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## From the fields to your family

### The Kirksville farmers market

BY WILL HOLLEMAN  
Features Reporter

Rain or shine, the Johnson family makes an appearance at the Kirksville farmers market every weekend from May to October.

The Kirksville farmers market has been in business for nearly 25 years. It is on the west side of the Square in the streets of downtown Kirksville, directly across from the movie theater. Vendors begin selling their goods to market patrons at 7 a.m. and close up shop about noon.

Regardless of what events have been planned on the Square for that weekend, such as a recent carnival, the vendors always find a way to deliver their goods to patrons, even if it means being uprooted from their normal spots.

The Johnsons, who asked that their first names be withheld, are a soft-spoken older couple who have been selling gooseberry pies, among other goods, for nearly two decades after having lost their significant others and marrying each other.

Mrs. Johnson makes the homemade gooseberry pies, which she said are a great success and always are the first to sell out. She said she normally makes about 20 pies which takes about a week, for each Saturday.

"We don't make much off these pies," Mr. Johnson said. "We drive an hour to Iowa and [the gooseberries] are \$70 for three pounds."

Getting a prime spot at the Kirksville farmers market sometimes requires that the sellers get up before the sun rises in order to claim their territory, he said. The Johnsons' tent and truck marked the very middle of the street and was flanked by the other vendors.

"She and I get up at 3 a.m. on Saturdays to do chores before we come down here," Johnson said.

Susan FitzGerald is the market manager and a member of Kiwanis, the local service organization in charge of the market.

She said there have been many changes since farmers first started selling homegrown fruits and vegetables nearly 25 years ago — most notably the move from the courthouse parking lot to the parking spaces on the street.

The vendors used to set up their tents in the county courthouse parking lot until it was remodeled, she said.

During the remodeling, the vendors moved their shops to the street and ended up liking the open setup better, FitzGerald said.

FitzGerald said she became market manager three years ago when the former manager moved away.

The main concern she has heard from the vendors has been a request for re-



Steven Salt, middle background, has been selling his produce for about 20 years. His daughter, Amethyst Salt, right, helps him.

served parking spaces, she said. This assures vendors, such as the Johnson family, spaces so they don't have to wake up at 3 a.m. to fight over parking spots, she said.

"For each parking space we charge the vendors \$5," FitzGerald said. "And the profit from that goes into a scholarship."

The scholarship is awarded to local students who are majoring in agricultural science, she said. The scholarship is not exclusively for Truman students, but for anyone in the area with that qualification, she said.

Many of the buyers who attend the farmers market flock from Kirksville or other surrounding counties, FitzGerald said. This gives the market a small-town feel because most of the shoppers have been buying homegrown tomatoes, freshly baked pies and homemade jams and jellies from the same people for decades.

Truman students certainly are outnumbered, but sometimes just as faithful.

Junior Scott Aubuchon said he is an early riser and frequent visitor of the market.

"I enjoy the fresh homegrown fruits and vegetables because it's something I can't find at Wal-Mart," Aubuchon said.

He said he usually walks to the market with a few of his housemates. Aubuchon and his friends are runners and healthy eaters. He said they enjoy the exercise they get from the walk to the market and the quality produce they find there.

Aubuchon said he also enjoys the feel



Margaret Hollenbeck has sold her honey and other products at the farmers market for 25 years.

of the market and supporting the small-town business, which is something he is not able to enjoy so often in his hometown of St. Louis.

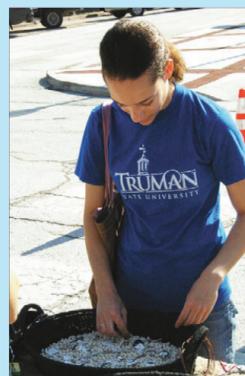
"We sometimes barbecue the vegetables or use them in salads," Aubuchon said. "The taste is just much better."

The farmers market continues to grow, something FitzGerald said she thinks benefits both the vendors and the other companies, shops and restaurants situated around the square in downtown Kirksville.

"We think we are bringing business to the downtown area," FitzGerald said.

Considering the majority of Truman students are from a large city, she said the market is something many of them don't normally experience.

"Come meet your friends at the farmers market," FitzGerald said.



Sophomore Shannon Tanner examines shell jewelry on Saturday morning.

"I enjoy the fresh homegrown fruits and vegetables because it's something I can't find at Wal-Mart."

Scott Aubuchon  
Junior

## Use handy gadgets to cook up a storm in your dorm

BY ABBEY SNYDER  
Features Reporter

When it comes to cooking in the residence halls, there are more options for students than what can be zapped in a microwave.

Junior Kristina Combs said she often cooks meals for herself and others using a Crock Pot, one of the appliances approved by Residence Life. This is just one of many acceptable cooking appliances outlined by

the University that differs from the usual microwave or refrigerator.

"It's amazing how simple it makes things," Combs said. "In between classes I've thrown in just some lean beef and some cream of mushroom soup ... then you just add a little water, put the lid on, and seven hours later I had an excellent dinner ready for me and some other people."

Combs said other people saw her using the special appliance as a luxury, but she doesn't feel the same

way. "I don't think five minutes constitutes anything marvelous, but I guess for campus life that's different, unusual," she said.

Although there are many faster options available, Combs said she doesn't like to purchase seemingly easy pre-packaged items.

"It's a ridiculous waste of money for kids to spend ... because you're not getting the amount you're paying for," she said. "You're paying mostly

for cardboard and plastic." Fast food is another alternative for people looking for a quick food fix, but Combs said she would still prefer to cook for herself.

"There's something about knowing what all is in your food and what you're eating and making it for yourself and for other people and that it's good and tasty," she said. "I still prefer that over a Big Mac and fries."

Combs isn't the only student venturing to cook for herself.

Sophomore Adam Rowlett said he utilizes many of the resources available in Kirksville to find good food to make.

"Most of it is knowing where to get good ingredients," Rowlett said. "Knowing what you can get from places like Sugar, where they have incredible foods for amazing prices."

Rowlett said he also cooks for himself because it's healthier than eating pre-made food.

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### Around The Ville

Lu Ann Hampton  
Lavery Oberlander

Come watch the theatre department's revival of its summer stage show.



8 p.m. Friday and Saturday  
James G. Severns Theatre  
Free

### Rock and Roll

Bring your skateboard and rock out at "Shred Fest '07," a fundraising event for Wood Pushers and the Kirksville skate park.



6 p.m. Friday  
Journal Printing Building  
\$5

### Expand your Interests

Check out ways to get involved on campus at the Activities Fair, sponsored by the Center for Student Involvement.



Noon to 4 p.m. Thursday,  
Sept. 6  
Quad  
Free