

# Patty shares home, spirit and passion with Truman



BY VALERIE SPENCER  
Staff Reporter

It appears there are two things Patty Bolz loves above all else at the University: books and Bulldogs.

Bolz, president of Patty's University Bookstore, Inc., has been an active member of the Kirksville community for her entire life. She attended Kirksville High School and managed to find her way back to the area to open her own bookstore.

"I love getting up and coming to work," Bolz said. "Basically, I get to be a college kid for the rest of my life. I just can't stay up as late."

Bolz said she always intended to have her own business, she just didn't know how it would happen.

In high school and college, Bolz could be found on the tennis courts. Her interest in tennis developed because of her father, who was an avid tennis player as well as a professor at Truman.

"I was going to take my tennis and go teach tennis some place, travel around," she said. "... I wanted to go coordinate [tournaments]. I wanted to go run the thing and teach you how to enjoy the game. Well, I did that for a while, sort of, until I figured out that I was working while everybody else was playing. I didn't think that was any fun. I was like, 'Wait a minute, I want to play, too!'"

Her passion for tennis took her all the way to Florida State on scholarship. However, Bolz said she didn't stay there long and eventually found herself back in northeast Missouri.

"[Florida State] didn't work out well because I needed to go someplace else for the education," she said. "It was Northeast Missouri State then, good college, but all the professors were my friends' dads and moms ... so I ended up down at Central Missouri State."

The tennis courts also introduced Bolz to her husband

Brad during college. She and her roommate, also a tennis player, used to challenge men they met on the court to a game, and if the men lost, they had to buy the women a milkshake. Bolz said Brad just happened to be on the court during a heated match.

"I asked my roommate, 'Should we play them for the court?' and she goes, 'Play them for the court?' No. Let's hustle them," Bolz said. "So I said, 'OK, let's go.' They were terrible. So every April 15 he goes and buys me a chocolate milkshake, if he remembers. Most of the time it's one of those, 'Oh!' moments. I got a convenience store thing of chocolate milk one time. He goes, 'Close as I could get, sorry.'"

After the two married, Bolz said her husband took a job that required both of them to move around, first to Hannibal, Mo., then back to Kirksville and eventually to Salt Lake City, Utah.

Bolz got a job at the University of Utah and worked for two large textbook suppliers where she sometimes traveled and participated in book buybacks for the companies. She said she eventually became weary of being on the road and away from her family.

"One time, it was about three days before Christmas, ... I was at a buyback at the University of

Illinois, and my dad had come over to pick me up," Bolz said. "Brad had flown into Kansas City and got a ride to Columbia where we picked him up. We looked at each other and were like, 'What are we doing? This is nuts.' He'd been on the road for two and a half weeks, and I'd been on the road for a week and a half."

Bolz said that on her return, she went back to working at Mike's Bookshop, located right off Truman's campus, which is where she got her start in the book business.

"[Mike asked me], 'What did you do to get your textbooks?'"

and I said, 'Well, Central rents them, but otherwise I used to go to the library and check them out on Dad's ID.'" Bolz said. "I hated to buy them. He said, 'That's the attitude I want. Come on, let's go.' So what we tried to do was offer lots of used books so we could compete with the store that was on campus."

The store ultimately became Bolz's in 1989 when it changed names to Patty's University Bookstore, Inc., and she said she has greatly enjoyed her time in the store since. Bolz said she never could have predicted how the store would develop.

Nonetheless, Bolz said she has had to overcome a few bookstore-related challenges. There's one in particular, she said, that has given her trouble.

"Probably the toughest thing about owning your own business is realizing that ... decisions I make affect how [my employees] feed their kids," she said. "... It affects lives that way. It affects 7-year-old or a 3-year-old. It's like, 'Wow, when did I grow up and do this?'"

Bolz said another former challenge was learning to work with her husband, who eventually came to work alongside her in the store. However, she said they learned how to cooperate — the two now even share an office.

"We divided up responsibilities well enough where we don't get at each other, but that was very difficult for a while," she said.

