

# NPHC unites to celebrate MLK

BY KRISHA SHRESTHA  
Staff Reporter

As the country came together for Martin Luther King Day, some of Truman's fraternities and sororities did as well.

Truman's National Pan-Hellenic Council, which governs all historically black fraternities and sororities on campus, organized the MLK Memorial Project, a series of events from Jan. 22 to 24, in honor of Dr. Martin Luther King.

Senior Cameron Poole, a member of Kappa Alpha Psi Fraternity Incorporated and NPHC, said being part of the NPHC council is different than being part of a Greek organization. Poole said he appreciates that the council unites various Greek organizations in a common goal and creates a sense of community.

"All the Greek organizations in the NPHC have fewer members, which makes us more cohesive than larger councils, enabling us to work with each other efficiently," Poole

said. "We also have a lot of internal events, which makes us close-knit and it is easier to work within ourselves."

The MLK Memorial Project kicked off with a viewing and discussion of the "I Have A Dream" speech. NPHC president senior Maurice Mathis said attendees watched the entire speech before discussing the six major themes of the speech and answering questions.

Mathis said the event was not directly tied to President Obama's inauguration.

Sophomore Kapis Clark, a member of the Association of Black Collegians, said she enjoyed the discussion, especially in the context of the current political situation.

"This week is very important—especially in black history, and the people were not afraid to say what they wanted to say," Clark said.

Both Poole and Clark said they had never watched the full "I Have A Dream" speech, so this was a good opportunity for them not only to watch the speech but to better

**"All the Greek organizations in the NPHC have fewer members which makes us more cohesive than larger councils, enabling us to work with each other efficiently."**

**Cameron Poole**  
Audience member



The National Pan-Hellenic Council honored the memory of Martin Luther King Jr. through a viewing and discussion of the "I Have a Dream" speech.

understand it and hear different viewpoints.

Clark said many of the group's questions prompted elaborate discussion. She said it led the group to think about how black history

relates to present-day events and how America still is isolating minorities.

"As a psychology major, it was interesting to see how certain people feel about certain topics and how

they react to it," Clark said. "There were different people from different types of backgrounds and they had different views [about] the same questions. Each and every person had something different to say."

Mayank Dhungana/Index

# New class envisions a greener Truman campus

BY KRISTIN HALUSZCZAK  
Staff Reporter

A new class will ask students to multitask by earning college credit and actively pursuing a "greener" Truman at the same time.

A new one-credit carbon sequestration class will be offered the second block of this semester (beginning March 4) for students interested in climate change. The goal of the class is to lower and eventually eliminate Truman's carbon footprint.

The history behind the development of the course began in Professor of Biology Michael Kelrick's environmental studies course last spring. Sophomore Josh Mantooh said he became intrigued by a carbon sequestration discussion prompted by Kelrick. After the class ended, he wanted to do more research on the feasibility of a carbon sequestration project at Truman, Mantooh said.

"It just started over the summer, looking at doing a carbon inventory for the University, and looking at what kind of impact the University is having," Mantooh said.

After a summer of research, Mantooh and senior Dan Fister submitted a proposal to the National Wildlife Federation.

"Once we found out about the NWF grant, we morphed into actually doing an experi-

ment and seeing how we can use the University Farm as a starting point to hopefully someday making the University carbon neutral," Mantooh said.

In addition to the carbon sequestration research they planned to perform, Mantooh and Fister offered other ways the grant would be used.

"We said if they would give us that money we would develop this course and be involved in community outreach," Fister said.

The NWF awarded the grant at the end of last semester, at which point Mantooh and Fister started course development. Fister said they plan to attend a community environmental seminar with the Missouri Department of Conservation to become more informed about ways to involve the Kirksville community, including Kirksville High School, in sustainability actions.

Fister said they created a course to go along with the research project to increase student awareness and activity.

"You could get more people involved that

way, in an academic setting to make sure people stay involved for the right reasons," Fister said. "It's a new opportunity for environmental science people who are interested in that and also just interested in either farm diversity or opportunities and also environmental opportunities to make a difference."

