

Celebrating Lincoln's Bicentennial

November 2008-
We Saw Lincoln
Shot: Visiting
Author Timothy
Good

An Evening With
Mr. & Mrs. Lincoln:
State Dinner &
Drama at Ryle Hall

April 2009- Frederick Douglass:
A Friendship Unique
Drama with Richard Klein &
Michael Crutcher at
OP Performance Hall

September-December 2009-
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Free at Last: A History
of the Abolition of
Slavery in America

Images of Race in America
Songs of the Prairie Settlers

October 2008-
Looking at Lincoln:
Political Cartoons from
the Civil War Era

February 2009- Gala Lincoln
Bicentennial Concert:
Wind Symphony Concert
at OP Performance Hall,
Narrator: Dr. Jack Magruder

Campus honors Lincoln legacy

BY CORINNE SCHWARZ
Staff Reporter

The nationwide Lincoln Bicentennial Celebration is coming to Kirksville.

The celebration will take place because of the school's connection with the annual Lincoln Contest and with the Schwengel Memorial Library. Fred M. Schwengel was a former senator and Truman alum who donated his Lincoln collection to Pickler Memorial Library after his death.

The celebration, which begins October 2008 and ends December 2009, will focus on Lincoln's legacy through art and memorabilia exhibits, historical re-enactments, concerts, theatre productions and faculty discussions.

"What I wanted to do was to bring [the celebration] home," said Tom Trimborn, professor of music and a member of the Bicentennial Celebration Committee. "So we've got a national celebration with things go-

ing on. But my interest was to have something for our students that would highlight not only the connection to Lincoln that we've had in the past but then branch off to other things too."

The rest of the committee included of faculty members Chett Breed, professor of English, Barry Poyner, professor of communication and Mark Hanley, associate professor of history, as well as librarians Amanda Langendoerfer and Elaine Doak, Residence Life Director Andrea O'Brien and senior Sean Cahn. The committee's purpose was to come up with high-quality events for the campus relating to the celebration.

"My personal goal for the Lincoln celebration was to make [Lincoln] come alive," Langendoerfer said.

Highlights of the celebration will include "An Evening with Mr. and Mrs. Lincoln," a state dinner and drama production performed in Ryle Hall. Students will be able to enjoy a meal and historical re-enactment, followed by a

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Chett Breed
Professor of English



Tom Trimborn, professor of music, said he collects Lincoln memorabilia. He said he will display this artwork during the 15-month long celebration.

reception in the Ryle Hall main lounge. Additionally, Pickler Memorial Library will display two art exhibits beginning in October. One of these exhibits, "Looking at Lincoln: Political Cartoons from the Civil War Era," is on loan from the Gilder Institute of American History in New York.

Students interested in becoming involved in the Lincoln Bicentennial Celebration can compete in the Lincoln Contest, which focuses on political cartoons, Langendoerfer said.

"It is a competition usually sponsored by the English department that offers students the opportunity to compete in three contests — oratory, essay and art contests," she said.

Committee members said they hope to show both the relevancy of Lincoln's presidency and the human side of such an idealized figure.

"[Lincoln] is still a recognizable important figure, but the way we think about him is perhaps a little more skeptical and even critical sometimes for the

fact that he had compromises that he arrived at rather than a kind of idealistic absolute position," Breed said. "One of the ways that I hope the various events appeal to students to participate is in the sense that this is not a package on a shelf. Many of the events have to do with directly asking questions."

Dates for the Lincoln Bicentennial Celebration events will be released soon. Posters for the event featuring Trimborn's own Lincoln artwork will be displayed on campus.

Health program energizes faculty, staff

BY ALEX BOLES
Features Editor

One session with a personal trainer can cost more than \$50, but 12 weeks with Jennifer Hurst, assistant professor of exercise science, costs \$55.

Hurst began working on the program now known as TruFit Move It, Lose It while completing her master's degree at West Virginia University.

"[Another student and I] kind of laid the foundation of the program, and I had such a good time with it," Hurst said. "Doing exercise psychology is really the aspect of sport and exercise I love the most — particularly physical activity adherence. It was a thing that was right up my alley."

She said she received such a positive response at West Virginia that she wanted to continue to improve the program at Truman when she began teaching here in fall 2006. The program, designed for faculty and staff, developed from an eight-week to a 12-week program and really took off after two semesters of testing the waters, she said.

"I found a time when I could run the program, and advertised and said, 'I'm doing this,'" she said. "I don't get paid for it during the regular school year. It's done on my own time. It's not part of my job. It's just something I love to do."

Hurst said the program is designed for the "yes, but" people — individuals who have previously decided to make a lifestyle change but haven't had success or weren't able to stick to the plan. She

said the program will help people determine realistic expectations and how to achieve their goals.

"So basically what I do in the program is I help people to develop the skill, the psychological and the social skills that they need, to make what I call lifetime behavior changes," Hurst said. "I am interested in helping you to figure out what is most meaningful in terms of you becoming healthy and aiding you in finding a way to do that."

The program lasts 12 weeks and participants meet once a week for a classroom-like discussion about personal struggles and progress throughout the previous seven days. The \$55 fee includes a pedometer, which measures footsteps, and a folder to keep handouts in, she said. Not everyone focuses on weight management or physical activity, she said. The class also focuses on better sleeping habits and time and stress management.

"We're making changes in the way people perceive barriers to actually changing their behaviors, and that will actually lead to the behavior change when they're ready," Hurst said. "They might make some changes nutritionally or with sleep or to something to that effect. But the good thing is that when they leave the program, they know how to do it."

Ian Lindevald, physics department chair, participated in the program last spring. He said his focus was on weight management and overall physical fitness.

"I just turned 50 in the middle of the spring, so I was coming up on 50 and I thought I should try and change my bad habits," he said.

Lindevald said he still wears his pedometer every day and that even though he hasn't been as active lately because of the start of the semester, he will be starting up again soon.

"As soon as I get myself organized, when the semester starts feeling normal, I think I can carve out an hour most days to go to the gym, and I'm really looking forward to that," Lindevald said.

He said he already had made a commitment to himself to start being more active and the program really helped keep him motivated and on track. He said he was pleased with the results of the program, especially the weight loss and renewed energy.

"I think the most important thing that I learned was that we get to set our own priorities in life," Lindevald said. "So basically the question is not whether I can fit in and be healthy. It's just making it a high enough priority that you

make sure it gets done."

Andrea O'Brien, director of Residence Life, also participated in the program last spring. Her focus also was on weight management and overall fitness. She said she already had begun working on those goals before the program and ended up losing a total of 47 pounds.

"When I first joined the TruFit program, between then and the end of May, I lost about 12 pounds, and then I just got a lot more physically fit," she said. "I could walk up the stairs or go hiking a few miles and not feel tired. . . . It's just being able to do certain things like that without feeling like I was exhausted to me, in and of itself, is a victory."

O'Brien said one of the aspects of the program Hurst stressed was not feeling guilty about dedicating an hour of the day to yourself.

"[Hurst] really worked with us on our mindset about the choices that we make and not viewing our own health as something that just needs to come somewhere on the totem pole of responsibility," O'Brien said. "She was very adamant that you need to put these things first for you to really best serve other people."

O'Brien said it was not hard to manage the program with the rest of her workload and that she highly recommends it to other faculty and staff.

"I think the information that we gained from the class wasn't fluff," she said. "She has a lot of resources and tools, and if you choose to use them they can be very helpful."

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Ian Lindevald
Professor of Physics



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