

Shorter distance appeals to runners

BY VALERIE SPENCER
Staff Reporter

Truman students and faculty go the extra mile, plus about 12 more.

Half marathons have become increasingly popular across the U.S. in recent years, and many at Truman have followed this trend. A variety of age groups can participate in the activity, making its acceptance even more prevalent.

Senior Alison LaFollette said she joined cross country during her sophomore year in high school after a friend suggested it and that she didn't know that running was even a sport.

"I was like, 'Wait, all you guys do is run? That's your sport? Running?'" LaFollette said. "... [But] I joined it and just fell in love with it."

She said that love continued through college and that as she became accustomed to running longer distances, she began to seek new challenges.

"I was just looking for more," LaFollette said. "I got used to running 5 K, and I thought, 'Why not try a half marathon? Why not see what I'm capable of?'"

But it's not just students who are getting involved in half marathons. Evonne Bird, professor of health and exercise science, said she and her husband Michael Bird, also a professor of health and exercise science, currently are training for a competition and have found it to have remarkable health benefits.

"Just to stay in shape, we found that running is one of the best things we can do to help maintain our weight and keep all of our numbers – our cholesterol, blood pressure, blood sugar – stay in the healthy range," Evonne said.

Bird said she also enjoys taking advantage of the psychological aspects of running.

"I think it's relaxing," she said. "And I always feel so good when I'm done, knowing that I've exercised my body and taken good care of it. I feel stronger. I don't get so tired during the day."

LaFollette said she also finds running to be highly beneficial, offering rewards in both the physical and mental facets of her life.

"Obviously, it's hard to put on weight when you're running 20 to 40 miles week," LaFollette said. "I think it's a really good stress relief, too. Just going out there and not having to worry about homework or whatever is nice."

Training for a half marathon isn't always relaxing, however. LaFollette said the training program she is on begins 17 weeks before the meet. She starts running 25 miles per week, working up

to 42 miles per week with her longest single run lasting 14 miles.

"It'd be nice if every time you went out running you felt like going out running, but there are days when my alarm goes off – like in the summer when it would go off at 4:45 so I could run before going to work – and I knew I had to go run like 6, 7, 8 miles," LaFollette said. "Some of those days were really, really hard."

LaFollette said she tries to value the days that are more difficult.

"My coach in high school always said, 'The days when you least want to run are the days when you most need to run,'" LaFollette said. "Getting yourself out there and making yourself do it makes you appreciate it that much more."

With many marathons occurring in the spring, runners have to begin training indoors in the winter, which junior Dennis Bosslet said he doesn't enjoy.

"I don't really like running on treadmills, so this winter it's going to be a little harder to motivate myself to run inside," Bosslet said.

LaFollette said another major drawback of half marathon running is an increased possibility of injury, which she has experienced.

Last year while training for the St. Louis half marathon, she got an inflamed plantar fascia (the connective tissue that supports the arch of the foot) and had to stop running altogether for about 11 weeks.

"Getting injured gave me a lot greater appreciation for when I do run," LaFollette said. "Since then I've not missed any days of running in my schedule, and that was in May."

Senior Todd Turner also has a great respect for this sport. Turner said the first half marathon he ran was at the end of the half Ironman he competed in, which included a 1.2-mile swim, 56-mile bike ride and 13.1-mile run. Turner said he's now training to compete in a full Ironman competition.

"I've always sort of dabbled with the idea of doing a half marathon and then a marathon, but I could fit those in and not really change my life," Turner said. "But the Ironman, that's going to force me to change everything about my life: how I study, how I eat food, my sleep routine, certainly the way I treat myself physically."

However, Turner said his training program is less intense than he thought it would be.

"It's not near as much as I expected it to be," Turner said. "And the reason is because ... it's not so much about just putting a lot of time in. It's the way you put time in because you can't just run

