Martha Rowe returns to Kirksville mayorship

BY JESSICA RAPP
Assistant Features Editor

Next week marks 34 years that Mayor Martha Rowe has lived in Kirksville.

Rowe said she moved to Kirksville from Oklahoma City, Okla., and, like many Truman students who have made the transition from big city to small city know, her move designated significant change. But as she leaned back casually on a pew in First Presbyterian Church, she said she had no problem adjusting.

"I've found, in living in different places, that you build your community where you are," she said. "I've always found friendly places to be."

Rowe said she and her husband, John Rowe, moved to Kirksville because of his job for the Federal Aviation Administration. The town, she said, was a good place to raise their four children – one son and three daughters – all of whom went to Truman. Rowe said she, too, graduated from Truman in 1980 with a degree in accounting.

To Rowe, Kirksville's city manager form of government, where a CEO works for the five members of the city council, also makes the town appealing. She said she praises Mari Macomber, the current manager, for the positive changes occurring in the council and for keeping everything moving forward.

In early September, Kirksville City Council elected Rowe to serve as mayor for her third session. Rowe was reelected when former mayor Jeff Newton resigned in September.

She said her job keeps her busy, making some days completely booked depending on what type of events she oversees. In the last two weeks, she said she has done at least four ceremonial ribbon cuttings. One of these events took place for a new gasoline company that sells biofuel, a product that has never been sold in town before, she said.

Each member of the city council votes on legislation, so Rowe said she feels that she should not be recognized as the sole person for constructing the city's agenda. But Rowe said she wants to keep Kirksville on the right track by carrying on the revitalization of downtown.

"I want this to continue to be a progressive community and continue upgrading our infrastructure," she said. "That's actually a good thing that's going on."

Rowe said that each year, the council has a session to plan goals based on a budget approved in December. She said one of the main goals of the council is to make the town a service community and focus on providing for the three universities in Kirksville.

"This council continues to be very involved in wanting economic development," Rowe said.

> "I've found, in living in different places, that you build your community where you are."
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> **Martha Rowe**
> Kirksville Mayor

"We [also] realize that education is what we do best. ... We're just so blessed to have great educators."

Rowe said she also enjoys the fact that Kirksville is a safe town and that the council is working to keep it that way.

"You're comfortable walking on the streets," she said. "[Kirksville is] a safe, comfortable place for all ages. You see the windows down in the parking lot, and you're thinking, 'Oh my goodness, these people don't even lock their cars.' It's something Chief Hughes doesn't approve of, it's so easy for petty theft to happen."

Rowe said she hopes the city will elect to encourage walking by putting more sidewalks in town, including one on Highway 63 that would allow safe walking to various landmarks throughout town. Rowe said she walks mainly for exercise.

To make changes in Kirksville, Rowe said she thinks that Truman students should vote in the city because many of them already have involved themselves in the town by volunteering.

Mark Hardy/ Index

Martha Rowe sits at the City Council study session Tuesday. Rowe recently was elected for a second time as Kirksville mayor, and she has lived in Kirksville for the past 34 years.

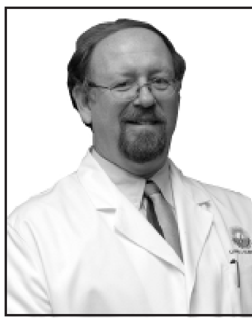
"I think [Truman students] are very involved in the community," she said. "They volunteer for the food pantry, Hope's Kitchen, and they help senior citizens needing help doing particular things. A lot of people feel that they should vote at home because that's what they are more familiar with. But they certainly should have the opportunity to vote here. They have a choice."

Aside from her job, Rowe said she keeps busy with her church and around the house. She sings in the choir, reads and helps her husband maintain his garden. She said she and her husband are "owned" by their two border collie mix dogs, Folly and Chiechi.

Before serving as mayor, Rowe worked as an accountant and retired in 1993.

She said she will have served on the council for six years this April, which will continue to be an enjoyable way to meet people and welcome them into town. She said her main reason for becoming a council member lies in the city itself.

"Kirksville, at that point, was a progressive city moving in the right direction," she said. "I wanted to continue that. I feel a responsibility and I really want to do a good job."



Health Talk
with Lloyd Cleaver, D.O.
Northeast Regional Medical Center
www.nermc.com

Acne anytime will require treatment

Many people mistakenly believe that teenagers are the only age group affected by acne. In fact, acne is a skin disorder that affects all ages.

Eighty percent of people between the ages of 11 and 30 have acne outbreaks. Some people continue to have acne through their 40s and 50s. Although acne generally has no long-term physical effects, it can leave scarring in severe cases.

Acne takes many forms. Whiteheads, small white spots, occur when the openings of hair follicles are blocked with oil secretions and dead skin. Blackheads, tiny black spots, are similar to whiteheads. They are caused by the same process, but unlike whiteheads, they are open to the skin surface and darken because of the skin's natural melanin.

