



Adam Antor/Index

Sophomores Patrick Quinlan and Matthew Warner and freshman Kevin Goessling practice an acoustic song during a Skagbyrds rehearsal March 3 at the Pi Kappa Phi fraternity house. The band currently is trying to set up a performance with Soundgarden, one of their influences and Quinlan's personal favorite band.

Local band chases dream

BY ANNA SELLE
Staff Reporter

Some students might have never heard of the Skagbyrds, but they could have unknowingly shared a class with a musician that might be sharing the stage with Soundgarden, some of the founding musicians of the grunge rock movement.

The Skagbyrds are comprised of three Truman State students. Sophomores Patrick Quinlan and Matthew Warner and freshman Kevin Goessling have big ambitions for the future of their three-piece pop-punk band, Quinlan said. Those ambitions include potentially opening for Quinlan's personal favorite band, Soundgarden.

Soundgarden is playing at the Pageant in St. Louis on May 21, and are yet to announce any opening acts. Quinlan, an avid Soundgarden supporter, said he decided to take a chance and reach out to the band and the venue in an attempt to be one of the opening acts for the show.

"So I emailed them asking if we could open for them," Quinlan said. "I realize it's kind of like a leap of faith and a very not-probable thing to happen, because we're

just a bunch of kids in college and they've sold out their North American tour. It would be a dream if we had the chance."

While the Skagbyrds might just be college students, Quinlan said their determination and resilience to remain together and continue to produce music and push themselves toward widespread recognition might be all they need to catch the attention of a band like Soundgarden.

The band has a long history of tenacity and cooperation, Quinlan said. The band's guitar player and primary vocalist, he said he started playing with Goessling during April 2011 when they attended high school together in St. Louis.

"We didn't get accepted into a musical, so we just decided to make our own band," Quinlan said.

From there, Goessling said he invited Warner to join them at after-school jam sessions, and soon they were playing as a cohesive unit and producing their own music. For a brief period the band was separated because Quinlan attended a different university during his freshman year. But even distance wasn't able to keep them from continuing the growth of the band, the band

members said.

"We were sending each other videos of brand new ideas throughout that whole time, so we still kept it going," Warner said.

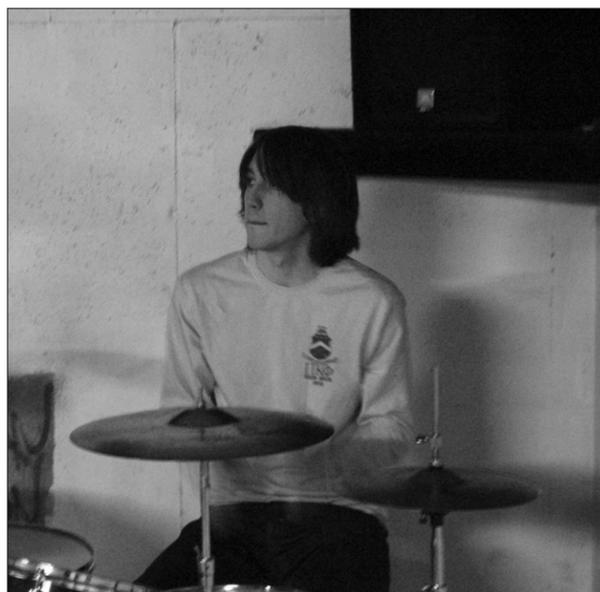
The band's process of creating new music, much like their interview together, entirely is collaborative. Quinlan described the process. He or Warner will have an idea, sit down and work out the various aspects of the song together, and then bring the piece to Goessling to add his rhythmic touch.

"I might have a chorus written," Warner said. "But I'll have no idea what to do for the rest of the song, and that's what I'll bring to these guys."

While the group functions as a cohesive unit, Goessling said each member brings a different perspective to the group of personal ability and music that inspires each individual band member.

"We were all brought up on different music styles," Goessling said. "I'm more into alternative, and I've branched out to pop punk. I listen to all types of music, but the main one is alternative, so I bring that to the table, whereas these two bring other things."

Goessling and Warner said they



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Goessling sits behind his drum set during a Skagbyrds rehearsal March 3 at the Pi Kappa Phi fraternity house. Goessling cofounded the band during April 2011 with sophomore Quinlan.

are more heavily influenced by bands like Taking Back Sunday or Story of the Year but Quinlan finds himself pulling from the inspiration of classic rock and grunge rock, like Soundgarden.

"If we could give ourselves a genre we'd probably call it alternative grunge," Goessling said. "We write songs that we really enjoy and those are the ones we've recorded. We know which ones we like and the ones that are worth showing to people. We like playing all of our songs, but when it comes down to it, you have to pick a few."

Quinlan and Warner used terms like post-grunge alternative punk to describe the band's sound.

For now, the band practices distorted grunge punk pop music in the basement of the Pi Kappa Phi fraternity house, where they are all members, they said, occasionally incorporating an acoustic song or two. Quinlan, Warner and Goessling agree that the band will continue to work toward a common goal of not only widespread recognition, but the creation of music worthy of opening for a legendary grunge rock band like Soundgarden.

People dealing with loss find support

BY JUSTIN GUNTERMAN
Staff Reporter

The Hospice of Northeast Missouri is reaching out to spread the message that those grieving are not alone with their Grief Support Group.

The support group, organized by Carla Husted and bereavement coordinator Carrol Davenport, meets Wednesday evenings from 5:30 to 6:45 p.m. The program's mission is to provide physical, spiritual and emotional support to people who recently have experienced the loss of anyone close to them, according to the Hospice of Northeast Missouri official website.

The program, which occurs every Wednesday until April 10, is divided into six sessions, each with a different theme. The support program will cover subjects such as caring for yourself, dealing with anger or guilt and addressing one's his-

tory of personal loss.

Grief support groups are beneficial because they offer support in a non-judgmental environment from others who have experienced a similar loss, according to www.hellogrief.org. It states groups help people learn coping skills that will help them throughout the future when dealing with the coping process.

Executive Director Stephanie Byrum said the program was created after she received numerous requests for a program from people living in northeast Missouri who felt like there wasn't any help available for them when they had intense feelings of grief. The logical next step, Byrum said, was to offer a program available to everyone with Hospice-trained individuals who will help them combat their feelings of grief.

Byrum said the Hospice of Northeast Missouri has hosted the grief support sessions for about three years. While

the current group sessions already have started, she said they usually are hosted twice a year — during the spring and the fall — or more if there is a high demand. She said the multiple yearly sessions give participants a chance to sign up if they couldn't make past sessions.

Byrum said the program, which is free, is not a counseling session, but a way for people to talk to each other and share their experiences.

She said it is important the group leads the discussion so they can relate to each other and share their feelings openly.

"A lot of people are led to believe that what they're feeling isn't normal," said Davenport, bereavement coordinator of the group. "One of the biggest goals of this group is to put people with others who are feeling the same way. We want people to know that what they're feeling is completely normal."

Davenport, who has been trained in grief support through the Hospice, said she enjoys watching the participants overcome their sadness and feelings of doubt.

Davenport said she is happy to offer a service that isn't available everywhere. She said not everybody has a chance to talk about what they're feeling.

"Everybody has feelings of grief sometime in their life, but they don't always have an outlet to express it," Davenport said.

Byrum said the staff of the Hospice of Northeast Missouri encourages anyone interested in participating in the program to call or visit their office, which is located on the ground level of the Alliant Bank building. The next grief support group is expected to occur next fall. She said people who wish to attend the group are welcome to sign up for it, but they should plan to attend every session.

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