

Researcher urges people to wake up from chronic lethargy

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News Staff

While conducting a study that looked at energy levels in a variety of people, Dr Karin Olson from the University of Alberta Faculty of Nursing came across a few alarming conclusions, the most important being that people need to take fatigue seriously.

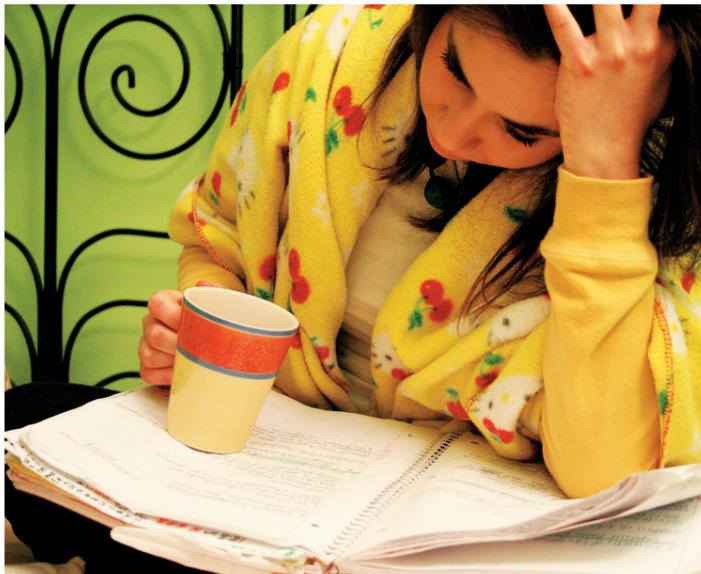
Olson noticed that tiredness has stages that could progress to the detriment of one's health.

Because the symptoms of tiredness, fatigue and exhaustion differed so much, Olson thought these conditions could have underlying physiological factors. She said that common stressors, like work overload or personal problems, may seriously affect one's ability to cope with in daily life.

"As people progress from tiredness to [the more advanced stage of] fatigue, it's an indicator that their ability to manage those stressors is decreasing. So fatigue is the body's response to this failing adaptive mechanism. And once they hit exhaustion, that mechanism has fallen apart," she explained.

Olson went on to say that tiredness, fatigue and exhaustion can affect people in a variety of ways, depending on their occupation and lifestyle.

She explained that shift workers are extremely susceptible to progression from tiredness to fatigue, or fatigue to exhaustion, because of loss of sleep and the difficulty in establishing a regular routine. Olson also warned that people who suffer from depression are often affected by tiredness in relation to other biological complications already present due to their disease.



JENNY FROGNER

NOT ENOUGH ZZZ'S Study outlines the signs and dangers of constant fatigue.

"Depressed people's primary stressor is the way they see the world, and the mental anguish that they have to manage," she said.

The most important thing, Olson noted, is to understand that your stressors are unique to you, to learn what they are, and keep track of them. Olson explained that because young people's sleeping patterns are so unique, sometimes students turn to self-destructive avenues to balance life with rest.

"The real challenge amongst young people is that they choose things that are counterproductive. Coffee is a stimulant, and it tricks the body into thinking it's got more energy than it does," Olson said.

She went on to explain that a rested, happy person is better off in all facets of life than one who is tired, and that

the economy could even benefit from healthy employees due to a decrease in sick leaves and an increase in productivity.

"We know now that from a work-productivity point of view, people are most creative and most inventive if they give their brain a little bit of time off. Everyone should take some time every day to do something they really like," urged Olson, adding that this joy may even slow or upset progression between stages.

Due to these findings, Olson and her team think it's vital to open people's minds to the three stages of energy loss, and dispel some common myths about fatigue.

"You don't have to be sick to have fatigue. You can have fatigue just because you have a heavy load," she explained.

CAMPUS CRIME BEAT

Compiled by Mike Otto

FELT LIKE GOING FOR A B&E

Sometime between 1 February and 8 February, someone tried to break into a fifth-floor office in Education North. Campus Security found the marks left by the bungling burglars on 9 February.

GONCH BUT NOT FORGOTTEN

At 11:21pm on 7 February, a transit rider near the bus loop flagged down constables on patrol and reported a man taking off his pants in the University LRT station. At the same time, Edmonton Transit security received reports of an intoxicated male asking for money. Officers found a man with an extensive criminal record that they had previously booted off campus. He was taken to a homeless shelter downtown.

THE THERMODYNAMICS OF OUCH

At 10:30pm on 8 February, a concerned student contacted Campus Security after seeing a man out in the cold near the east side of Henday Hall. Campus 5-0 arrived on the scene and discovered an intoxicated 50-year-old male. He had frostbitten feet and was taken to the hospital for treatment.

FOUND SKETCHY IN THE STACKS

Around 3pm on 9 February, a constable on a routine walk-through of Cameron Library spotted a male that had been previously kicked off campus by 5-0, in particular for loitering in the libraries. The man had no fixed address and a history of

violence and property offences. He was given yet another electrified eviction via LRT.

ALL FIRED UP OVER NOTHING

At 10:54pm on 9 February, Campus Security responded to a fire alarm in Education South. A number of witnesses reported seeing a man in scrubs and carrying a black duffel bag activated alarm stations throughout the building. The Edmonton Fire Department verified that there indeed was no cause for alarm.

Half an hour later, another alarm was received from the building; this time the absurd alarmist was apprehended by 5-0. He was intoxicated and found to have a previous criminal record; he claimed to have pulled the fire alarms because his car was stolen. Campus Security was less than impressed and handed him over to Edmonton Police.

WHOLE LOTTA NOTHIN' HERE

Just after midnight on 9 February, a drunk-up man was seen lurking in the basement of the Education Car Park. He claimed to live downtown, but when constables investigated they found he had no keys, no money and nowhere to spend the night. He was taken to a homeless shelter downtown.

WHACK WHACK IN THE PUB PUB

A little after midnight on 10 February, a number of student residents reported a fight was taking place at a nearby bar on 116 Street. It was alleged weapons were involved, such as a bat and crowbar. Edmonton Police arrived on scene and found no students were involved or injured. They are currently still investigating.

GODDAMN THE PUSHER MAN

At 10:42pm on 10 February, a male injured his hand after he was shoved down a flight of stairs in SUB for refusing to give up his oversized novelty beer can. The petty pusher was last seen running west on 89 Avenue and is described as 5'9", 150lbs, wearing a blue T-shirt, blue jeans and a white necklace.

HOORAY FOR BEERFEST, I GUESS

At 11pm on 10 February, a number of partygoers were gathered in front of SUB, blocking traffic in the area. After refusing several polite requests to leave, 5-0 had to kick them out of the area, at which point the group migrated to the second floor of the Stadium car park. One of the males in the group became aggressive towards the officers and was placed under arrest. He then made a break for freedom, running south through the car park and jumping from the second level, landing near the parking kiosk. He was found and taken into custody a short distance away, and taken to hospital for treatment of minor injuries. Charges under the Code of Student Behaviour are pending.

WORLDY BEERS UNITE IN MY TUMMY

At 11:30pm on 10 February, Campus Security were called to Dinwoodie Lounge to deal with a man after event staff alleged he had been asked to leave and was being uncooperative. Constables warned him that if he continued to refuse, he would be removed. They were then forced to follow through on their promise when the man continued to physically resist them. The man had no university affiliation and was given a \$115 fine for refusing to leave a licensed venue.



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