a warning. If there are two or more complaints about the same party, Student Affairs will have a hearing and it could result in a conduct violation. Gilchrist said the process for reporting faculty and staff would likely happen through depart-

ment heads.

"[The smoking ban] is more about respect for the community, our desire to keep a healthy and well campus," Gilchrist said. "We're hoping the community will police itself."

Brenda Higgins, Director of the Student Health Center and University Counseling Services, said concerns