

Students avoid glutenous foods

BY AMANDA HERZBERG
Staff Reporter

It can be identified by many names, cause serious problems and show up when one might least expect it — gluten. A seemingly innocent component of some grains, gluten is known to cause a number of intestinal issues, especially for those with gluten intolerance, commonly referred to as Celiac Disease.

Celiac Disease is an autoimmune condition that keeps food from properly being absorbed into the small intestine

when gluten is consumed and digested, according to the Celiac Disease Foundation website. It can affect children and adults, and is a lifelong condition.

While there is no known cure, there are methods for coping with the condition, many of which include

lifestyle changes and careful dietary selections. By removing gluten from the diet, the small intestine will begin to heal itself and overall health will improve, according to the website.

Junior Kaylin Boeckman was diagnosed with Celiac Disease as a child after experiencing migraines and stomach issues. She has learned to cope with her condition throughout the years, being careful to make appropriate food choices. Having been aware of her gluten-intolerance since childhood, Boeckman says she has become accustomed to the strict gluten-free diet. It still was something she took into account when choosing a university, however.

"It was definitely a consid-

eration," Boeckman said, "I looked at the school here, like we toured campus and then we went and toured Hy-Vee to try to see if they had gluten-free stuff so I could buy things in Kirksville."

Junior Ryan Mosby also deals with a gluten-intolerance. Unlike Boeckman, however, Mosby was diagnosed as an adult in January. After experiencing symptoms including fatigue and intestinal discomfort, he went to the doctor and was told gluten was to blame for his poor health.

Mosby said many people, especially in North America, have the disease but are unaware or attribute their health issues to various other conditions such as Irritable Bowel Syndrome. After having identified his condition, Mosby has altered his diet, avoiding all wheat-germ, which he says exists in count-

less foods and can even be found in salad dressings and peanut butter.

"It's pretty much a lifestyle change for good," Mosby said.

But despite the diet changes, Mosby doesn't mind having to part with certain food items.

"I feel so much better after I stopped eating gluten," Mosby said. "It was probably the best feeling ever."

Sophomore Kirsten Vollmer does not have gluten intolerance, but her roommate sophomore Cathy Fienup recently was diagnosed with it. Vollmer said she was unfamiliar with the condition until her roommate's diagnosis, but has since learned a great deal.

Vollmer said she knew gluten-free foods existed, but was

never sure what that meant.

She said the change has not directly affected her much, but Vollmer said she and her other roommates try to be supportive of Fienup's dietary sensitivities.

"Sometimes we do like special things for Cathy," Vollmer said. "Like ... we made gluten-free pizza one night."

Both Boeckman and Mosby agree that eliminating gluten from their diets was not only necessary, but very much worth it. Alternatives to gluten-laced foods gradually are becoming more common, which makes the change less difficult. And as awareness for conditions like Celiac Disease increases, more and more places are accommodating for such intolerances, Boeckman said.

"Ten years ago, 13 years ago, when I was diagnosed, it really wasn't well known," Boeckman said. "If I had tried to go to school here 10 years ago I probably wouldn't have been able to find anything."

Boeckman said Hy-Vee's Health Mart is where most of her shopping is done, but that Sodexo offers gluten-free food items as well in an attempt to cater to students' needs. These items can be obtained by request in the dining halls, and are available in the Mainstreet Market in the Student Union Building.

Boeckman cautions those with gluten-intolerance, or those simply striving to eliminate gluten from their diets, to make their food choices wisely. She said some gluten-free food substitutes have little to no nutritional value, and encourages people to substitute with naturally gluten-free foods such as fruits and vegetables and foods made with bean flours instead.

Vollmer said she recommends using "Cecilia's Gluten-Free Grocery Shopping Guide," which she borrows from Fienup when they plan to cook together. The book lists thousands of gluten-free food items as well as nutritionally dense gluten substitutes, making a gluten-free diet not only possible, but healthy.

Unexpected Gluten Foods

- Licorice
- Mustard
- Jelly beans
- Beer
- Hot dogs
- Processed cheese
- Ice cream (and cones!)

according to the-gluten-free-chef.com and drugs.com

Small-town musicians, big time dreams

Kirksville musicians play locally, have far-reaching aspirations

BY KATHLEEN BARBOSA
Staff Reporter

Talented musicians are everywhere. They can be found in big cities signed on to mainstream labels or in small-town recording studios in someone's basement. Talent exists in big name stars performing at the Super Bowl and in unknown musicians playing guitar on the street. Even in this small town, talent is waiting to be recognized.

One local musician is done waiting and instead literally has taken to the streets to share his music. Sam Schwegler, Kirksville High School junior, recently began playing in front of the Student Union Building to raise awareness of his music on campus.

Schwegler started playing piano in the first grade. By the seventh grade, he picked up the guitar and hasn't put it down since.

He started out as a solo artist but soon decided to form a band named Sammy Jo Sunshine.

He said that after being in a band for a while, he wanted to work on a solo project for songs that didn't fit with the band's sound, so he started the Sam Schwegler Project.

So far, Schwegler already has recorded one album entitled "Coffee Coffee" for the Sam Schwegler Project. The name of the album comes from the love songs on it.

"I wrote a bunch of love songs and people used to ask what it's about, and I'd say I wrote about coffee," Schwegler said.

Currently Schwegler performs in his high school's band and on Truman's campus. He also performs for community members

and Truman students at the jazz festival last Saturday.

Schwegler currently is looking forward to an upcoming gig at the Mocha Hut. So far, he has stuck to smaller performances and venues, but he has big dreams for his future.

"I just decided last week I want to try out for American Idol. I wanted to get more college based fans for my fan page," Schwegler said. "My next short-term goal is to get on the radio."

Another Kirksville band,

Haunting Kensington, also has dreams of making it big. Sophomore Mitch Pegg, a Kirksville native and Truman student, is a member of this band along with his brother Cody Pegg, 19, and their friend Colton Deem, 20.

The group's first performance was at Truman, but since then they have performed around town at Leisure World and the Dukum Inn. The band has plans to change the name and expand outside of Kirksville.

Pegg said the band hopes to move this summer to either St. Louis or Columbia to start playing bigger venues for larger crowds.

"Kirksville's cool and all but there's not much of a music scene here," he said. The band currently is recording its first album. Junior Mike Hunsaker, a Kirksville native, is behind the recording. Hunsaker attended the Musician's Institute in Hollywood, Calif., where he studied recording and production. "I just wanna make music," Hunsaker said. "Out in Holly-

wood, they kinda burst my bubble, they made me realize I wasn't going to be a rock star, but I made myself believe that I could be a rock star of smaller proportions."

He said he doesn't limit the genre of music that he plays or records. He just looks for music that is unique.

"I could really care less about some joe schmo who wants to play cookie cutter music and totally sucks at it," Hunsaker said.

He said Kirksville has plenty of talented musicians who aren't famous yet, but still deserve a chance.

"I think we need to be more supportive of our local music scene," Hunsaker said. "I wanna create a place and environment where people can come watch other bands play and actually give them a chance."

Hunsaker has big dreams for his future too. He wants to expand and have recording studios in major cities, while keeping a studio in Kirksville where he started so he can look for hometown talent.

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