

AIGA gets crafty



Anna Grace/Index

Freshmen Kelsey Schmidt, left, and Sarah Moore, right, work on crafts Monday in Ophelia Parrish for AIGA, a visual communications organization. AIGA is selling Valentine's Day crafts for a fundraiser.

Weight loss is lifestyle change



New Year's resolutions are ineffective without proper motivation

BY DANIELLE BRESHEARS
Staff Reporter

As the first month of 2013 passes, many of you are either patting yourselves on the back for making it so far with your New Year's resolutions or shaking your heads at the quick failure to keep them yet again.

Then there are the rest of us who don't even bother making resolutions each year. We know we won't have lasting motivation to make some sort of change just because of the calendar date.

If true motivation to change something in one's life isn't already there, making a list on Jan. 1 isn't going to do it. What will do it, however, is personal motivation and a reason to change.

Many people who make resolutions make them about weight loss or fitness. But why make this resolution to repeat year after year? Why not just make it a personal decision and lifestyle change to do now? The decision to lose weight shouldn't be an item on a yearlong to-do list, but a personal desire to change your health without procrastination.

When I came to college I'd heard all the horror stories about gaining the 'freshman 15' and made a vow that not

only would I avoid it, but I would lose those 15 pounds instead. When I set this goal I had such a positive and sure mindset. I had tried to lose weight before, but this time setting a dieting goal was different. This time it wasn't a yearly obligation to try, but a decision to become fit and fully enjoy my next four years.

Once the hectic adjustment into residence hall living was made, the excitement of my goal set in and I found motivation to start losing weight. After just a few months I had lost the freshman 15 pounds. A few more months passed and I'd lost 35 pounds. As the weight started falling off, my motivation rose and my mindset was as strong as ever.

I was finally doing it — losing the weight and becoming a healthier individual.

I started getting more serious about dropping the pounds and began what everybody knows is the ultimate miracle diet — eating right and exercising. I'd eat greens in the dining halls, hit the weights in the Student Recreation Center, and jog around the streets of Kirksville. By the end of my freshman year I was down a total of 50 pounds.

While I made the decision to lose weight myself, my friends' support and easily accessible workout facilities definitely helped keep me motivated. Being able to walk to the gym whenever I wanted and run some laps or cycle on the bikes made it hard to make excuses and easy to lose weight.

Without proper support systems and facilities, fitness goals are as pointless as those resolutions we forgot to keep.

Since I've been at college I have lost 80 pounds. Instead of making an empty New Year's promise to myself, I made a personal decision to change my lifestyle and I stuck to it.

Pedestrians should follow social rules



BY EMILY WICHMER
Staff Reporter

When I was in kindergarten, the teachers always made the class hold hands and look both ways before we crossed a street. Now that I'm in college, I realize crossing the street isn't as simple as I first thought.

Since coming to Truman State, I have discovered that I know little about pedestrian etiquette. During the many occasions I've crossed a street in Kirksville, I've found myself doing a little dance I call the "Pedestri-

an Shuffle." I look both ways before I cross the street and notice a car coming up. It looks like it's stopping — but no, I take one step onto the crosswalk, and the car zooms closer. I hop back onto the sidewalk as it speeds by, only to have another car behind it slow down. Back onto the street. Now back onto the sidewalk. Finally I make a run for it, as the driver I dashed in front of throws me a dirty look.

I know how to cross the street, but my kindergarten teacher never prepared me for crossing the street on college campuses. Students want to get to class or get out of class as quickly as possible. Drivers don't want to wait for a sea of students flooding the street.

From my experiences crossing Franklin Street, I've made a list of proper ways to get across the street safely and avoid the Pedestrian Shuffle.

1. The safest way to cross the street is to wait until there are no cars in sight. This works best around 3 a.m. and as an added bonus, you can be the first one in your classroom.

2. If you don't feel like waking up before the crack of dawn, cross at an intersection where there is a crosswalk, or better yet, a stoplight or stop

sign. Because cars have to slow down here anyway, there's a better opportunity for pedestrians to cross.

3. There is strength in numbers, so try crossing the street with a buddy. If you don't have a buddy, find someone who looks like they want to cross the street and stay close to them. The difficulty here is maintaining enough distance so you don't look like a stalker, and staying close enough to the person so you can cross when they do.

4. Be alert. Look both ways before you cross and wait for cars to pass you. Don't text while crossing the street because it's harder to see where you're going. This is especially important during the colder months when there's snow and ice on the road. You don't want to slip in the middle of the street.

5. If a car stops for you, don't wait on the sidewalk or cross at a leisurely pace. Hurry across so you don't waste your opportunity. If you go too slowly, the driver might change their mind.

6. If all else fails and you wind up doing the Pedestrian Shuffle, apologize to any drivers you might inconvenience. Give them an apologetic smile and wave, then hurry across.