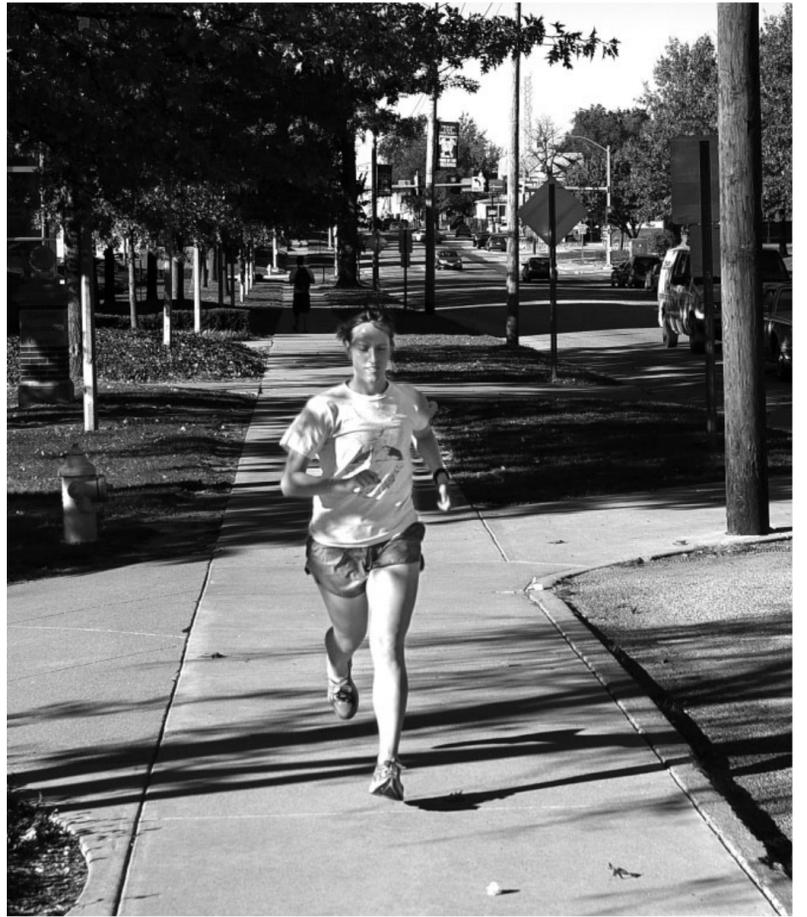


Photo by Jackson Groves

Senior Chelsea Brown is in training for the Kansas City marathon on Oct. 20. In the past, Brown has competed in half marathons, but this year, she wanted a bigger challenge.

yourself into the ground."

Turner said he was allured by the challenge of competing in a half Ironman and eventually a full Ironman.

"That was part of the reason I did all this to begin with is because I don't know if I can," Turner said. "But that's what's exciting about it. I have no idea if I can do any of this, but the thought of it fascinated me. ... It's crazy, but it's not insane."

Although running long distances of any kind

might seem crazy to some, Evonne Bird said half marathons have become more popular because they offer runners something to work for while still being manageable.

"It's not as long as the marathon, so the distance is more doable, and more people can do that," she said. "... For people who want to keep pushing themselves, I think the half marathon is the perfect distance for that because it's not too far but it's far enough that it's a challenge. You can say, 'Yeah, I accomplished that.' It's a great goal."

"My coach in high school always said, 'The days when you least want to run are the days when you most need to.'"

Alison LaFollette
Senior



Mark Hardy/Index
This year, the student organization Clay People will participate for their second year in the Annual Red Barn Arts and Crafts Fair Saturday.

Red Barn adds attractions to annual arts and crafts fair

BY ABBEY SNYDER
Staff Reporter

This year's Red Barn Arts and Crafts Festival is like an old dog with new tricks.

Festival chairwoman Anita Towns said that this year the festival will be offering a variety of new things, from more entertainment to more artist demonstrations.

"This year we've added some extra entertainment on the northeast corner of the Square," Towns said. "You can shop, you can listen to music, kids can do activities at the kids' corner, so those would be the good things."

Towns said there are many attractions for Truman students to enjoy at the festival.

"I think there are just interesting things for all students to see," she said. "This year we have several booths that are jewelry makers, and so I think at least the female students [will like those vendors] ... because those are affordable things."

Towns said Truman students also are participating in the festival and that they have an opportunity to win awards.

"All of our exhibitors pay for their booth space to be here at the festival except for the students," she said. "There are two different student awards that are presented. ... Each of those is a \$100 award."

Senior Emily Dahmer is president of the student organization Clay People,

which will take part in the festival.

"It's just a really good experience to see that there is, in fact, art in Kirksville, and it is, in fact, flourishing and doing well," Dahmer said. "We have a lot of talented people, and it's just a fun thing to do on a Saturday."

Dahmer said her favorite part about the festival is demonstrating her craft.

"Even if you're horrible, and everything you throw flops into a pile of mush, people are like, 'Wow, that was neat. How'd you do that?'" she said. "People just appreciate that, no matter how bad you are."

Dahmer said Clay People participated in the festival last year as well, and the money from that and other ceramics fundraisers greatly benefits the organization.

"Last year the club was actually able to take six members to the National Ceramics Conference purely off the money we make at our sale," she said. "It just enables us to enrich our education with activities like that."

Sophomore Julia Curran also will display her prints and paintings at the festival.

