

Students intern at State Capitol

BY ANNA GRACE
Staff Reporter

Truman State students participating in the Missouri Government Internship Program have been presented with real work experience in politics.

Truman's Missouri Government Internship Program in Jefferson City allows students to work within the state government and see the government working firsthand. The program often changes their views about politics or themselves.

Senior Devin Heier said he always has been interested in politics, so when a friend told him about the program he decided to apply. He said he was interviewed by a panel at Truman that asked him various questions to gauge his political alignment. After he was accepted, he interviewed with the office of representative Jason Kander, to which the panel recommended him. Kander's office hired him to help in the capitol office during January to May 2012, and after this he helped with Kander's campaign.

He said the work he did during the internship varied, but included attending committee hearings, dealing with constituent concerns and questions, taking notes at committee hearings and helping with campaigning, as well as conducting research.

"I went in thinking that I was pretty moderate, but being down



Submitted Photo
Representative Jason Kander, middle left, poses with his office interns including senior Devin Heier, far right, during March 2012 at the Missouri House of Representatives. Heier and other students spent the spring semester interning with Kander.

in the Capitol, being in the House, that chamber kind of changes you in a way," Heier said. "You deal with real issues that affect real people and you get to see what kind of changes that you would want to go through. It's kind of frustrating at times, but it was definitely an awesome experience."

Heier said he would recommend the program to other students, even those who do not consider themselves politicians. He said it was an opportunity to apply concepts from classes and required critical thinking.

Junior Nicola Fish said she had a different perspective of the program because she is an interna-

tional student. Coming from England, she did not have an in-depth background of American politics. Fish worked for Mike Colona, Minority Whip and Truman alumnus.

Fish said Colona was a member of five committees, which would sometimes overlap, so she would go to meetings and text him when it was time to vote. She also spoke with constituents, sent emails and helped input information from surveys. She said one of the big projects she helped with was the Fireman Retirement System. She researched the different bills and gave Colona a summary of them.

She said the internship made her more confident and improved

her communication skills.

"It made me better at my job at school," Fish said. "I'm more confident about doing things. Before I used to be really afraid to make a mistake, but I learned that everyone makes mistakes."

Director of Public Relations Heidi Templeton said she thinks one of the most important features of Truman's program as opposed to other universities' programs is Truman's program is full time. She said the students are there for a semester. If for some reason there was a weekend event related to what students were doing in the Capitol, they'd be involved in that as well,

Templeton said.

Templeton said she thinks this gives Truman students a richer experience that includes actually living in Jefferson City.

"Because they're there full time, they see it all," Templeton said. "They really have the ability to understand 'How do we make a law?' and it's amazing."

The internship encourages a variety of students to participate, as it is available to any major and political viewpoint, Templeton said. She said students are placed with a Republican or Democrat based on the interview process they go through.

Templeton said she has many success stories of Truman students who worked with the internship program moving up through the ranks of the government.

"It changes you, I think, because you see this incredible global world and how it all comes together and it helps you decide what you might be interested in yourself," Templeton said.

If interns decide they are interested in politics, the program prepares them for future careers, Templeton said.

"Most of our interns are offered jobs, and they make connections that are lifelong connections," Templeton said.

For any students who aren't sure about whether or not they want to apply for the internship, Templeton said they should talk to a former intern.

Health class helps fight local hunger

Professor Janice Clark's Health and Wellness class raised more than \$1,800 for charity

BY CHRISTOPHER BROWN
Staff Reporter

A Truman State health class is making a difference in the Kirksville community — one jar of peanut butter at a time.

Health Science Associate Professor Janice Clark's Nutrition in Health and Wellness class organized a fundraiser to raise money and food for the Food Bank for Central and Northeast Missouri and Buddy Pack Program three weeks ago. Clark said this was the third annual fundraiser and food drive sponsored by the nutrition class, and it raised more than \$1,800 and collect more than 193 jars of peanut butter.

Senior Elana Moye, who participated in the fundraiser, said the project serves to fulfill a departmental requirement for service learning hours. She said the students chose the local food bank and the Buddy Pack program because they wanted to make sure all of the money went directly to the Adair County community.

Moye said the director of the food bank told the class that the buddy pack program needed protein most, so the class decided to emphasize peanut butter and named the project the Peanut Butter Fundraiser.