But Bolz's life doesn't consist entirely of books. She said she also is an enthusiastic Bulldogs fan and enjoys going to different sporting events not only to watch the game but also to catch up with the many people she knows around Truman and other universities.

"I went down to the Truman-Central volleyball game, it would have been in September, and the assistant volleyball coach's wife came up to me and said, 'Patty, why don't you just have a half purple shirt and a half red shirt? ... I've watched you. You know more people in this gym than I do, and I live here,'" Bolz said. "It's a great time."

In addition her many Truman-related activities, Bolz said she also volunteers at Missouri Girls State, a summer leadership program for girls going into their senior year of high school. Bolz said she attended the program when she was younger and



Photo submitted

This photo is from when Patty worked at Mike's Book Shop, which now is her bookstore. Growing up, Patty Bolz loved playing tennis, a hobby that led her to a job stringing rackets.

that although she initially didn't want to go, she ended up having a lot of fun and learning a lot about challenging the status quo and making a difference.

Bolz said that when time doesn't allow her to be physically present at Girls State, where she now holds the position of public relations director/photographer, she still finds some way to contribute.

"If I didn't have time to go back, I'd just sponsor a girl to go," she said.

Bolz said she also enjoys finding new things to do around Kirksville or going to Thousand Hills State Park and that she encourages students to do the same.

"There's things you can do here you can't do in the city,"

she said. "The kids that come here and say, 'I hate this place, it's too small,' well, you came here [for a reason]. Look around, see what there is to see. Do everything there is you can do."

Many of the activities students can participate in have nothing to do with academia but rather offer a way to escape, relax and learn about things not found in a textbook. Bolz said it's those types of activities that she encourages students to get involved in.

"My dad used to tell me, 'Study hard. I want you to come home with at least a 3.0 [GPA], but don't let classes get in the way of your education,'" Bolz said. "And that's a good thing because so many people

will read and take the test, read and take the test, but what did you learn?"

Bolz said she feels comfortable knowing that one day University graduates are going to be in control of the way things are done around Kirksville and on a national level.

"Working with Girls State and working with Truman, maybe it's because I'm lucky enough to be with those two programs, it makes me think if I'm old, even though we all hear that Social Security is going to be ... out of luck, I really think there is hope because those particular groups are going to be in charge," she said. "... It kind of gives you hope that maybe getting old is not going to be that bad."

## Backpacking voyage takes study abroad to next level



la dolce vita

with Sara DeGonia

Compared with the relative comfort of settling down for a semester in Finland or Spain, true backpacking qualifies as an extreme sport.

Wearing an article of clothing more than once is mandatory. Razors only cause problems at airport security. Soon you're drying off from the first shower you've had in three days with a hobbit-size towel and thanking God for giving you hands to scrub with because you had no room to pack your purple loofah.

Not that I'm complaining about spending the past week in Milan, Venice and Athens. Except for my angry, angry bank account and the cold I picked up at the end, it actually was a fantastic seven days.

But little did I know that when I set out for my fall abroad I'd leave the study abroad world and enter the backpackers' realm — an entirely different universe with its own laws and customs.

Law No. 1: Staying in hostels

is required. You don't know backpacking until you've slept in a room with five strangers, one of whom is an old guy (it's called a youth hostel for a reason) masquerading Daisy Dukes as pajamas.

Trying to decide whether your stuff will get stolen or waking up to find an intimidating creature in the bed that was empty when you went to sleep sounds alarming but only adds to the adventure.

Bonus points are awarded to hostels with any or all of the following: Free Internet, breakfast, towels (of any size) and a tours office.

Law No. 2: Hygiene is a much more fluid concept. The reason for this is twofold: Time is of the essence, and there ain't no room in your backpack for economy-size styling gel.

Appearing clean matters more than freshly-laundered jeans, and deodorant can be a tiny little miracle stick to substitute for soap and water.

Items such as hairspray, perfume/cologne, contact solution, face wash and lotion — although essential at home — qualify as entirely unnecessary in these circumstances. Which brings me to ...