"I think it's kind of like a step into real-life experience," she said. "As an art major, if you're interested in being in a gallery at one point in time, this is a good step into that realm ... with displaying your work at a smaller community festival."

Linda Colton, president of the Kirksville Arts Association, said

many things set this festival apart from years past.

"We've put the food vendors all in one area, ... and we've made some seating in that area," she said. "We really try to respond every year to feedback from participants and from exhibitors."

Colton said the festival started out with only a few artists displaying their work in Red Barn Park but that eventually they had to move to the Square because of the event's size.

"It was just a few people, both community people and artists who felt like they needed to have a place for the local artists to display their work, and it just grew," she said. "It has grown and changed a lot."

Although some aspects of the festival have changed, many things have stayed the same, Colton said.

"They've always had some entertainment, ... they've always had a little bit of food," she said. "I think it's just grown."

Colton said that whether festival-goers are interested in the old or the new, this year's festival will have something for everyone in the family.

"With all the entertainment that we have, ... you can come with your whole family and spend the whole day if you want to," Colton said. "It's a really wholesome activity for a family."

The 33rd Annual Red Barn Arts and Crafts Festival will be 9 a.m. to 4 p.m. Oct. 13 on the Square.

Genealogy research offered through classes

BY JENIFER CALANDRA
Staff Reporter

Senior Kara King knows her 600-year-old family members.

In 1983, King's cousin researched their family tree by talking to older family members and tracing their lineage. The family has records that go back as far as the year 1400.

King said her cousin did this because so many family members were getting older.

"When a generation dies, their stories die with them," King said.

King advises talking to the oldest family member to begin research.

"They might be senile, but they'll still have fond memories and can give you good insight," she said. "If you don't ask, you're not going to know."

Although her cousin did her family research, King said she also researched her family members in the St. Charles area by

reading through records to find her relations.

King said her knowledge comes in handy when meeting people and making connections with them.

Truman students have the opportunity to do research about their own families in the Family Communication class, taught every third semester.

Diane Johnson, associate professor of communication, said she assigns the genogram project, a combination of a family tree and a tracking of relationships, to show how family members got along, how they were related and when they were born and died.

The class was responsible for tracking their families back three generations. The project culminated in the production of something similar to a family tree and an essay.

"It lets [students] see their family in a new way," Johnson said.

Johnson said the genogram

project also is used as a therapy tool for counselors to look for relationship patterns within a family.

Someone's identity and communication patterns are shaped by family and people who are around a lot, she said.

How a family member handles anger, for example, directly influences how another family member expresses anger, she said.

When Johnson researched her own family, she said she found a lot of interesting things but nothing unexpected.

"There's always things that strike you when you [research] your own family," she said.

Senior Nadia Mozaffar researched her family on the other side of the globe for the Family Communication class.

She said her family lives in Bangladesh and doesn't keep in touch very much, making the project extremely difficult.

Mozaffar's parents spent time making phone calls to

Bangladesh after she told them what she needed for the project. She said she could not get the information she needed otherwise because her family is so far away.

Mozaffar said the project showed her that her family has never gone through any divorces.

"I think it's reflective of the culture my family lives in," she said.

A void of any divorces in a family would be an anomaly in American society. In American culture many people marry, and if it doesn't work, they get a divorce, Mozaffar said.

Mozaffar said the lack of divorce shows that even though it is impossible to have a perfect relationship, differences can still be worked out, and people can remain happily married.

"They still stuck through it

and coped with it," she said.

Senior Mary Niehaus said the genogram project allowed her to learn things about her family that put family relationships into perspective.

"I found out that my grandma on my dad's side had a brother who died when he was four," Niehaus said.

The tragedy helped explain why Niehaus' great-grandmother was overprotective of her daughter, Niehaus' grandmother, she said.

"It explains a lot about how it transcended into her own parenting style," she said.

It was hard to find her great-grandparents, Niehaus said.

"We don't keep a family history," she said. "It's all out

of memory."

To begin her research, Niehaus said she called her oldest aunt and then confirmed facts through her father. She said it was difficult because she has a big family.

Niehaus said she spent 15 hours doing research before she finally stopped counting the time. After so much research, Niehaus said she still is not tired of it.

"I can't get enough," she said. "... I'm excited to go home for Thanksgiving break, more so than before. ... There's more stories I want to hear."

The Northeast Missouri Genealogical Society, based in Hannibal, serves local residents who are interested in researching their family history.

Members pay \$12 a year for access to genealogy records. The society has more than 173 paid members and is among several local genealogy Web sites.

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Kara King
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