The Food Bank for Central and Northeast Missouri supports local hunger efforts, and the Buddy Pack program provides local children with backpacks full of kid-friendly food they can take home and prepare themselves without parental assistance.

Senior Amanda Lovekamp said the class formed committees to decide which shifts would be fulfilled by which students.

Clark said the students were responsible for organizing roles and making

decisions such as when and where to collect donations and how to publicize the fundraiser. She said the first nutrition fundraiser during 2010 raised about \$200, so when the 2011 class fundraiser came around, she challenged the students to work harder to raise more food and money.

Moye said the 2012 nutrition class had been challenged by the 2011 nutrition class to raise more money and food than last year.

"Dr. Clark made us responsible individually for 10 dollars per person that we had to raise," Lovekamp said. "I think having a competition was good way to get us more involved in the whole process."

Students collected donations at Hy-Vee and on campus during the week. Lovekamp said the nutrition class enlisted the help of the Student Professional Health Organization and other students outside of their class to make sure there were enough students to man the tables at all times.

In addition to the effort demonstrated by Clark and the students, the success of the project belongs to all of the students and Kirksville citizens who donated money and peanut butter, Lovekamp said.

She said this year's project received more donations from students on campus than she had expected, adding up to almost \$500.

Moye and Lovekamp said many people who donated at Hy-Vee would walk past them into the store at first, then return after their shopping with money or peanut butter to donate. Moye said she thinks people were inspired to give more after they learned that a \$1 donation equals 15 pounds of food when purchased in bulk by the food bank.

"The biggest thing I learned from this class project was how wonderful the people of Kirksville are," Moye said. "There were so many people that just came up and gave."

Tour guide shares campus history

BY PAIGE YUNGERMANN
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Zac Burden is Missouri Hall Director by day, tour guide by night.

Burden uses his knowledge of Truman State's history, stories and legends to give tours of campus to student advisors and their residents.

Burden said he devotes a lot of time to learning the history of the University and shares that information during his tours. He said he likes having the ability to connect people to the past.

"I think people walk away from the tour going, 'Wow, there really is a very rich tradition here at the University, and I'm a part of that' and to see people come to that realization that they are a part of that great tradition here at the University, that makes it worthwhile for me," Burden said.

Burden said he has given tours since 2001 to a variety of groups, including alumni groups and visitors to campus. He said he usually gives tours when contacted by a Student Advisor who wants to arrange a tour for his or her residents, although anyone can request a tour, he said.

He said his tours differ from Student Ambassador tours in that those tours are geared towards prospective students, while his tours are geared towards already enrolled students to teach them more about campus history.

Burden said he started giving tours while he was a Student Advisor at Truman during 2001. As a student, Burden said he spent a lot of time in the library, especially Special Collections, reading about campus history.

Amanda Langendoerfer, head of Special Collections and Archives, said the library has many resources about campus history, such as The Echo yearbooks and faculty and alumni publications and archives, including photos,

minutes from campus organizations and scrapbooks, some of which Burden used.

"As a student, I was really curious to know about the place where I was," Burden said. "From there, I just started to learn more, and I realized that I really wanted to share that out with people as well. There's a lot of great folks doing good work around campus to share connections to our past, and I wanted to be a part of that. It's something I've enjoyed doing."

While Burden said he continues to learn new information about Truman's history, the structure of his tour remains mostly the same. He starts at the Kirk building and finishes at the Kirk gym.

However, Burden does incorporate new information into every tour. During some tours, University alumni share stories with him, which he then passes along during future tours.

"Quite honestly, I enjoy them a little more when it's in the cold," Burden said. "We can all walk around and share some stories, so maybe we'll have some here soon."

Senior Heather Wikowsky said she took one of Burden's tours two years ago. She said she encourages anyone who has the opportunity to do so as well.

"It was really fun and informative," Wikowsky said. "I wouldn't have done the research on my own. He really enjoys sharing the history with all of us."

Burden said he will continue to learn campus history and give tours for as long as he is at Truman.

"I think the past is something that's important to share, and every year we get a new group of students who need to have those opportunities to connect to that past," Burden said. "As long as we've got new students, I want to make sure they've got those opportunities, and I want to continue to give tours."

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