



Submitted photo

Junior Tyler Yost, right, works out in the Centennial Hall main lounge with his friend, sophomore Justin Rottnek. Yost has been losing weight with the help of a supportive group of friends.

Student Advisor drops pounds

Student revamps his health while his friends keep him accountable

BY ANNA GRACE
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With a little help from his friends, a Truman Student Advisor is dropping pounds.

Junior Tyler Yost, Centennial Hall SA, said he gained weight after being inactive because partially tore a tendon in his right knee.

After healing, he started losing weight and has so far lost 33 pounds. Yost said he is being held accountable by a support group made up of friends.

To lose the weight, Yost said his main change was portion control. He also started eating more vegetables and began working out four to five times a week, he said.

"I noticed I felt a lot more energy and it made staying up late studying much easier," Yost said.

Yost also said he would encourage students looking to change their lifestyles to focus on what they eat. He said it used to be easy to eat multiple plates of food while in the cafeteria.

By changing what he ate, he said it is possible to maintain or lose weight without even working out. For students who claim they are too busy to work out, Yost said it is easy to schedule a

five to 10 minute workout in the morning by doing sit-ups, push-ups and some planks.

"It's just a little bit to boost your metabolism throughout the day," Yost said.

Yost said it was important to have a support group that held him accountable when he didn't want to eat right or workout. The group, which consisted of five close friends, would remind him of his goals and keep him on task.

Yost said his friend, sophomore Vance Fisher, was his main supporter and kept him going.

Fisher said he and Yost went running with others last year, before Yost's knee surgery.

Fisher said earlier during the year Yost went to physical training with him. Then they ramped up their running by stopping mid-run to do exercises such as push-ups.

Fisher also said he and Yost try to avoid the desserts and limit their number of plates and meals together.

"If you're going to work out, have a partner," Fisher said. "It's human nature to be competitive. No one really wants to come in last."

Sophomore Alex Currie was part of the group that went running last year and continued running with Yost this year.

Although this year's group members have different schedules, which make it harder for the group to work out together,

Currie said when Yost was going for a run he tried to find at least one of his fellow runners.

If none of them were available, he would tell them he was running so he was held accountable.

Currie said Yost helped motivate his friends to workout by his level of commitment.

This commitment transferred to the cafeteria, where Yost's better choices were evident as well.

Currie said she once ate ice cream in front of him when he was on a diet and his teasing made her reflect on her eating choices. After, she tried to be more conscious of what she was eating when Yost sat down to a salad.

Currie had advice for students working with friends.

"Make sure you're on the same level," she said.

Last year she said there was a big enough group going running that everyone had someone at their own level of fitness. All of them could complete the five kilometer distance, but at different speeds.

She said individuals should workout on their own fitness level and avoid being hurt by exercising not pushing themselves to hard or over-straining themselves.

Currie said working out with Yost and the others made their friendship stronger.

"Friends that sweat together bond better," Currie said.

Professor's passion leaves impression

Dana Delaware retires but plans to remain involved in community

BY DANIELLE BRESHEARS
Staff Reporter

After dedicating more than half of his life to Truman State, a well-known chemistry professor has decided to move on to a new stage of his life, but not without recognizing the University and community he has grown to love.

Chemistry professor Dana Delaware has decided to retire from his position after 32 years of teaching and University involvement. Officially retired from his teaching position as of Dec. 28, Delaware said he is pleased with his Truman career but is ready to enjoy his retirement.

As the father of a Truman student, Delaware said he plans to stay in the Kirksville community for at least a couple more years and become more deeply involved in serving the community.

"I told my wife last night, I have no regrets," he said. "I have enjoyed my 32 years here teaching and realized how much I have been involved on campus."

Delaware said he was drawn to Truman because of the close-knit community and his personal connection to liberal arts education.

Delaware received his B.A. in chemistry from Marist College during 1973, and his Medicinal Pharmacognosy Ph.D. from Purdue University during 1978, he said.

After graduating from Purdue, Delaware did two years of post-doctorate work at the University of Illinois and then came to Truman during 1980.

While he originally had only intended to stay at Truman for three years, the faculty and student population quickly changed his mind, he said.

"The students here are great to teach," Delaware said. "They are highly motivated, they like to learn and they are generally excited. I think most faculty here, including me, think that the students here make this place a great place to be."

Delaware taught mainly biochemistry and organic chemistry classes, but also has taught Intro to Chemistry, freshman and senior seminars and a summer chemistry program for seventh to ninth graders.

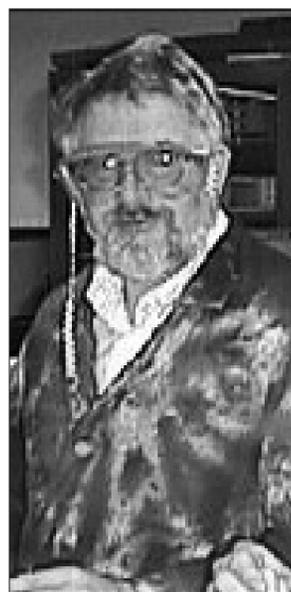
Delaware said he considers himself a successful multi-facet teacher and truly appreciates the outcome of teaching students.

He said "the light-bulb moment" he sees often in students is always worth the effort.

Delaware said he not only enjoys the classes he teaches, but also the chemistry program at Truman in general.

"When I first came here I saw a very strong chemistry department and I think it's just gotten better over the years," Delaware said.

Delaware said he has received positive feedback from previous students. His teaching



Dana Delaware

methods seem to keep the students engaged, he said.

"I like to get the kids excited about the subject so I try to blend a little lecture with active learning," Delaware said. "I'm really more interested in learning outcomes than the actual grade."

Delaware said he started using what he calls the 'Active learning engaging student teaching theory' about 20 years ago. Delaware focuses more on participation and activities than just straight lecture, he said.

Senior Kelsey Richard, a chemistry major, said she agrees Delaware manages to get his students engaged in the topic more effectively than usual.

She said he had a love for chemistry and wanted to share it with his students.

Alumnus Bryan Beck said Delaware's passion for chemistry made him memorable.

"He was always willing to take time outside of class to help people and he was really enthusiastic about chemistry and teaching in general," Beck said.

Richard and Beck not only were students of Delaware's, but also worked with him as student leaders during the summer Joseph Baldwin Academy program, where Delaware taught chemistry.

"He was extremely nice and surprisingly funny and you could tell he enjoyed teaching younger kids as well," Beck said.

He said he enjoys teaching, seeing students learn, having them do the critical thinking and problem solving and seeing growth in their learning over a semester.

Delaware said he also enjoys being involved with other University and community projects.

He has been the faculty sponsor of the International Rotary Club, and sponsor of the Pre-Osteopathic Medicine and Chemistry clubs.

As far as his specific chair in the chemistry department, Delaware said he is pleased to have David McCurdy replace him as of Jan. 1.

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