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Classifieds

660-785-4319

For Rent

For Rent: Wagner Enterprises rental properties are available for 2013-2014 lease. New units with one to four bedrooms are all within two blocks of campus! Complete with washer/dryer in each, all electric, central heat and air, private parking and maintenance staff. For more information, call 660-341-5538 or visit www.wespaces.net

For Rent: 3 bedroom house for rent near Truman and A.T. Still. new carpet, laundry, dishwasher, central air, 90+ furnace, plenty of off street parking. Available immediately. \$960.00/month. 970-318-8902 or 815-519-6509

For Rent: Spacious 1 bedroom apartment with character one block from TSU. 505 S. Davis #1 has perfect location, living room, large bathroom. \$300 KPM 665-6380

For Rent: Multiple high quality 2 and 3 bedroom apartments available for May, June, and August 2013 leases. A quiet and safe environment. CALL ONLY 626-7695.

For Rent: 1 bedroom apartment, stove and refrigerator furnished. Located at 314 N. Florence, rent \$325 a month plus deposit. No pets or parties or smoking. Call at 660-341-4989.

For Rent: Missouri Riverside Development still has 2, 3, and 4 bedroom houses for the 2013-14 school year. Locally owned and managed. Newly renovated properties close to campus. Call today. Only a few left. 660-216.1292

For Rent: Two 1- bedroom apartments. Total elect. Stove, Refrigerator, off street parking. Close to TSU. One \$265/month, other \$285/month with washer/dryer. Tenant pays all utilities. Available August 1. Call 660-216-1952 Borker/ Owner.

For Rent

For Rent: Several nice 1-2-3 bedroom apartments in the Water Works, Boardwalk, St. James, States Avenue, and New York Avenue apartments. All within walking distance of Truman. Call Four Horizons Realty, Inc. (660) 665-3400 or e-mail us at 4horizonsrealty@cablone.net.

For Rent: HIGH QUALITY MODERN 2 AND 3 BEDROOM APARTMENTS NOT CLOSE TO CAMPUS BUT IN GEOGRAPHICALLY SAFE AND ATTRACTIVE AREAS. (CALL ONLY) FOR DETAILS: 660-626-7695

For Rent: 1-2 bedroom apartment approx. 2 blocks from TSU. All Utilities included. No Pets. \$325 per month. Available AUG 2013. Call Corey Sanford 660-341-1324 or leave message.

For Rent: 1 bedroom efficiency apartment approx. 2 blocks from TSU. All utilities included. No Pets \$300 per month. Available AUG 2013. Call Corey Sanford 660-341-1324 or leave message.

For Rent: Two bedroom duplex, two blocks from TSU, total electric, includes stove, refrigerator, dishwasher, washer and dryer, outside storage area, off street parking \$585.00 rent, \$585.00 deposit. Call 660-341-4627

For Rent: 5 bedroom, 2 bathroom and 2 kitchen house for rent. Character and charm. Located near downtown. Call today for your showing. 660.216.1794

For Rent

For Rent: NEW COLLEGE HOUSING! The Landing at Kirksville. 6 different 4 bedrooms for rent. 1/2 mile from Truman! Pricing varies. Contact DVRA Development Group at (660) 988-3885.

For Rent: Nice 3BR 2BA townhome located between TSU and KCOM. All appliances including washer and dryer. Attached garage. Low utilities. Available now or for next school year. 909 Sundown. KPM 665-6380.

For Rent: 3-4 Bedroom 10 yards from campus. 601 E. Patterson is spacious and has great character. Washer and dryer. Won't last long at \$900. KPM 665-6380.

For Rent: 4 bedroom, 2 bath apartment for rent, available Spring 2013 semester, central heat/air, washer/dryer, fridge, garbage disposal, large rooms, off-street parking. No smoking, pets or loud parties. \$615/mo. 660-341-7121

For Rent: 4 Bedroom 2 Bath Apt. Available August 2013. Newer Kitchen and Baths. Stove, Refrigerator, Dishwasher, Washer, and Dryer. Call 660-341-7529

For Rent: Ground floor studio apartment available March 1st; \$350/mth including ALL utilities; walking distance to Truman; call (660) 988-2781; adamj2004@hotmail.com

For Rent: One-bedroom apartment with stove and refrigerator, off street parking. Water and trash paid. \$285/month. Available August 1. Close to TSU. Call 660-216-1952 Broker/Owner.

For Rent

For Rent: Newer, well-maintained, duplex apartments near downtown and 4 blocks from campus. 2 bedroom, 1 walk-in closet, washer, dryer, dishwasher, refrigerator, range, central air, garbage disposer, and outside storage included. May and August availability. Call (660) 665-2796 M-F 8-5.

For Rent: Kirksville Rentals has available a clean 2 bedroom house 1 block from TSU campus. Available May 15th, 2013. Includes stove, ref, washer and dryer and a/c. Call Jeff Behrmann owner-agent at 660-626-7598 or Mike LaBeth owner-agent at 660-216-7144.

Miscellaneous

Curious about the Bible? Ever wanted an easy, no pressure way to find out what "God's Word" is all about? Learn about the Bible online, at your pace - for FREE! Go to: ReachGod.worldbibleschool.org