Law No. 3: Pack like an Einstein, not like a Hilton. Think of every centimeter of space in your backpack as if it's worth a dollar (or a euro): Don't waste it. Choosing the clothing, shoes and miscellaneous items that make the cut should be as strenuous as following an entire season of "America's Next Top Model."

Of course, this can vary in importance based on your projected travel time. But plan on layering for tem-

perature fluctuation, and consider just mixing up the order for a totally new look three days later. Surely Martha Stewart would be proud of something that efficient.

And, most importantly, don't forget to allot space for souvenirs.

Law No. 4: Make friends. This law includes all the loopholes at torneys are so brilliant at finding in the U.S. Constitution. In other words, don't feel pressure to harass every hostel-mate you can communicate with, but stay open to join in conversations if "Grey's Anatomy" or Xbox comes up.

You might end up getting ice cream together at midnight, naming every stray dog in Greece or climbing through a terrifying cave only to follow up by posing for goofy photos on a kids' playground.

And whether you're a fan of Facebook or not, you have to admit it has great networking capabilities. It's absolutely the easiest way to keep in touch with new friends from other corners of the world like Seattle and New Zealand or just a few hours south in your own state.

Law No. 5: Enjoy your time. As tired, disgusting and broke as you might be at times, make sure at the end of the day you buy that beautiful Venetian painting, visit the Parthenon no matter the hike and go after that second gyro of the day.

Sure, you can play by your own rules, but don't say I didn't warn you. The backpackers' realm treated me well because I respected its customs.

And that, ladies and gentlemen, is how I became a bona fide backpacker.



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## Recognizing the signs of strep throat

Sore throats are a common occurrence, especially during the winter months. Although a scratchy throat most often is a sign of a cold, it also can signal strep throat. Unlike viruses like cold and flu that cause sore throats, the streptococcal bacteria causes strep throat. Because of this difference, strep throat is easy to treat after your physician or nurse practitioner diagnoses it.

Strep throat most often occurs in children ages 3 to 15, but it also affects adults and older children.

The strep bacteria is highly contagious and spreads through the air when people with the infection cough or sneeze. This occurs most often in the winter months because people tend to spend more time inside close to each other. Strep throat is commonly spread among family members, in schools and in day care facilities. It's important to use good hygiene to avoid getting strep throat. To prevent strep throat, wash your hands regularly, and cover your mouth when you cough or sneeze. Also, do not drink out of the same glass or use the same eating utensils as someone with strep throat. Wash these items in hot soapy water to rid them of infectious germs.

In addition to a scratchy throat, strep throat symptoms include a fever, swollen lymph glands, painful swallowing, headaches and stomachaches in younger children. Other symptoms might include rash or vomiting. Strep throat symptoms usually do not bring on other cold symptoms such as coughing, sneezing or a runny nose. If you have cold-like symptoms in addition to a sore throat, it's probably not strep throat.

Because strep throat symptoms also might signal a variety of other

ailments, it's important to visit your primary care physician to determine the illness. Your doctor likely will perform a throat culture to check for the presence of bacteria. During this test, the physician will rub a sterile swab over the back of your throat and tonsils. The swab is then analyzed in the laboratory, which might take as many as two days. Additionally, the doctor might use the swab to check for foreign substances in the throat that might signal strep bacteria.

Oral antibiotic medication is the best way to treat strep throat. The antibiotics will help alleviate the symptoms, destroy the bacteria and shorten the contagious period. For antibiotics to be most effective, treatment should begin within two to three days of symptoms appearing.

In addition to antibiotics, good home care can help ease the symptoms of strep throat. Try to get plenty of rest, drink lots of water and use a humidifier. Eating soothing foods such as soup, mashed potatoes, yogurt, frozen popsicles and applesauce also can relieve throat pain.

Strep throat typically disappears within three to seven days. However, if it lasts longer or if you have any questions, contact your physician.

For more information on strep throat, contact Dr. Collins at 660-626-2222