Regardless of major or background, the course is available to all Truman students.

"Any major is welcome, anyone with an interest in climate change," Mantooh said. "You don't need necessarily a strong chemistry or biology background."

Like two other environmental studies courses currently offered at Truman, the course will be largely student led, with the help of Dr. Kelrick.

"I want to have students involved in the project intellectually, hands-on working on it, maintaining it and data collecting at the farm and then also have them grow up through the course organically and become

the people that help run the course in the future," Kelrick said.

Kelrick said he hopes the course will continue to be offered each semester for years to come. He intends to offer the class in the second block of the spring semester and the first block of the fall semester. It will include classroom-style learning, as well as hands-on activities at the University Farm.

"The spring version of what we do will always start out with some overarching background information on climate change science, what we understand about climate change, what are the mechanisms, what are the data that people are looking at, what kind of evidence do we have for it and how come people are concerned about it," Kelrick said. "Then we'll move on to talking in particular about this project, a little bit of background about carbon credit markets."

Students interested in this subject are encouraged to contact Kelrick and attend an informational meeting about the class taking place within the next week.

"A lot of it just ends up becoming a question of getting the right group of people together at the right moment," Kelrick said. "You just can't know how it's going to happen—you just have to keep pushing."

**"It just started over the summer, looking at doing a carbon inventory for the University, and looking at what kind of impact the University is having."**

**Josh Mantooh**  
Truman student

# Achieving a healthy weight

After indulging throughout the holiday season, some people resolve to reach a healthier weight by embarking on ambitious diet and exercise programs.

What is a healthy weight? Many people set weight loss goals for themselves and believe they have failed if they do not meet them, but making healthy lifestyle changes is more important than reaching a specific number on the scale.

A healthy weight is reached through good nutrition, regular physical activity and healthy habits. In fact, people who carry some extra weight can be healthier than those who are thinner but have poor nutrition and exercise habits.

People come in all shapes and sizes, so there is no ideal weight for every person. However, being overweight and inactive increases a person's risk of developing serious health problems. The body mass index helps determine if a person's weight is putting him or her at increased risk for disease. To calculate your

BMI go to [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/).

Research shows that people who make broad lifestyle changes have more success in achieving and maintaining an ideal weight than those who simply focus on meeting their weight loss goals. Eating right and increasing physical activity also can boost energy levels and decrease the risk of developing diseases such as coronary artery disease, sleep apnea, type 2 diabetes and high blood pressure.

Making long-term lifestyle changes requires a balanced, realistic approach. Here are some tips for making lifelong changes:

- \* Instead of counting calories, focus on eating the right types of foods. Slowly change your eating habits by incorporating more fruits, vegetables, whole grains and lean proteins like chicken and fish into your diet.

- \* Become aware of portion sizes. In today's super-size culture, restaurants often serve more than twice the recommended portion. Instead of eating everything

on your plate, ask your server for a to-go box or share your meal with a friend or family member.

- \* Set small, realistic goals. Instead of deciding to run a marathon, commit to being active three to four times a week. Start slowly and work your way up to your goal.

- \* Make exercise a part of your day.

Weight is just one component of overall health. Other factors, including smoking, high blood pressure, high cholesterol and a large waist circumference can increase your risk of developing heart disease and other conditions.

## King's Buffet & Restaurant

Grand Reopening: Newly Remodelled!

**College Student Discount**  
Sunday to Thursday  
Evening Buffet  
\$6.73 (plus tax)

**Buffet includes:**  
Grand salad bar, variety of appetizers, shrimp, beef, chicken, pork and more, ice cream and desserts.

665-6622  
1707 S. Baltimore

small step no. 34

# FETCH THIS PAPER YOURSELF

TAKE A SMALL STEP TO GET HEALTHY

[www.smallstep.gov](http://www.smallstep.gov)

Ad Council.org