Pimples, raised reddish spots, are signs of inflammation or infection in the hair follicles. Thick lumps beneath the skin are cysts, which form from the buildup of secretions deep within hair follicles.

As adults, women are far more likely to have acne than men. Changes in hormones that occur before menstrual periods or during pregnancy can affect the skin's oil secretions and cause acne. Certain medications also can cause adult acne. Picking acne lesions is one of the best ways to make acne worse. Sometimes, physical pressure on the skin, including pressure from the straps of a backpack, friction from a telephone, or even tight collars, can clog the hair follicles and cause acne.

Heredity is another factor. Genetics greatly determine the way a person's skin will react to changes in oil production. If a person's relatives had adult acne, it greatly increases the chances that person will have adult acne.

Acne rarely is a serious medical condition, but severe cases may require treatment to prevent scarring or other serious skin damage. Prevention for severe acne can include topical drugs or antibiotics, oral medications, avoiding common irritants and washing problem areas with a gentle cleanser. Persistant or severe acne can be managed by your physician or dermatologist, who can personalize a prevention or treatment program. There are a number of new treatments that can control acne completely.

For more information on acne treatment and prevention Contact Dr. Cleaver at 660-626-2191

Studying abroad uncorks opportunity of a lifetime

la dolce vita
with Sara DeGonia

Living abroad is like tasting a new wine.

See, sniff, swirl, sip, spit and then decide.

Having hit the one-month mark a few days ago, it's safe to say I've shot the taste of Florence, Italy, into the stainless steel bucket, and I'm either having a full glass or moving on.

But I'm not mulling over a bottle of Arbor Mist – I'm choosing whether or not to invest in a '45 Bordeaux, which can't be taken lightly.

OK, enough with the metaphor – even I'm feeling a little drunk after that. My point is that packing up your life and taking a chance on an entirely different culture isn't as easy as choosing between red or white, and I feel responsible as a liaison of sorts to communicate to you what it's all about. Especially because I tend not to look both ways before encouraging people to cross the Atlantic, or Pacific for that matter.

On the surface, studying abroad closely compares to studying at Truman. I live in an apartment with three other women around my age, I attend five classes during the week and I have the weekend to do exactly as I please, although that often includes catching up on homework.

Aside from those similarities, spending a semester in Italy is as intensely complex as the worst class ever invented: Statistics 190. (Shut up, math majors.)

After performing circus feats and tricky yoga positions to travel to this oregano-flavored country, I arrived in this city of great artistic and historical importance to embark on an adventure.

I moved into a cozy apartment most American students would deem ancient, which lacks almost every single amenity I'm used to possessing: TV, microwave, dishwasher, toaster, coffee maker, clothes dryer and Internet hookup. I can freely admit that this was initially a cause for panic for a technology-dependent gal like myself. Yet, determined to embrace my study abroad adventure, I've made do – quite nicely, if I may say so.

I've learned to make toast on a gas stovetop. I can brew coffee in a press rather than a pot. I've accepted that hand-washing dishes is probably less painful than poking out my eyeballs or something equally excruciating.

Fortunately, I live with three wonderful American girls – Lauren, Cara and Jenn – who, for the most part, make life a lot easier. But, as tough as you thought adjusting to roommates was freshman year in the dorms, I guarantee this is 137 times more difficult. There's no saner freshman living across the hall to harbor me like a fugitive if my roommates are driving me nuts. I can't escape to the library or Student Union Building if one decides to speak in a sickeningly cute voice to her beloved dog on Skype. Nor do I have a dining hall to feed me all-I-can-eat pancakes if my roomie cooks that odorous veggie concoction first thing in the morning.

Still, we've been fortunate enough to make tiny adjustments and actually become friends.

Those who have come before say that studying abroad teaches you a lot about yourself. I say that at the end of the day it comes down to where your priorities lie. If staying up on the oh-so-life-altering events of "The Hills" and going home every weekend so your mom can do your laundry is what matters most to you, then obviously you should buckle down in the U.S. forever.

But if you'd like to explore the limits of your personality – how far your intuition, intelligence and ingenuity can carry you – then take a chance, even if you get stuck with a 43-year-old hippie living in your spare room. But that's a story for another day.

I'm certainly not saying it's easy, and I'm not denying that I'll be pleased to return to La Pachanga cheese dip, watching "The Office" on an actual TV with the infamous boyfriend.

I am saying that my see, sniff, swirl, sip and spit thus far have given me reason enough to commit two and a half more months to Italy without quarrel. Oh yea, and the gelato helps, too.

wake up right. wake up right. wake up right. wake up right.
WITH THE INDEX
EVERY THURSDAY MORNING
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