

Student to lead course

BY TAYLOR THOMPSON
Staff Reporter

Truman State senior Josh Goldstein is teaming up with communication and film studies professor Marilyn Yaquinto for a new class fall 2014. The class, aimed at film study minors, will allow students to lead the production of their own 30 minute film that will be completed at the end of the semester.

Taylor Thompson: So what filmmaking experience have you had prior to this film?

Josh Goldstein: I took an adaptations course, JINS actually, From Page to Screen, my junior year, which was really cool. For our final project we shot a trailer, as if a movie was actually going to be released. For my fraternity I do social media, and I was Rush Chair a few times, so I always produce our rush videos. So I have experience editing software and that kind of stuff. I've always written stories and scripts in my free time — just something I love to do.

TT: So this a sort of newer direction for you?

JG: Yeah. My freshman year I came in as a [biology] major, and then I switched to health science and public communication [double major], film minor. My cousin was a film minor and pub comm major at Mizzou, and when I talked to her about what I was really passionate about, film, getting into that as a profession, that's where I went and it's just a little different here.

TT: What's been your role in putting this film together?

JG: Dr. Yaquinto and I wrote the syllabus together. Typically what would happen is over the weekends we had homework assignments where we would read the [textbook], she would come in and teach about that [on Monday]. On Wednesdays I would teach practical application — what we were [going to] want when we were getting behind camera, what kind of sound, [and] how we were going to get what we wanted when we started filming. I plan all the shooting. I made the shooting schedule, reserved all the locations. My crew has helped me get the props and all that, and now I direct and script — [and] doctor as we need it.

TT: Has there been anything more difficult than you expected on the production thus far?

JG: Everything. Everything — no, that's not true. Some of it goes great. I'm usually always impressed and happy with it at the end of the day. Difficulty-wise, I think scheduling is something people don't realize how hectic that gets. Then there's always just getting what you want out of your head and onto a tangible medium, and I think that's really difficult when you're working on such a large collaborative scale.

TT: What's something you wish you had known before you started all of this?

JG: It would have been nice to know more about what Truman would have equipment wise. Besides that, it would have been a little nice as well to look into doing different script doctoring before the shooting script. There's a difference between the script that you pitch and your shooting script, and I think looking a little more heavily into how those changes happen would have been nice.

TT: What have you learned from working on this film?

JG: I think patience is really big, and [you have to] really listen to the people around you.

TT: When you're all finished with it, what do you expect to happen?

JG: By the end, we're going to have between 30 and 40 minutes of a short film. My expectation is to have a really nice directorial debut for myself, and really nice solid work for Truman to hopefully use as an example. I would love to in the future look back and see other kids doing what we're doing here.

Lunar eclipse visible



Monday night from 11 p.m. until 6 a.m. Tuesday, there was a lunar eclipse visible. Nicknamed the "Blood Moon," the moon appeared to be a bright red color. Carly Robison /Index

Exercise for summer

Staff reporter offers tips for Truman students to get into shape before the end of the semester

BY GRACE BUECKENDORF
Staff Reporter

College students seem to hate exercise almost as much as they depend on Ramen noodles and Netflix. While some stick to a strict regimen of runs and circuits, most seem to identify more with the lax exercise ethic of Jennifer Lawrence. When asked about her workout regimen for the day in an "Extra" interview in New York during March 2012, Lawrence said, "Uh, I ate french fries, and [lay] in bed until three."

For those not blessed with a natural drive to exercise, it's a daily struggle simply to decide to walk up the stairs instead of letting laziness and the elevator get the best of us. Searching for an extra pair of shoes you have to carry all the way to the Student Recreation Center where you will then have to lift more things and move even more to actually work up a sweat? Forget about it. You might as well have suggested we single-handedly cure cancer or feed the entire developing world while riding bareback on a wild stallion.

Luckily, the Index has done the work for you and looked up the best ways to get fit by summer without even leaving your dorm room.

1) Transform the bathroom into your own personal gym. Morning routines are great because they become routine and you aren't awake enough to realize you're exercising. Instead of spending the recommended two minutes standing and watching yourself brush your teeth, which is quite the strange practice if you think about it, spend it either doing squats or lunges. I know what you might be thinking — squats and lunges are the worst exercises to ever exist. And I agree. But two minutes is nothing. It can be done.

2) Commercials can be useful for more than

manipulating you into buying products you don't need. Most of us have that weeknight television show we can't get enough of. And when they cut out right when Serena and Dan have some groundbreaking revelation about Gossip Girl, it can be incredibly frustrating.

But there is a great outlet for all of that pent-up frustration — that's right, ab circuits. Every time there is a commercial, do 10 crunches, 10 side crunches on each side and 10 sit-ups. You will not do enough to really feel it, but throughout time, the hard work will pay off. So go ahead, watch that 11th episode of Gossip Girl. It'll be good for you.

3) Study break jumping jacks. Truman State is full of nerds, which is a good thing. It doesn't matter the major, year, gender or city of origin. We study hard core. How does this relate to your fitness? It doesn't. But it can, if you make it into a game.

Any time you switch subjects, get a flashcard right or finish a chapter, get up and do five jumping jacks. This will get your blood flowing again during the middle of a long study session and will get you one step closer to being fit for summer.

4) Morning bike ride. Remember in "The Proposal" when Sandra Bullock's character woke up at the crack of dawn to get a stationary bike ride — the one with the screen that simulated a forest — in before heading off to her killer publishing job? I don't have the time or energy for that, either.

But what I do think I can manage is waking up at the crack of noon and doing 10 "bicycles." Bicycles are like crunches but you move your legs in a cyclical motion and touch your elbow to your opposite knee with each cycle.

5) Taking the stairs. I lied. This one will require you to leave your room unless there's a two-floor suite option I haven't heard about. This is an easy decision, and really does make a difference. Besides, if a power outage occurs during your 20 second ride up the elevator, you won't get stuck.

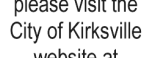
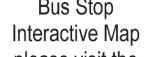
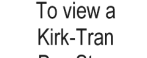
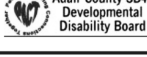
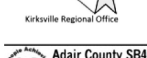
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PARTNER AGENCIES:



#1- Kirksville Garden Apartments 1501 S. Jamison St.	7:00 a.m.
#2- R.A.I.L. 1101 S. Jamison St.	7:02 a.m.
#3- Sheraton Square Apartments 316 Pfeiffer Avenue	7:05 a.m.
#4- Hy-Vee Food & Drug 500 N. Baltimore St.	7:08 a.m.
#5- Village 76/KV Housing Authority 100 Valley Forge Drive	7:11 a.m.
#6- Fjeld Arms Apartments 2016 Florence Place	7:17 a.m.
#7- Wal-Mart Supercenter 2206 N. Baltimore St.	7:21 a.m.
#8- Aldi's 2115 N. Baltimore St.	7:24 a.m.
#9- Health & Senior Services 1412 N. Osteopathy St.	7:27 a.m.
#10- Missouri/Main Street Parking Lot Corner of Missouri and Main St.	7:31 a.m.
#11- Gutensohn Clinic 600 W. Jefferson St.	7:33 a.m.
#12- St. Andrew's Apartments 500 S. Osteopathy St.	7:35 a.m.
#13- 10 Devlin Place Pick up on S. Porter St.	7:37 a.m.
#14- Sheltered Workshop Corner of Michigan and Osteopathy St.	7:39 a.m.
#15- Truman State University Corner of Franklin and Randolph St.	7:42 a.m.
#16- Preferred Family Healthcare 900 E. LaHarpe St.	7:44 a.m.
#17- Kirksville Heights Apartments 2400 S. Baltimore St.	7:46 a.m.
#18- Northeast Fitness Center HWY 63 and HWY 6	7:48 a.m.
#19- High Hope Employment Services 906 E. Shepherd St.	7:50 a.m.
#20- Adair County SB40 PACT Center 1107 Country Club Drive	7:52 a.m.

BUS STOPS/ROUTE & TIMES SUBJECT TO CHANGE

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